

HFC is dedicated to helping families navigate the caregiving journey and supporting caregivers along the way.

Caregiver Respite Grant Program

Launched in 2014 with our care partner, Home Instead, HFC's Caregiver Respite Program sends professional caregivers, specifically trained in dementia care, to the homes of loving (but exhausted) family caregivers who otherwise cannot afford in-home care, providing them with much-needed rest and a chance to prioritize their own health and well-being. HFC's Care Grant awards provide 3-6 months of free, professional, in-home care. Applications are accepted on a rolling basis. This rest, and HFC's accompanying support, are proven to improve the lives of caregivers and the care they provide to their loved ones.

HFC's program provides free and tailored services focused on emotional support, respite, skill-building, coaching, and brain health education. Being a family caregiver for a loved one, at any age, takes an emotional, physical, and financial toll on everyone involved. Our goal is to transform the caregiving experience for young people and families impacted by Alzheimer's disease, increasing their well-being, and helping them thrive.

[Learn More](#)

Online Support Groups

Family caregivers often have many other responsibilities including attending school, raising families, or working and they generally do not receive formal training or emotional support, forcing them to learn as they go. As is often the case, family caregivers feel isolated and alone. The demands of caregiving can limit a caregiver's ability to take care of themselves. Family caregivers of people with Alzheimer's and related dementias are at greater risk for anxiety, depression, and poorer quality of life than caregivers of people with other conditions.

To meet the unique needs of the dementia caregiver, HFC provides free, online support groups facilitated by credentialed social workers across a range of age and peer groups including groups for spouses, adult children, caregivers under 50, and bereavement groups. The groups are designed to assist family caregivers as they navigate the challenges of living with a loved one diagnosed with Alzheimer's disease or dementia.

Scheduled to fit into the busy lives of caregivers, more than 30 groups run concurrently on a weekly or twice-weekly basis. Additional drop-in support groups allow individuals to join same-day, no commitment necessary. Drop-in groups are available seven days a week, including a once-weekly Spanish-speaking session.

[Learn More or Enroll](#)

Webinars and Workshops

HFC provides free, educational, interactive, and informative [online events](#) throughout the year. We cover a range of topics to support caregivers while they provide care to a loved one with Alzheimer's - especially around their own health and well-being. Through this programming, HFC aims to help caregivers to feel supported, informed, and part of a community.

HFC's annual [CareCon](#), hosted on National Caregivers Day, is a free, virtual event designed to educate, inspire, and empower family caregivers. HFC's Care-ertainment series blends hope, humor, and best practices from comedic caregivers.

Brain Health Education

90% of dementia family caregivers report they are worried about developing Alzheimer's and other dementias themselves.

HFC is a leader in creating and distributing evidence-based brain health education. Educating everyone, especially young adults, about brain health is one of our most effective tools for slowing, and even preventing, Alzheimer's disease.

Studies show that habits like exercise, diet, and lifelong learning are interventions that can slow the progression of Alzheimer's symptoms. In fact, four in ten cases of dementia may be prevented by early adoption of a brain healthy lifestyle. While eating well, getting enough sleep, and regular exercise may seem simple enough to adopt, at HFC we know that not everyone has access to resources that support these changes. Our brain health education is accessible to all, further contributing to the well-being of caregivers.

[Explore HFC's 5 Brain Health Habits.](#)

[Explore HFCUniverse](#), HFC's one-of-a-kind digital experience teaching high school and college students about Alzheimer's and brain health. HFC maintains a [curated bank of resources](#) on Alzheimer's, caregiving, brain health, and more.

For additional information about HFC's care resources, please contact care@wearehfc.org.

wearehfc.org

