

Summertime caregiving

From keeping your calm with the kids to staying safe as outdoor temperatures rise, Homethrive can help make this summer cooler.



Summer and the sandwich generation



If you're juggling a dual role with aging parents and kids out of school, this time of year can be hectic. Despite the added responsibilities of summer, learn how you can lighten the load and get out of the house for some much needed rest and relaxation.

Summer swelter safety



Small kids and aging adults are especially at risk for summer heat dangers like heat stroke and sunburn. Learn how to keep your family safe while enjoying all that summer has to offer.

Supporting teens mental health



A break in routine and disconnection from school friends can be difficult for some teens. Learn how to approach your teen about mental health concerns.

Travel as a caregiver



Taking your loved one on a trip? Read our tips to making the journey as easy as possible. From extra assistance at the airport to well-planned pitstops, simple tips for summer getaways.

Our Care Guides are always ready to listen and offer expert, compassionate advice about the most complex issues. Log into [Homethrive platform](#) to send a message or book a call.

SPOTLIGHT WEBINAR

Everything parents need to know about ADHD

Tuesday, July 24th, 1pm EST

Are you a parent looking for ways to help your child thrive with an ADHD diagnosis? Join Ashley Bell, an experienced school counselor, as she shares her insights and practical strategies to empower your child and boost their success.

[Register now](#)

