



Family Caregiver Education Series

Living with Dementia: New Diagnosis and Next Steps

Debbie Emerson, M.S., Community Health Educator
CARES® Dementia Specialist

ONLINE RESOURCES

DEMENTIA – GENERAL INFORMATION

[Alzheimer's Association](#)

[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

[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