



Welcome to SilverLiningsCareGuide.com, a comprehensive, educational guide to New Mexico Senior Care, Services, and Resources.

Even with foresight and planning, it is common that adult children of elderly parents are often thrust into the role of caregiver and/or decision maker because of an injury, diagnosis of a chronic illness, or the parent can no longer care for themselves. Children of elderly parents, some of whom might live hundreds of miles away from their parents, often deal with issues such as finding senior housing, providing or coordinating daily care, and dealing with communication problems while balancing their own work and family. The choices are numerous, confusing, and overwhelming.

Through my professional work experience in Senior Care, along with my own family experiences, I have had the unique and special opportunity to be actively engaged with seniors and their families during such times of transition. The most consistent feedback I hear is "I don't know where to begin." "I don't have much time." and "Who will pay for these services?" I have a great understanding of the emotional, physical, economical and logistical burdens that seniors and their families face during this time of transition. It is with this in mind that I created SilverLiningsCareGuide.com to help seniors, their families, and senior-serving professionals find the answers.

I am dedicated to providing real time, comprehensive and accurate information in a user friendly format so New Mexico Seniors can receive the care, services, and the quality of life that they deserve.

Because your organization is licensed with the Department of Health, you are listed in the guide. A member of my team will be contacting you to ensure your information is listed accurately, and explain additional partnership opportunities. Our site is only as good as our community partners, and you are the key!

You can access the site, and your listing at [www.SilverLiningsCareGuide.com](http://www.SilverLiningsCareGuide.com) or find us under the Quick Links at [www.nmahc.org](http://www.nmahc.org).

We look forward to working with you!

Sincerely,

*Lisa J. Quintana*

Lisa J. Quintana  
Certified Dementia Practitioner, Registered Respiratory Therapist  
Founder and CEO

