

Self Care for the Caregiver

Resources to Support You Caring for a Loved One with Dementia



Websites

[Virtual Caregiver Resources & Support Groups](#) - Wisconsin's Family Caregiver

[Powerful Tools for Caregivers Upcoming Classes in WI](#)

[Family Caregiver Resources](#) - AARP WI

[Caregiver Resources](#) - Zen Caregiver Project

Videos / Podcasts

[Cope with Grief & Loss & Feel Better in Caregiving](#) - Dementia Careblazers

[Exploring Lessons as a New Caregiver](#) - Dementia Matters Podcast

[Empowered Caregiver Podcast](#)

[Advice for Caregivers from Caregivers](#) - NPR

Printable Resources

[Learning to Say No as a Caregiver](#) - Alzheimer's Association

[Take Care of Yourself](#) - Alzheimer's Association

[Caregiver Self Care Activity Book](#) - VA

Books

[Ambiguous Loss](#) - Pauline Boss

[Loving Someone who Has Dementia](#) - Pauline Boss

[The Grieving Brain](#) - Mary Frances-O'Connor

[Toolkit for Caregivers](#) - Deidre Edwards



[Wisconsin State Dementia Plan](#)

For PDF with linked resources, visit:

bit.ly/widementiaresources

