The role of the unpaid, family caregiver can be isolating and confusing. This 6-part video series offers practical advice from subject matter experts and real-life family caregivers to help you meet the emotional, physical and logistical demands of caregiving.

**TOPICS:**

- **Video 1:** The Journey of Caregiving—Insights for the Road Ahead
- **Video 2:** Ducks in a Row—Understanding and Assembling Key Documents
- **Video 3:** The Feelings of Caregiving—Dealing with Negative Emotions
- **Video 4:** Oxygen Masks—Attend to Your Needs First
- **Video 5:** Preventing the Unthinkable—How to Prevent Abuse
- **Video 6:** Know Your Resources—Community and Social Supports for the Family Caregiver

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