

Are you one of America's 48 million family caregivers? If so, you may have questions about care planning, your care recipient's health condition, daily care activities and more. Check out answers and guidance in these 17 resources\* — some of our caregiver clients' favorite articles, fact sheets and videos.

### DEMENTIA

- Caregiver's Guide to Understanding Dementia Behaviors [link](#)
- Dementia: Is This Dementia and What Does It Mean? [link](#)
- Ten Real-Life Strategies for Dementia Caregiving [link](#)

### SELF-CARE

- Taking Care of You [link](#)
- Emotional Side of Caregiving [link](#)
- Caregiver Relaxation Exercises [link](#)

### PLANNING FOR CARE

- Hiring In-Home Help [link](#)
- Caregiving at Home: A Guide to Community Resources [link](#)
- Residential Care Options: Housing Options [link](#)
- Hospital Discharge Planning [link](#)
- Pathways to Effective Communication for Healthcare Providers and Caregivers [link](#)
- Legal Planning for Incapacity [link](#)

### DAILY CARE

- Incontinence Care [link](#)
- Caregiver College (video series) [link](#)  
*Covers the basics of everyday caregiving tasks related to personal care.*
- Medication Management (video series) [link](#)  
*Gives guidance on all aspects of managing a care recipient's medications.*
- Safe at Home (video series) [link](#)  
*Covers home safety matters when caring for those with dementia.*
- Family Caregiving How-To (video series) [link](#)  
*Developed with Home Alone Alliance and AARP, this series covers specific medical/nursing tasks.*

### NEED MORE INFO?

- Search our extensive library of resources under [All Resources](#) on our website.
- Sign up for CareNav™, a free online dashboard (+ customized resources) for family caregivers.
- Need additional help? Contact us [info@caregiver.org](mailto:info@caregiver.org) or 800.445.8106.

### MULTIPLE LANGUAGES

- Many FCA resources, including some above, are available in Spanish, Vietnamese, Chinese, Tagalog, and/or Korean.

**VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.**

[www.caregiver.org](http://www.caregiver.org) | [info@caregiver.org](mailto:info@caregiver.org) | 415.434.3388 | 800.445.8106

For more than 40 years, Family Caregiver Alliance has worked to improve the quality of life for family caregivers and their care recipients through services, education, advocacy and research. We support and assist caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age.

\*If you have a print-out of this list, go to [www.caregiver.org/top17](http://www.caregiver.org/top17) for the digital version containing live hyperlinks.