

# LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

## Supporting Employees Who Are Caregivers for Someone With Dementia

Free, practical resources for your workforce

Many working-age employees are quietly managing two full-time roles — employee and caregiver. Millions of adults are providing hands-on and emotional support to a parent, spouse, or other relative living with dementia, often while working 30–40+ hours per week.

For employers, this reality shows up as:

- Increased stress and burnout
- Absenteeism and schedule disruptions
- Reduced productivity and “presenteeism”
- Difficult choices about cutting hours or leaving the workforce.

You cannot eliminate the challenges of caregiving — but you *can* make them more manageable by connecting employees with trustworthy, practical information.

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### The Dementia Care in the Community Toolkit

The Long Term Care Community Coalition (LTCCC) created the Dementia Care in the Community Toolkit to support high-quality, person-centered care for people living with dementia at home or in assisted living.

The toolkit is:

- Free and online
- Available in English and Spanish
- Designed for family and friend caregivers, and frontline staff.

Key components of the toolkit include:

- **Plain-language fact sheets on:**
  - Understanding dementia and changes in behavior
  - Communication strategies and care planning
  - Pain, nutrition, hydration, safety, and activities
  - Medication use, including psychotropic drugs
  - Palliative and hospice care, transitions, and more.
- **Quick “care cards”:** Concise tip sheets that employees can print or keep on their phone to use in everyday situations.
- **Mini-Module Education Programs:** Brief, focused video modules — ideal for inclusion in HR newsletters, intranet sites, or wellness campaigns.
- **Links to additional vetted resources** from leading dementia and caregiver organizations.

ACCESS THE TOOLKIT: [NURSINGHOME411.ORG/DEMENTIA-CARE-IN-THE-COMMUNITY/](https://nursinghome411.org/dementia-care-in-the-community/)

### Why these resources matter for HR and Benefits leaders:

- **Improve retention and reduce disruptions** by helping employees feel more confident and less alone in their caregiving role
- **Support working caregivers** without adding a new benefit line-item
- **Strengthen wellness and EAP programs** by integrating dementia-specific education
- **Advance DEI and family-friendly workplace goals** by recognizing multigenerational caregiving realities in your workforce.

### For employees, the toolkit can:

- Offer simple strategies to manage challenging situations at home or in assisted living
- Reduce the occurrence of crises and emergencies
- Support better communication with doctors, home care agencies, and assisted living facilities.

### Easy ways to get started:

1. **Add the toolkit link** to your intranet, eldercare resources page, and EAP/wellness materials.
2. **Highlight the toolkit** in an HR or benefits email, especially during open enrollment, Mental Health Awareness Month, or Caregiver Month.
3. **Share the introductory webinar** with employees caring for someone with dementia.
4. **Contact LTCCC** for a brief virtual session for your caregiver ERG or staff.

**Upcoming: Train-the-Trainer Program: Join us on May 7, 2026, at 1-1:30pm for a brief program with a slide deck that can be used to facilitate internal conversations and caregiver support sessions.**

Contact LTCCC at [info@ltccc.org](mailto:info@ltccc.org) or 212-385-0355.

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### About LTCCC

The **Long Term Care Community Coalition (LTCCC)** is a nonprofit organization dedicated to improving care and quality of life for people receiving long-term care services in all settings.

### Additional Resources:

- Dementia Care Resources: <https://nursinghome411.org/dementia-care-toolkits/>
- Family Resource Center: <https://nursinghome411.org/families/>



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