

ARE YOU A CAREGIVER FOR SOMEONE LIVING WITH DEMENTIA? Find dementia-specific support and assistance today.

best programs
for
caregiving

*guiding you to
proven support
for dementia care*

A partnership between Benjamin Rose Institute on Aging and Family Caregiver Alliance

Best Programs for Caregiving (BPC) is a free web-based directory of top-rated programs that support family and friend caregivers of people living with dementia. From one-on-one telephone coaching and in-person group support to online resources and tools, BPC programs help in a variety of ways to ease the stress and challenges associated with dementia caregiving.

Mobile-friendly and easy-to-use, BPC provides detailed information on proven programs across the country. By simply entering your zip code, you can instantly find programs available in your area — and access help immediately.

Get the right support for your needs

No login or account needed! Right from the BPC home page, enter your zip code to:

- ▶ Find programs offered in-person, online or by phone.
- ▶ See programs' focus, outcomes, eligibility info & how to enroll.
- ▶ Find programs to reduce your stress & improve well-being.
- ▶ Learn skills & practices to gain confidence in caregiving.
- ▶ Find programs in multiple languages & that serve caregivers of diverse races, ethnicities & sexual orientations.



Straight to you from dementia experts

BPC is a first-of-its kind online tool that directly connects dementia caregivers like you to proven, dementia-specific support.

- ▶ Developed by caregivers and researchers, scientists & other experts in dementia.
- ▶ Continually updated with new information.
- ▶ Available on desktop, mobile & tablet devices.
- ▶ All programs are evidence-based & must meet strict criteria for inclusion.



Visit the directory at bpc.caregiver.org.

BPC was made possible through the generous funding support of
The John A. Hartford Foundation, Archstone Foundation, and RRF Foundation for Aging.