

Care For the Caregivers Relief Program

CFTC Grant Recipient

Diagnosis of loved one - Alzheimer's

Age: 80s

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. We piloted our *"Care For the Caregiver's Relief Program"* in 2021. The program provides a financial relief for the "now" and a customized resource package for continued care.

Resources are out there, but the caregiver often is left to figure it out on their own. FTTF aims to *point the way and offer a helping hand.*

Melissa was the first grant recipient of CFTC

Relief Program thanks to proceeds from our Move For Their Thoughts (MoveFTT) challenge to walk a mile a day for 35 days.

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. In 2020, 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.