



FOR THEIR THOUGHTS FOUNDATION

IMPACT



MEET MELISSA and her mother



Daughter and caregiver, Melissa (R) with her mother., Edna (L).

Dementia impacts the entire family. Often it is the family who take on the caregiving responsibilities. They do it without hesitation or second thoughts. "It's just what you do" is so often said by care partners and families. But to care for your other half or parent as he or she declines also brings emotional, physical and financial stress. It is 24/7 and can be lonely.

FTTF exists to help these families. While round 1 and 2 of MoveFTT proceeds is continuing to help the business and program start-up (including education and caregiving relief programs), this round will provide hope and relief for Melissa in the form of a one time grant, a care package of resources, and a gift card to "Postive Approach to Care" an organization with certified care professionals providing training and consultation to families impacted by dementia. Here is Melissa's story.

Melissa and her family live in a small town in the heart of Kentucky. Several years ago her mother was diagnosed with Alzheimer's. This past year Melissa moved in with her full time and is now her primary caregiver.

The roles have reversed and it is time for daughter to care for the mother. It's the only way to provide her mother with the care she needs as the disease progressively worsens.

Because of the time and effort involved in caring for her mother, Melissa only leaves the house once every other week to run errands and grocery shop.

The love and commitment Melissa has for family has been exemplified in every conversation with her. In her own words, **"Family is everything. I wouldn't have it any other way."**



Edna, diagnosed with Alzheimer's

If you know someone(s) caring for their loved with dementia and in need of support, please contact us at info@fortheirthoughts.org about our Care for the Caregivers Relief Program



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FOOTPRINT



TOTAL PROGRESS

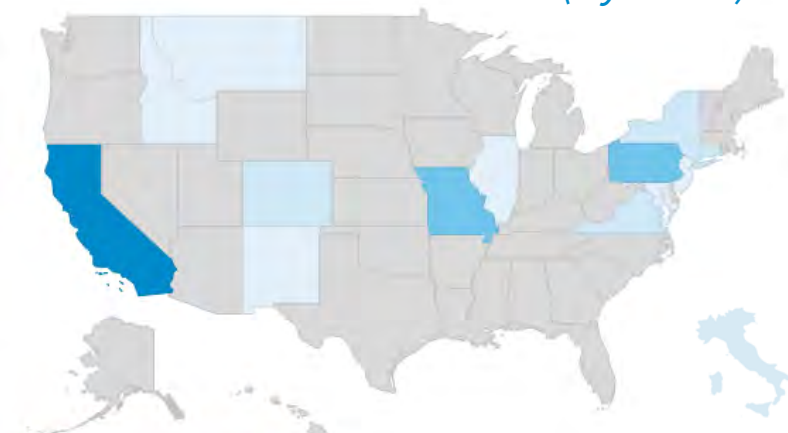
(All 3 Rounds)

Our goal is to move around the world as a community while creating understanding and compassion for dementia and the importance of brain health.



MoveFTT 3.0 TOTAL PARTICIPANTS

(By State)



- CA MT
- CO NJ
- CT NM
- ID NY
- IL PA
- MD VA
- MO ITALY

1 25
Number of Movers / State





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FOUNDATION

RESULTS

WEEK to WEEK



OVERALL

Total Participants	Repeat Movers	Total States (+ Italy)	MoveFTT 3.0 Total Miles
53	26	14	1,331

