

**From:** AgingCare Newsletter <newsletter@agingcare.com>  
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**Subject:** New helpful offers just for you

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## Helpful Resources for You and Your Family

AgingCare.com is devoted to connecting family caregivers with the information and encouragement you need. We often begin each new year by reflecting on the previous one and preparing for new opportunities and challenges that lie ahead. To ensure that you get the most out of AgingCare, we have curated a list of our FREE services and resources that might be of use to you in 2016. It is our hope that these resources will enable you to make informed and confident decisions for your loved ones.

### Support Groups

Get answers and support from amazing family caregivers and elder care experts in these online Support Groups. [View all Support Groups.](#)

[Alzheimer's & Dementia](#)

[Grief Support](#)

[Caregiver Burnout](#)

[Incontinence Care](#)

[Depression](#)

[New to Caregiving](#)

[Diabetes](#)

[Parkinson's Disease](#)

### Home Care Services

Our Home Care Referral Program assists families in finding in-home care services. A care advisor will assess your needs and assist in arranging free in-home consultations with local agencies.

Speak with a Care Advisor 1 (888) 495-8727

[Click here to find Home Care in your area.](#)

### Senior Housing Services

Have a care advisor provide you with pricing information, availability and a list of services for communities in your area.

Speak with a Care Advisor 1 (888) 848-5698

[Click Here to Find Senior Housing in Your Area.](#)

## Alzheimer's Services

Get answers and support to help you face the challenges of caring for a loved one with Alzheimer's or Dementia.

Download this Free Guide: [Life as an Alzheimer's Caregiver](#)

Meet fellow caregivers: [Alzheimer's Support Group](#)

[Find In Home Care](#)

[Find an Alzheimer's or Memory Care Community](#)

## Funeral Services

Download this funeral planning guide or [locate funeral homes and cemeteries in your area](#) to help you arrange the final tribute for your loved one or preplan for yourself.

[Click Here for Your Free Funeral Planning Guide.](#)

## Free Guides

Download any of these eBooks or Guides for Free!

[Caregivers' Survival Guide](#)

[Find, Hire and Manage Home Care](#)

[Life as an Alzheimer's Caregiver](#)

[Veterans Benefits Guide](#)

[Pre-Planning a Funeral Guide](#)