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**Subject:** Your guide to achieving balance this holiday season

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## Helpful Resources for You and Your Family

During this busy time of year, we often spend more quality time with our family and friends. To ensure you get the most out of AgingCare.com, we have curated a list of FREE services and resources that may help you balance festivities and responsibilities this holiday season.

### HOME CARE

Our Home Care Referral Program assists families in finding in-home care services. A care advisor will assess your needs and arrange free in-home consultations with local agencies. **Speak with a Care Advisor at (888) 495-8727** or [click here to find home care in your area](#).

### SENIOR HOUSING

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 at (888) 848-5698**.

- Get your free [Guide to Senior Housing Options](#)
- [Find Assisted Living](#)
- [Find a Memory Care Facility](#)
- [Find a Retirement Community](#)

### FUNERAL PLANNING

[Download your free Funeral Planning Guide](#) to help organize vital end-of-life information and ensure that all final wishes are fulfilled for yourself or a loved one.

## FAMILY & THE HOLIDAYS

Discover ways to get the support you need and make this holiday season safe, fun, and festive for everyone.

- Get your free [Life As an Alzheimer's Caregiver eBook](#)
- Download your free [Veterans Benefits Guide](#)
- [6 S's to Help You Survive the Holidays](#)
- [How to Reduce Alzheimer's Agitation During Holiday Celebrations](#)

### Have More Questions?

Find Answers & Support on the AgingCare Forum!

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