

✧ Homethrive

Keep the momentum going

More resources to support your personal caregiving goals



Tool: Medications



Enter your family's medications into our Medications tool to keep on top of the sometimes overwhelming prescriptions, doses, and times. It's easier than ever to add additional people, new medications, view schedules and instructions – all in one central location.

Article: How to ask for help



Family caregiver and activist, Jessica Gutherie, shares her perspective on why asking for help can be so difficult as a caregiver and how to overcome those obstacles to get the support you deserve.

Gamifying to-do lists



Make a resolution to get more help during your daily routines. Gamification of chores can help reduce the feet-dragging and help you cross more off your to-do list. We've included helpful apps too!

Plan for the future



Preparing to care for aging loved ones? Plan for the future by learning how to navigate the road ahead from financial steps to health concerns.

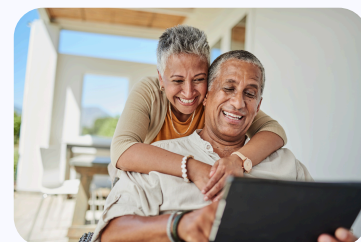
New ways to learn, grow, and be supported. Always available on-demand on the [Homethrive platform](#). Use your no cost benefit!

LIVE WEBINAR:

Estate planning for parents

February 11th, 12pm

Estate planning is key to protecting your family and leaving behind a loving and personal legacy. Join Ariane Sims, an attorney and mother of a young child with ADHD and learning disabilities, as she shares both practical advice and her personal story.



Register Today!