



We're here to help unpaid family caregivers

No one is born knowing how to take care of a person getting older, experiencing dementia or living with a disability. This online tool is free to all unpaid family caregivers in Washington.

Visit the Washington Family Caregiver Learning Portal. Resources include:

- Articles
- Videos
- Tip sheets
- Webinars
- Online chat rooms and support groups

The portal can help family caregivers reduce stress, find local resources and provide more informed care for loved ones. All you need is internet access and a laptop, tablet or smart phone.



Check it out at
wacaregivingjourney.com

Families can learn about:

- Safety and injury prevention
- Behavioral changes in dementia
- Legal and care planning
- Importance of self-care
- And much more...