



DEPARTMENT OF HUMAN SERVICES

Division of Long Term Services & Supports

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Dear Partner,

The South Dakota Department of Human Services and Department of Health are excited to share a valuable new resource for family caregivers supporting loved ones with Alzheimer's or dementia: A Guide to Navigating Dementia. This free, easy-to-read booklet offers practical tips on understanding symptoms, managing daily challenges, accessing local services like respite care and support groups, and caring for yourself as a caregiver. It aligns with our state's Older Americans Act efforts to build caregiver capacity statewide.

We invite you to help distribute this guide to the family caregivers you serve. Copies are available in print and digital PDF formats. Here's how you can help us distribute this resource:



Download the PDF using the QR code or by visiting <https://dhs.sd.gov/en/ltss/caregiver-resources> and email it to families, post on your website, or share via newsletters/social media.



Host a distribution event with workshops or tabling at support groups where caregivers gather.



Complete the online order form to request printed copies using the QR code or by visiting <https://sddhs.seamlessdocs.com/f/6rnl7ea157w>.

Your organization's reach makes you ideally positioned to connect this resource with those who need it most. By distributing "A Guide to Navigating Dementia," we strengthen South Dakota's network of support for those impacted by dementia.

Thank you for your partnership in serving our communities.

Sincerely,

Shawnie Rechtenbaugh
Cabinet Secretary,
Department of Human Services

Melissa Magstadt
Cabinet Secretary,
Department of Health

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