Caring Our Way

Program Guide for Referral Partners

Support programs for family caregivers and solo agers

About Caring Our Way

Caring Our Way offers specialized support programs for family caregivers and solo agers managing memory concerns. Our programs provide education, practical tools, community connection, and personalized support to help individuals navigate the challenges of caregiving.

Founded by Denise M. Brown, who has supported family caregivers since 1990, our programs are grounded in nearly 30 years of direct experience and field-tested frameworks including The Six Caregiving Stages and 19 Caregiving Systems.

Who We Serve

Our programs are designed for individuals and families referred by:

- Healthcare providers and clinics
- Hospitals and health systems
- Employers and EAP programs
- Community organizations and nonprofits
- Area Agencies on Aging
- Social workers and case managers
- Faith-based organizations

Our Programs

Dementia Care Family Support

Support for families navigating dementia caregiving

Comprehensive support program designed for individuals supporting family members or friends with dementia. Includes education, resources, and community connection.

- Dementia-specific education and guidance
- Community support and connection
- Practical caregiving resources and tools

Solo Agers with Memory Concerns

Support for solo agers managing memory-related challenges

Specialized program for solo agers navigating memory concerns. Provides resources, planning tools, and community support for individuals aging independently.

- Memory-related planning tools
- Resources for aging independently
- Peer community connection

Family Emergency Planning

Guided planning for caregiving emergencies

Helps families prepare for caregiving emergencies with structured planning, communication tools, and documented processes so families are ready when the unexpected happens.

- Emergency planning frameworks
- Communication templates for families
- Documentation tools and checklists

More or Less: Stress Relief

Stress management support for family caregivers

Personalized stress management program designed to help family caregivers reduce overwhelm, build resilience, and improve overall wellbeing during their caregiving journey.

- Personalized stress reduction strategies
- Resilience-building resources
- Wellbeing support tools

Certified Family Care Manager

Free course for family caregivers

A free, comprehensive course equipping family caregivers with essential skills, knowledge, and tools to manage caregiving responsibilities effectively. Self-paced with certification upon completion.

- Self-paced training modules
- Caregiving management skills development
- Certification upon completion
- No cost to the participant

A Plan for You After a Family Member's Diagnosis

Planning guidance for newly diagnosed families

Helps families create a comprehensive plan immediately following a family member's diagnosis, with practical tools and guidance for next steps during a critical transition.

- Post-diagnosis action planning
- Practical next-step guidance
- Family communication tools

Your Caregiving Coach

One-on-one support from a Certified Caregiving Consultant™

Connects family caregivers with a personally matched Certified Caregiving Consultant™ (CCC) for one-on-one support via phone or video. Coaches help caregivers think through decisions, develop strategies, identify resources, and navigate the emotional challenges of caregiving — regardless of the caree's diagnosis, location, age, or relationship. Complimentary first session included. Scholarships available.

- Personalized matching with a trained CCC
- Complimentary first session
- Phone or video — wherever the caregiver is located
- Scholarships available for those who need financial assistance

How to Refer

We make it easy to connect individuals and families with our programs. You can refer through either of the following methods:

Option 1: Through FindHelp

If your organization uses FindHelp, you can search for and refer to our programs directly through the platform at findhelp.org.

Visit our program details page for overviews and flyers to share with your staff:

careyearsacademy.com/referrals/program-overview

Option 2: Refer Directly

If your organization does not use FindHelp, you can submit a referral through our online form:

careyearsacademy.com/refer

Our team will follow up within two business days to connect the individual with the appropriate program.

Option 3: Self-Referral for Individuals

Individuals can also refer themselves directly to our programs. Share this link with patients, clients, or community members who would like to connect with us on their own:

careyearsacademy.com/referrals/refer/self-referral

Questions?

We welcome the opportunity to discuss how our programs can support the individuals and families you serve.

Email: denise@careyearsacademy.com

Website: careyearsacademy.com