



Brookdale Senior Living Solutions Newsroom

How to Cope with the Stress of Alzheimer's Caregiving

New Multi-Media Information Now Available from Brookdale

PR Newswire

BRENTWOOD, Tenn.

BRENTWOOD, Tenn., Nov. 4, 2014 /PRNewswire/ -- Fresh videos, information and links relating to the stress experienced by America's 15 million+ family caregivers for people with dementia are now available in the Brookdale Alzheimer's Resource Center. The new topics include:

A woman describing the impact of her mother-in-law's dementia on her family: Video

How spouses and adult children experience caregiving differently: Video and text document

Ways that caregivers can protect their own brain health: Text document

Long-distance caregiving, the symptoms of caregiving stress, dealing with caregiver guilt, being a healthy caregiver and caring for the caregiver: Links to information and a webinar

November is National Alzheimer's Awareness Month. To learn more about Brookdale's dementia care, visit brookdale.com.

Brookdale Senior Living Inc. is the leading operator of senior living communities throughout the United States. The Company is committed to providing senior living solutions primarily within properties that are designed, purpose-built and operated to provide the highest-quality service, care and living accommodations for residents. Currently Brookdale operates independent living, assisted living, and dementia-care communities and continuing care retirement centers, with approximately 1,150 communities in 46 states and the ability to serve over 110,000 residents. Through its ancillary services program, the Company also offers a range of outpatient therapy, home health, personalized living and hospice services.

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To view the multimedia assets associated with this release, please click:
<http://www.multivu.com/players/English/7087731-brookdale-senior-living>

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