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## [Alzheimer's and Dementia Care: Facing Alzheimer's with Strength and Grace](#)

This FREE resource from AgingCare provides comprehensive information on caring for someone with Alzheimer's disease. In [Facing Alzheimer's with Grace and Strength](#) elder care experts, veteran caregivers and dementia patients share their experiences and expertise.

Topics include tips for communicating with someone who has Alzheimer's, strategies for coping with sleep issues, how to manage Sundowners Syndrome, managing daily routines and difficult behaviors, and finding help.