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[Caring for Adults with Cognitive and Memory Impairments](#)

Planning for the care of a loved one with cognitive and memory impairment can be difficult. The Family Caregiver Alliance article [Caring for Adults with Cognitive and Memory Impairment](#) provides information to assist caregivers, including 10 steps to help caregivers get started and learn to cope with their new responsibilities. More experienced caregivers can use this article to obtain resources, such as respite care, to prevent burnout.

Used with permission of **Family Caregiver Alliance, National Center on Caregiving**--40 years of experience advocating for policies and delivering programs nationwide to support and sustain the quality work of family caregivers and caregiving professionals. Leads quality education, provides compassionate caregiver planning services and works to bridge research and practice to benefit all caregivers. For more information, visit www.caregiver.org or call (800) 445-8106.

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