

## Resources and Links 5/13/22

### Dementia Education

- Alzheimer's Association [www.alz.org](http://www.alz.org)
  - I have Alzheimer's: [www.alz.org/help-support/i-have-alz](http://www.alz.org/help-support/i-have-alz)
  - Caregiver: [www.alz.org/help-support/caregiving](http://www.alz.org/help-support/caregiving)
  - Downloadable Education and Resources: [www.alz.org/help-support/resources/publications](http://www.alz.org/help-support/resources/publications)
  - Korean, Chinese, Japanese, Vietnamese: [https://alz.org/asian/care/if\\_you\\_have\\_alzheimers.asp?nL=ZH&dL=EN](https://alz.org/asian/care/if_you_have_alzheimers.asp?nL=ZH&dL=EN)
  - Spanish: <https://www.alz.org/ayuda-y-apoyo/tengo-alzheimer>
  
- Lewy Body Dementia
  - Lewy Body Dementia Association ([www.lbda.org](http://www.lbda.org))
    - Living with LBD ([www.lbda.org/those-living-with-lbd](http://www.lbda.org/those-living-with-lbd))
    - Care Briefs on Behavioral Changes of LBD [www.lbda.org/caregiving-publications/](http://www.lbda.org/caregiving-publications/)
  - Lewy Body Dementia: A Guide for Patients, Families and Professionals ([www.order.nia.nih.gov/publication/lewy-body-dementia-information-for-patients-families-and-professionals](http://www.order.nia.nih.gov/publication/lewy-body-dementia-information-for-patients-families-and-professionals)) - free to download or mail!
  
- Frontotemporal Dementia
  - The Association for FTD: [www.theaftd.org](http://www.theaftd.org)
  - Partners in Care Full List: [www.theaftd.org/?s=partners+in+ftd+care](http://www.theaftd.org/?s=partners+in+ftd+care)
  - The Doctor Thinks It's FTD, Now What? ([www.theaftd.org/product/the-doctor-thinks-its-ftd-now-what-a-guide-for-managing-a-new-diagnosis/](http://www.theaftd.org/product/the-doctor-thinks-its-ftd-now-what-a-guide-for-managing-a-new-diagnosis/)) free to download or mail up to 5 copies
  
- Cure PSP – for PSP, CBD, CTE, MSA [www.curePSP.org](http://www.curePSP.org) Free materials to download or order at: [www.psp.org/ineedsupport/resources/](http://www.psp.org/ineedsupport/resources/)
  
- Other: Living with Memory Loss: A Basic Guide (on-line or download only): <https://depts.washington.edu/mbwc/resources/living-with-memory-loss>

### Engagement Opportunities

- Area Agencies on Aging/ Community Living Connections: [www.washingtoncommunitylivingconnections.org/consite/connect](http://www.washingtoncommunitylivingconnections.org/consite/connect)
- Alzheimer's Association: [www.alz.org](http://www.alz.org)
- Dementia Support Northwest: [www.dementiasupportnw.org](http://www.dementiasupportnw.org) (Whatcom and Skagit Co)
- Momentia (Puget Sound) [www.momentiasattle.org](http://www.momentiasattle.org) (King, Pierce, Snohomish, Kitsap + virtual events)
- The Memory Hub: [www.thememoryhub.org](http://www.thememoryhub.org) (Seattle, with virtual programming)

### Legal:

- Dementia Legal Toolkit: <https://www.washingtonlawhelp.org/resource/dementia-legal-planning-toolkit> (download DPOA forms separately)
- Dementia Legal Planning Assistance [www.probonocouncil.org/dementia-legal-planning](http://www.probonocouncil.org/dementia-legal-planning)

### **Dementia Caregiver Resources**

- Dementia Road Map: A Guide for Families and Care Partners: [www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf](http://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf)
- Dementia Safety Info Kit: [www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Safety%20Information%20Toolkit.pdf](http://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Safety%20Information%20Toolkit.pdf)
- Dementia Action Collaborative –videos, book lists for children, dementia friendly resources: [www.dshs.wa.gov/altsa/dementia-action-collaborative](http://www.dshs.wa.gov/altsa/dementia-action-collaborative)
- UCLA Dementia Caregiver Training videos – also available in Spanish. Many videos available in French and Hungarian: [www.uclahealth.org/dementia/caregiver-education-videos](http://www.uclahealth.org/dementia/caregiver-education-videos)
- Teepa Snow OT Positive Approaches to Care: [www.teepasnow.com](http://www.teepasnow.com)
- Family Caregiver Alliance. Written materials for care partners considering residential care, including timing, things to consider, and reducing transfer trauma. [www.caregiver.org/resource/residential-care-options-five-tip-sheets/](http://www.caregiver.org/resource/residential-care-options-five-tip-sheets/)
- Zinnia TV: [www.zinniatv.com](http://www.zinniatv.com) Immersive videos geared towards people with dementia.

### **Cultural Resources and Translated Materials:**

- Alzheimer’s Association:
  - Spanish - tab on top of all pages to translate to Spanish at- [www.alz.org](http://www.alz.org)
  - Chinese, Japanese, Korean, Vietnamese resources: [www.alz.org/asian](http://www.alz.org/asian)
  - LGBTQ resources: [www.alz.org/help-support/resources/alzheimers-and-dementia-resources-for-lgbtq-commun](http://www.alz.org/help-support/resources/alzheimers-and-dementia-resources-for-lgbtq-commun)
- Dementia Australia has dementia education materials translated to 38 languages. [www.dementia.org.au/languages](http://www.dementia.org.au/languages)
- Memory and Brain Wellness Center Living with Memory Loss: A Basic Guide. My Daily Life, Support for Care Partners, and Letter from People Living With Memory Loss sections translated to for Arabic, Chinese, Korean, Spanish, Russian, Vietnamese. <https://depts.washington.edu/mbwc/resources/living-with-memory-loss>
- DPOA forms and info in Arabic, Chinese, Korean, Spanish, Russian, Somali, Trigrinya, Vietnamese: <https://www.washingtonlawhelp.org/issues/health/powers-of-attorney-health-care-directives>