



The “Panini Generation”: Caregiving Under Pressure

Call to Action

Share your Story:

- One of the most effective ways to advocate for change is to share your personal journey with Alzheimer's. Real stories put a human face on this disease and help build the case for the policy change, funding, and public understanding we're fighting for. Whether you're a person living with dementia, a care partner, an impacted family member, a researcher, or simply someone passionate about eradicating this disease, we'd love to hear from you. Share your story here: <https://action.usagainstalzhaimers.org/a/share-your-storysm>

Resources

- **Resources for Care Partners:** UsAgainstAlzheimer's helps connect Alzheimer's caregivers to resources and support you need in order to provide the best care, while also meeting your own needs. Please visit our resources for caregivers page on BrainGuide: <https://mybrainguide.org/alzheimers-caregiver-resources/>
- **Start your Brain Health Journey:** If you notice changes in memory, thinking, or behavior in you or someone you care for, the [Brain Health Journey](#) can help. This is a resource designed to help you understand what may be happening and what steps you can take next to address any concerns.