



## FAMILY CAREGIVER EDUCATION SERIES

*Living with Dementia:*

*Managing Daily Care*

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### ONLINE RESOURCES

#### Alzheimer's Association

<https://alz.org>

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

#### Family Caregiver Alliance

[www.caregiver.org/health-issues/dementia](http://www.caregiver.org/health-issues/dementia)

#### 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>

#### National Institute of Neurological Disorders and Stroke

[www.ninds.nih.gov](http://www.ninds.nih.gov)

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/>*

### 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](http://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](http://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](http://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](http://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/](http://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](http://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](http://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/](http://www.skylightframe.com/)

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

[www.storyworth.com](http://www.storyworth.com)

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