Caring for yourself through the transition

It is normal to feel guilt, relief and grief at the same time. Where to find support.

- Moving a parent to care is a loving decision, not a failure
- Expect mixed feelings for weeks or months
- Caregiver support groups (ask your ADRC or the Alzheimer's Association)
- Hospices offer grief support to families, often free
- Talk with your own doctor or a counselor if stress affects sleep, health or work
- If you are in crisis, call or text 988 (Suicide & Crisis Lifeline)

General information only, not medical, legal or financial advice. Programs and amounts change; confirm with the official source or a qualified professional. Novita Way LLC serves families in Pinellas, Hillsborough, Pasco and Manatee counties, Florida. Placement help is free to families.