

Resources

36 Hour Day by John Hopkins

24/7 Caregiver by Gerry Roth
(\$20 from Bookbaby.com)

Local Agencies on Geriatrics:
Chesterfield County Office on Aging and Disability
Chesterfield Council on Aging

A Place For Mom
(A non-profit geared to help people locate facilities in price range and needs for seniors)

Seniornavigator.org
(website that offers resources on aging well including links to resources about dementia and Alzheimer's)