



Free Dementia Videos at Your Fingertips

About Me

Adria Thompson is a speech language pathologist with more than 10 years of practice working with hundreds of individuals with dementia. Join over 300,000 dementia caregivers by following @belightcare on all social media platforms.



Daily Care Routines

From bathing and toileting to dressing and eating, we cover tips for daily care.



Communication Strategies

Discover new approaches and methods to increase connection.



Dementia Activities

We provide activities ideas to engage people with all types and in all stages of dementia.



Caregiver Resources

Find recommendations for trusted resources and services to make caregiving easier.

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