

# Are You a Connected Caregiver?

Stay up-to-date with tips, news, research, & events.

If you are a family member or friend helping someone age 60 and older at home, living in a facility, or out of town, these resources are for *YOU*.



Like us on **Facebook**  
**Dallas Caregiver Resources**



Follow us on **Twitter**  
**@DallasCaregiver**



**Electronic Newsletter**  
emailed monthly  
Ask to be added:  
**caregiver@att.net**



**Family Caregivers Online**  
**www.familycaregiversonline.net**

Visit our website for links, online education, frequently asked questions, and much, much more!



Funded in part by Texas Health and Human Services