

# RESOURCES:



## INTERNET

- The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
  - Website: [alz.org](http://alz.org)
- Alzheimer's Foundation of America believes that education is vital to facilitating meaningful living for individuals with Alzheimer's disease and their caregivers. Our licensed social workers have developed these educational materials to provide tips and strategies that caregivers can incorporate into their routines.
  - Website: [alzfdn.org](http://alzfdn.org)
  - Caregiver Factsheets: [alzfdn.org/caregiving-resources/fact-sheets-information/](http://alzfdn.org/caregiving-resources/fact-sheets-information/)
- Provides information on Alzheimer's disease and related dementias care, research, and support.
  - Website: [Alzheimers.gov](http://Alzheimers.gov)
  - Call at: [1.800.438.4380](tel:18004384380)
- Family Caregiver Alliance (FCA) seeks to improve the quality of life for caregivers through education, services, research, and advocacy. Through its National Center on Caregiving, FCA offers information on current social, public policy, and caregiving issues and provides assistance in the development of public and private programs for caregivers.
  - Website: [www.caregiver.org](http://www.caregiver.org)
- Local Area Agency on Aging - Identifies needs of the elderly and disabled, and creates plans for meeting those needs through a system of in-home and community services to enable people to maintain their independence and dignity.
  - Website: [www.USAgeing.org](http://www.USAgeing.org)
  - Region 9 AAA Website: [www.nemcsa.org/services/senior-services/region-9-area-agency-on-aging.html](http://www.nemcsa.org/services/senior-services/region-9-area-agency-on-aging.html)

## YOUTUBE

- The UCLA Alzheimer's and Dementia Care Video series provides viewers with practical tools you can use in a variety of settings to create a safe, comfortable environment both for the person with dementia and the caregiver.
  - [https://www.youtube.com/watch?v=lORX9sm\\_JOM&list=PLwolBK4PlwF7Umx\\_DoqH7IVikbXE9KF8](https://www.youtube.com/watch?v=lORX9sm_JOM&list=PLwolBK4PlwF7Umx_DoqH7IVikbXE9KF8)

## BOOKS

- Understanding Difficult Behaviors: Some Practical Suggestions for Coping with Alzheimer's Disease and Related Illnesses, Anne Robison Beth Spencer and Laurie White, 1994 edition

## MAGAZINES

- Alzheimer's Foundation of America: Care Quarterly
  - AFA Care Quarterly is AFA's magazine for caregivers of individuals living with Alzheimer's disease and related illnesses. Each issue provides helpful information from professionals and family caregivers, personal stories from people who have been affected by Alzheimer's and tips on health and wellness.
  - Free sign up online at: <https://alzfdn.org/media-center/afa-care-quarterly/3330-2/>
  - Call at: 866.232.8484

## MUSIC

- BBC Music
  - BBC Music is designed to use music to help people with dementia reconnect with their most powerful memories. Evidence shows that music can help people with dementia to feel and live better.
  - Website: [musicmemories.bbcrewind.co.uk](http://musicmemories.bbcrewind.co.uk)