



National Article Highlights Dementia Care Solutions and Local Family



As Christy says,

“Caregiving can’t fall on one set of shoulders. Once we stepped in to support Dad, everything felt lighter, like we were finally carrying this together.”

***Wishing You
Support, Stability &
Shared Strength in
the New Year***

♥ A Real Family, A Common Challenge

I first met the Callahan family nearly two years ago. The wife is living with dementia, and the family was struggling to understand her unique ways of communicating unmet needs. Despite their deep love and commitment, they felt at a loss for how to best support her.

Their priority was clear: ensuring the best possible quality of life for her. At the same time, they recognized that her husband- as her primary care partner- also needed support.

Caregiving is a journey no one should walk alone- and *secondary*

★ Tips for Helping Without Overstepping

Being a secondary care partner isn't about controlling care- it's about **supporting the primary care partner** and keeping the family caregiving team aligned.

Here are some ways to help:

- ✔ Stay in **consistent communication** (texts, emails, weekly calls)
- ✔ Track key **appointments, symptoms, and changes**
- ✔ Offer **respite care- even for a few hours**
- ✔ Be a **listening ear** without immediately trying to fix everything
- ✔ Recognize **signs of burnout** early and encourage support

[Read More](#)

Not sure where or how to start?

Whether you are a primary care partner or a secondary support person looking for meaningful ways to help, you don't have to figure this out alone. Learn practical skills in an encouraging, judgment-free environment- without the fear of "doing it wrong."

We'll meet you where you are, offering support in person, virtually, or even over the phone.

Reach out- I am here to support you and those you care for.

care partners are the often-unsung heroes who make family caregiving sustainable.

The Callahan's, one of the families we highlighted earlier this year, made national news! They were featured in a recent **article published in AARP**, that explored how support roles strengthen caregiving efforts and help prevent burnout.

What Is a Secondary Care Partner?

Secondary caregivers are the **supportive partners** to primary care partners. While they may not handle the day-to-day tasks full-time, they fill crucial gaps- giving primary care partners much-needed breathing room and emotional support.

These roles can include:

- Helping with **appointments, errands, and household chores**
- Taking on **administrative tasks** like paperwork and insurance
- Offering **companionship and emotional support**
- Providing **respite breaks** so primary care partners can rest
- Acting as a **calm voice** in moments of stress or conflict

Often friends, children, siblings, or relatives step into this role- quietly sustaining care without taking over.

🤝 Why It Matters

If you are looking for ways to stay balanced in the New Year, adding to your support team can be life-changing. Secondary care partners



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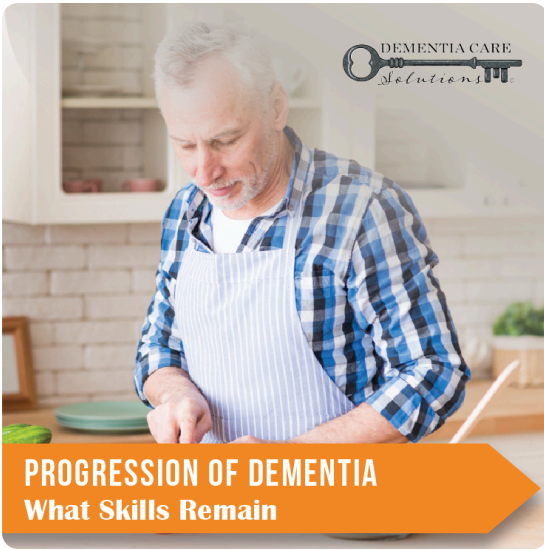
help preserve the **emotional and physical well-being** of everyone involved. By sharing the caregiving load, families can maintain deeper connections and avoid overwhelming stress for just one person.

[FULL AARP ARTICLE](#)

Upcoming Events

Now scheduling for 2026!

Contact me today to schedule a workshop or community presentation for your church group, social club, or organization. We are also scheduling our 2026 speaking engagements, if your organization or group is looking for a keynote speaker, [reach out to us](#), we travel nationwide!



PROGRESSION OF DEMENTIA
What Skills Remain

[Learn More](#)

[RSVP with Shawano Place](#)

Progression of Dementia

Wed, Jan 14th, 2026
@ 1:30-2:30pm

Shawano Place
1088 Engel Drive
Shawano, WI 54166
Often the progression of dementia is measured in stages that focuses on what skills are lost. This approach does not give us tools to help provide care and support. Instead, we will look at what skills remain and shift our support accordingly by using Teepa Snow's GEMS State Model.



CHAMPION COURSES
Skill-Building Workshops

[Learn More](#)

[RSVP with Curative](#)

NEW DATES!

Open to the public

Champion Courses

Fridays, Jan 16th & 30th, 2026
@ Noon-4pm

Curative Connections - East Side
2900 Curry Ln Green Bay, WI 54311
The Champion Courses are designed to guide care partners in developing an awareness about how brain changes impact people's everyday experiences and how our approach impacts this experience. In these workshops, we will explore the role of the care partner in enhancing the quality of life for people living with dementia. By building skills specifically to meet the needs of the person we are providing cares with, we enhance the experience for all.



Our Aging and Changing Brains

Thur, Jan 29th, 2026
@ 9-10am

Ashwaubenon Community Center
900 Anderson Dr, Green Bay, WI
What is Typical?

When to be Concerned?

If thinking and memory problems arise, can it be something reversible?
YES!

Join us to find out more about the causes of these symptoms, what you can do to improve them, and how to know if it's something more serious.

[Learn More](#)

[RSVP with Rebecca at Ashwaubenon Comm. Ctr.](#)

[View All Events](#)

We are here to support you...

Start the change for a more positive dementia care experience today.



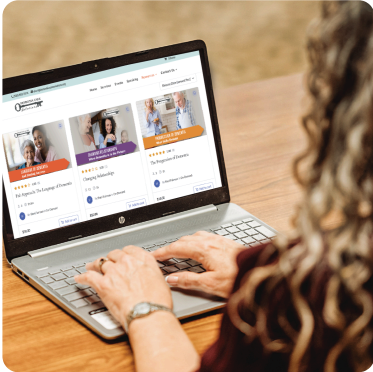
Consulting

This allows the care partner (*you!*) to learn skills in an encouraging environment without the



Coaching

Helps you learn in real-time situations with the person you are caring for. Together we will set goals



Self-Paced Online

A great option for those with busy schedules that can carve out time at home/on the road- Our

worry of "doing it wrong".
We'll meet you where you
are at, in-person, virtually,
and even over the phone.

on what to work on and
we will focus on what was
done well, and tips on
how to reach those goals.

presentations offer tips on
how to understand and
support someone living
with brain change.

Contact Us Today!

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