



## Family Caregiver Education Series

### *Living with Dementia:* New Diagnosis and Next Steps

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## ONLINE RESOURCES

### DEMENTIA – GENERAL INFORMATION

[Alzheimer's Association](#)

[Alzheimer's Disease Fact Sheet](#)

National Institute on Aging/National Institutes of Health

[The Dementias: Hope through Research](#)

National Institute on Aging/National Institutes of Health

[Is This Dementia and What Does it Mean?](#)

Family Caregiver Alliance

[The Nine Worst Habits for Your Brain](#) AARP

[Types of Dementia](#) Alzheimer's Association

[Understanding Memory Loss](#)

National Institute on Aging/National Institutes of Health

[What Else Could Be Causing My Changes?](#)

Teepa Snow – Positive Approach to Care™

### TREATMENTS and RISK REDUCTION

[Alzheimer's Disease Medications Fact Sheet](#)

National Institute on Aging/National Institutes of Health

[FDA-Approved Treatments for Alzheimer's Disease](#)

Alzheimer's Association

[How is Alzheimer's Disease Treated?](#)

National Institute on Aging/National Institutes of Health

[MIND Diet](#) (Mediterranean-DASH Intervention for Neurogenerative Delay)

WebMd

[Clinical Trials](#)

National Institute on Aging/National Institutes of Health

[Clinical Trials.gov](#) (data base)

[Alzheimers.gov Clinical Trial Finder](#)

U.S. Department of Health and Human Services/National Institutes of Health

## TIPS, STRATEGIES, and RESOURCES

### [Alzheimer's Navigator®](#)

*An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps and links the user to Alzheimer's Association chapter programs and local services.*

### [Five Tips for Collaborating with Healthcare Professionals During Your Dementia Journey](#)

Teepa Snow – Positive Approach to Care™

### [GPS Tracking Watch](#) (The Alzheimer's Store)

### [GPS Smart Sole Tracking Solution](#) (The Alzheimer's Store)

### [I Just Received a Dementia Diagnosis. Now What?](#) (Forbes magazine)

### [Legal and Financial Planning for People with Dementia](#)

National Institute on Aging/National Institutes of Health

### [Medical ID Fashions](#) (ID bracelets that require two hands to remove)

### [Now What? Next Steps After an Alzheimer's Diagnosis](#)

National Institute on Aging/National Institutes of Health

### [Printable Cards to Let Others Know About a Diagnosis](#)

Teepa Snow – Positive Approach to Care™

### [Resources for People Living with Dementia](#)

Teepa Snow – Positive Approach to Care™

### [Taking Action Workbook: For People Living with Alzheimer's](#) (excellent!)

Alzheimer's Association

### [Tips for Daily Life](#)

Alzheimer's Association

### [Tips for People with Dementia](#)

Alzheimers.gov/ U.S. Department of Health and Human Services/National Institutes of Health

### [Wandering Support Program](#) (Alzheimer's Association and Medic Alert®)

## **DRIVING**

### [CA DMV – Potentially Unsafe Driver Report](#) – Request for Driver Re-examination

### [Disabled Person Parking Placards and Plates](#) (CA DMV)

### [Driver Cognitive Assessment Center](#), LLC, Pleasanton, CA

Melanie Henry, owner

Driver Evaluation – Stanford-ValleyCare, Pleasanton

Contact: Sheetal Shah, OTR/L

(925) 373-4019; [sshah@valleycare.com](mailto:sshah@valleycare.com)

### [Driver Rehabilitation Provider](#) (Data base)

American Occupational Therapy Association

## ONLINE VIDEOS

### [A Changing Brain](#)

Teepa Snow – Positive Approach to Care™

### [Connecting Through Music](#) (Teepa Snow)

### [How Alzheimer's Changes the Brain](#)

National Institute on Aging

### [You're Noticing Changes](#) (Teepa Snow)

### [What's the Difference Between Dementia and Alzheimer's?](#)

Trinity College, Dublin, Ireland

### [What it's like to live with dementia](#) (personal story)

### [What Others Say About an Alzheimer's Diagnosis](#) (personal stories)

Alzheimer's Association

### [What you can do to prevent Alzheimer's](#) (Risk-reduction strategies)

Lisa Genova, PhD., TED Talk, May 2017