

Resources on Dementia

A collection of helpful tools, personal stories,
and everyday tips for understanding and
navigating dementia care.



Blogs & Websites

- [**Alzheimer's Association Blog**](#) – Caregiving tips, research, early signs.
- [**The Caregiver's Voice**](#) – Specialist advice on burnout and routines.
- [**AlzAuthors Blog**](#) – Real stories and reflections from authors & caregivers.
- [**Hearts for Dementia Blog**](#) – Care strategies, behavioral changes, self-care, and the latest research insights.
- [**ElumenED**](#) – A platform (and newsletter) offering clear, evidence-based dementia training and resources designed to empower families and professionals alike.
- [**Caregiver Resources**](#) (*Free Guide*) – Embracing available resources can provide crucial relief to both caregivers and their loved ones. Explore valuable tools and information to support you, no matter where you are on your caregiving journey.

Podcasts

- [**Dementia Matters**](#) – Hosted by a geriatrician, offering medical insights and caregiver guidance.
- [**Let's Talk Dementia**](#) – Quick, empathetic episodes answering listener-submitted questions.
- [**Dementia Untangled**](#) – Expert interviews with doctors and community leaders on real-world care solutions.

Support & Community Resources

- [**Caregiver Action Network & Alzheimer's Foundation of America**](#) – Offers free support groups, helplines, and peer networks.
- [**Guiding an Improved Dementia Experience \(GUIDE\) Model**](#) – This program offers enhanced services for dementia care and support for caregivers (a relative or unpaid nonrelative who helps with activities of daily living).
- [**Memory Cafés**](#) – Local group meetings for social connection and mutual support in caring for someone with dementia.

Books

- **Creating Moments of Joy Along the Alzheimer's Journey** by Jolene Brackey – A hopeful, practical guide filled with stories and tips for creating joyful moments for loved ones with memory loss—reminding us that even fleeting joy can leave a lasting emotional imprint.
- **Dancing with Rose: Finding Life in the Land of Alzheimer's** by Lauren Kessler – A journalist becomes a caregiver to better understand Alzheimer's and discovers that love, humor, and humanity still thrive even in the face of memory loss.
- **Dignity for Deeply Forgetful People** by Stephen G. Post – Explores ethical, emotional, and dignity-centered approaches in dementia care.
- **Forget Me Not** by Deb Kostiw – Written by a caregiver who understands the emotional rollercoaster of dementia, this heartfelt memoir and guide blends storytelling with practical advice for those walking a similar path.
- **Living in the Moment** by Elizabeth Landsverk, MD & Heather Millar – An uplifting and practical guide for caregivers that encourages meeting loved ones where they are. Offers tools to improve communication and reduce distress.
- **The 36-Hour Day** by Nancy L. Mace, MA & Peter V. Rabins, MD, MPH – Often called the “gold standard” for dementia caregivers, this comprehensive resource covers everything from diagnosis to care planning and emotional support. Now in its 7th edition.
- **The Dementia Caregiver's Survival Guide** by Janet G. Cruz – A hands-on, empowering guide filled with actionable tools, caregiver self-care strategies, and expert insight for navigating the demands of dementia caregiving.
- **Understanding the Changing Brain: A Positive Approach to Dementia Care** by Teepa Snow – This resource-rich manual from renowned educator Teepa Snow, founder of the Positive Approach to Care (PAC), delivers brain-based insights and compassionate caregiving strategies for every stage of dementia.
- **What If It's Not Alzheimer's?** by Gary Radin – Focuses on navigating non-Alzheimer's dementias and daily care strategies.

Videos & Films

- **Answers About Alzheimer's** – Hosted by a dementia care educator, this channel answers real questions from caregivers, covering topics like wandering, resistance to care, and sleep issues.
- **Alive Inside: A Story of Music & Memory** – Award-winning documentary showcasing music's healing power for people with dementia.
- **Being Patient: Alzheimer's & Brain Health** – In-depth interviews with dementia researchers, caregivers, and patients themselves to better understand what it's like to live with and support someone with dementia.
- **Caregiver Support by DailyCaring** – Bite-sized advice and product recommendations to make caregiving easier and safer at home.
- **Dehydration/Hydration Techniques** – Offering short videos to help with dehydration.
- **Dementia Careblazers** – A licensed clinical neuropsychologist shares expert advice on managing caregiver stress, preventing burnout, and navigating tough family dynamics.
- **Dementia Training for Direct Care Staff** – Educational videos designed for both family and professional caregivers, with tips on handling difficult behaviors and improving care techniques.
- **I'll Be Me** – Inspiring documentary that follows music legend Glen Campbell on his farewell tour after his Alzheimer's diagnosis. With heart, humor, and unforgettable performances, it celebrates his courage, the power of music, and the love of family.
- **Teepa Snow – Positive Approach to Care** – One of the most respected voices in dementia care, Teepa offers compassionate, easy-to-follow videos on communication strategies, behavior changes, and caregiver well-being.
- **The Alzheimer's Project: an HBO Documentary series** – This powerful series offers an intimate look at Alzheimer's through the eyes of those living with it, their families, caregivers, and the scientists working toward a cure.
- **Zinnia** – Programming for people living with dementia.



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