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## **Caring for Someone with Dementia? Who's Caring for You?**

*Chicken Soup for the Soul provides advice and comic relief for family caregivers*

**COS COB, Conn.** – Whether they're caring for a family member with dementia at home or in a memory care facility, the emotional and physical toll on caregivers is dramatic. Family caregivers experience their own medical and mental problems because they don't pay attention to their own needs. Adding dementia care onto their already full plates causes stress, resentment, financial strains, and sadness, too, as they watch their loved ones slip away.

Where is the care for the caregivers? A new volume from Chicken Soup for the Soul is out, with support for those millions of stressed-out, tired caregivers. The 101 stories in *Chicken Soup for the Soul: Care for the Caregiver* (June 23, 2026, 978-1-611594645, \$16.99) were selected from the publisher's library in order to give grown children, spouses, and other family members the advice, understanding, and comic relief that they need as they support their loved ones on their dementia journeys.

Editor-in-chief and publisher Amy Newmark says, "When I cared for my father after my mother's death, I experienced the most extreme stress I'd ever been through. My dad had vascular dementia, and maybe also Alzheimer's as he got older, and my brother and I were responsible for him for his final five and a half years. That experience led to this new *Chicken Soup for the Soul* book, one that I could have used at the time. We've made sure to include dozens of stories that point out the lighter side of dementia caregiving because we found humor so important as a coping strategy. And we also included dozens of stories with the best tips and advice for our readers as they navigate eldercare and dementia."

The 101 stories in this volume are presented in 11 chapters:

- "The New Normal" helps families adjust to their loved ones' new reality and capabilities
- "Finding the Humor" shares the funny moments that can be part of dementia care
- "It Takes a Village" reminds caregivers to let other people shoulder some of the burden
- "Finding Joy" shows caregivers that caring for someone with dementia can also be joyous
- "Laughter Is the Best Medicine" shares funny stories that other caregivers have experienced
- "Silver Linings" points out that caring for a loved one with dementia has unexpected benefits
- "Self-Care" makes it clear that self-care is not selfish, but a mandatory part of being a caregiver
- "The Lighter Side" gives caregivers permission to laugh about their everyday lives
- "Reframing Your Future" helps family members and dementia patients adjust their expectations
- "Great Advice and Tips" provides the kind of advice and tips that will help caregivers cope
- "Loss, Grieving & Healing" provides support from people who have "been there, done that"

### **ABOUT CHICKEN SOUP FOR THE SOUL**

Chicken Soup for the Soul publishes the famous *Chicken Soup for the Soul* book series. With well over 100 million books sold to date in the U.S. and Canada, more than 300 titles, and translations into more than 40 languages, the phrase "chicken soup for the soul" is known worldwide and is regularly referenced in pop culture. Today, 33 years after it first began sharing happiness, inspiration and hope through its books, this iconic storyteller continues to publish a new title a month. It has also evolved beyond the bookstore, with a podcast, education programs, dog and cat food, licensed products, and the Chicken Soup for the Soul streaming service.

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