

**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](https://bpc.caregiver.org).**

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