



OT-CARES

Digital Wellness Journal

SUPPORTING CAREGIVERS. NURTURING WELL-BEING.



Learn more at
ot-cares.org



WELLNESS PATHWAY



Learn

Gain knowledge
and insight.



Reflect

Check in with
yourself.



Journal

Express, process,
and grow.



Recharge

Restore your energy
and well-being.



Caring for a loved one with Alzheimer's disease or a related dementia (ADRD) is a meaningful act of love that can also bring stress, worry, and exhaustion. This Resource Guide was created to connect you with information, support, and tools to help you on your caregiving journey.

You are not alone. Support is here.

CAREGIVER SUPPORT & EDUCATION



Alzheimer's Association

24/7 Helpline, education, support groups, care consultations, and community resources.

📞 1-800-272-3900 🌐 www.alz.org



Family Caregiver Alliance (FCA)

Education, caregiver support, and resources designed to improve the quality of life for caregivers and care recipients.

📞 1-800-445-8106 🌐 www.caregiver.org



Family Care Navigator

Connects caregivers to local services and support in Florida.

📞 1-866-896-2372
🌐 www.familycarenav.org



Aging & Disability Resource Center (ARCH)

Information and assistance for older adults and caregivers in your area.

📞 1-863-519-7900 🌐 www.archrespite.org



Dementia Care Central

Practical care tips, daily living strategies, and caregiver resources.

🌐 www.dementiacarecentral.com



Local Support Groups

Peer support can provide comfort, understanding, and helpful ideas. Ask your local Alzheimer's Association chapter or healthcare provider for groups near you.

SELF-CARE REMINDERS

- 🌿 Take breaks. You can't pour from an empty cup.
- 🌿 Sleep, eat well, and move your body.
- 🌿 Connect with people who lift you up.
- 🌿 Say no without guilt. It's okay to set boundaries.
- 🌿 Do something you enjoy—every day.

Remember, caring for yourself helps you care for others.

CRISIS & EMERGENCY RESOURCES



988 Suicide & Crisis Lifeline

Call or text 988 or chat at 988lifeline.org
24/7 support for yourself or a loved one.



Elder Abuse Hotline

1-833-962-2873
Report abuse or get help.



National Domestic Violence Hotline

1-800-799-7233 | www.thehotline.org
24/7 confidential support.



Your well-being matters. You are making a difference every day.



ot-cares.org



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