



FAMILY CAREGIVER EDUCATION SERIES

Living with Dementia:

Managing Daily Care

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ONLINE RESOURCES

Alzheimer's Association

<https://alz.org>

Caregivers' Guide to Understanding Dementia Behaviors

<https://www.caregiver.org/resource/caregivers-guide-understanding-dementia-behaviors/>

Caring for a Person with Alzheimer's Disease (and other dementias) (booklet)

https://order.nia.nih.gov/sites/default/files/2019-03/Caring_for_a_person_with_AD_508_o.pdf

Is This Dementia and What Does It Mean? Family Caregiver Alliance

www.caregiver.org/resource/is-this-dementia-what-does-it-mean/

How to Create a Checklist and Daily Care Plan for Dementia

<https://www.alzheimers.net/checklist-and-daily-care-plan-for-dementia>

National Institute on Aging/National Institutes of Health

<https://www.nia.nih.gov/health/alzheimers/caregiving>

Senior Helpers (website contains resources and video about Teepa Snow's Gems State Model of Dementia)

<https://www.seniorhelpers.com/services/alzheimers-dementia-care>

Snow, Teepa (2017). *Dementia caregiver guide*. Mason, OH: Cedar Village Retirement Community.

One of America's leading educators on dementia care, **Teepa Snow** has developed the Positive Physical Approach™ -- techniques and training models that now are used by families and professionals throughout the world who are working or living with dementia or other brain changes. Teepa's website contains many valuable resources, including videos:

<http://teepasnow.com/>

Visitation Guidelines for Facilities during COVID-19

http://canhr.org/factsheets/covid_fs/PDFs/fs_visitation.pdf

ONLINE VIDEOS

Complaints of a Dutiful Daughter, a film by Deborah Hoffman (1994). (8-minute video clip from the documentary)

www.youtube.com/watch?v=tN8Ku3tdSg4

TED Talk: Lisa Genova, Ph.D., Neuroscience, Harvard University. (Author of *Still Alice*)

What you can do to prevent Alzheimer's (15 minutes)

www.ted.com/talks/lisa_genova_what_you_can_do_to_prevent_alzheimer_s

Teepa Snow Gems™ State Model of Dementia (12 minutes)

www.youtube.com/watch?v=Z6UVjp_y8HY

PRODUCTS for DEMENTIA CARE

Adaptive Clothing

<https://www.silverts.com/?adv=BAP>

Adaptive clothing enables people with a variety of disabilities to dress themselves and help care providers do their jobs more easily and more effectively.

Alzheimer's Store

www.alzstore.com

Products designed for people with Alzheimer's and dementia and their caregivers.

Best Alzheimer's Products

<https://best-alzheimers-products.com/>

Ideas and suggestions for activities and entertainment that reduce agitation, aid sleep, and often allow for a reduction in medication. Learn how simple aids for daily living can prolong independence; how diet and exercise could improve and extend cognitive functioning.

Caregiving Apps Related to Alzheimer's and Dementia

www.alzheimersblog.org/2013/08/19/alzheimers-caregiving-theres-app-that/

"There are hundreds of applications available to help both those diagnosed with Alzheimer's disease as well as their caregiving community." This site provides a list of some apps that have either received high ratings from users or have been positively referenced on Alzheimer's or other caregiving-focused sites.

Companionship Robotic Pets

www.alzstore.com/alzheimers-companion-pet-therapy-p/0604.htm

(robotic pets also available on Amazon.com)

Singing Heart to Heart: A Guide for Using Music in Dementia Care

www.singinghearttoheart.com/songs-you-know-by-heart-a-simple-guide-for-using-music-in-dementia-care--2

\$28.00 - includes CD and download with 18 sing along favorites. Please note: If you buy this book on Amazon it does NOT come with a CD - just the download of the music.

Skylight Photo Frame

www.skylightframe.com/

StoryWorth (online subscription service that enables families to stay connected, preserve memories, and learn about their relatives)

<https://new.storyworth.com/>

Amazon.com also carries a variety of products for individuals with dementia. Search for "dementia activities" on the Amazon site.