

“I’m a Caregiver, Now What?!”

Resource Links

[Taking Care of YOU: Self-Care for Family Caregivers - Family Caregiver Alliance](#)

[Caregiving 101: On Being a Caregiver - Family Caregiver Alliance](#)

[How to Change Self-Talk and Decrease Caregiver Stress \(multiculturalcaregiving.net\)](#)

[Questions Caregivers Need to Ask at Doctor Appointments \(aarp.org\)](#)

[Accepting the Diagnosis | Alzheimer's Association](#)

[Caregiver's Glossary for Commonly Used Caregiving Terms \(aarp.org\)](#)

[Caregiving 101: On Being a Caregiver - Family Caregiver Alliance](#)

[Services for Caregivers | Texas Health and Human Services](#)

[Caregiver-Planning-Guide-PR Updated-Integriprint.pdf \(caringfornancy.com\)](#)

[Advice to Help Family Caregivers Plan Ahead During COVID \(aarp.org\)](#)

[5 Tips on How to Create a Team of Caregivers \(aarp.org\)](#)

[Holding a Family Meeting - Family Caregiver Alliance](#)

[5 Ways Caregiving Routines Make Daily Life Easier – DailyCaring](#)

<https://youtu.be/uWM1PALesDM>

[What Do You Know About Long-Term Care? Take Our Quiz \(aarp.org\)](#)

[Long-term Care | Texas Health and Human Services](#)

[Residential Care Options: The Right Time - Family Caregiver Alliance](#)

[Frequently Asked Questions on Medicaid Long Term Care \(medicaidplanningassistance.org\)](#)

[Selected Long-Term Care Statistics - Family Caregiver Alliance](#)