Books

• A Caregivers Guide to Lewy Body Dementia by Helen Buell Whitworth & Jim Whitworth
• The 36 Hour Day by Nancy Mace and Peter Rabins
• Be Brave: A Wife’s Journey Through Caregiving by Florrie Munat
• Activities for the Family Caregiver, Lewy Body Dementia by Scott Silknitter, Robert Brennan, & Linda Redhead
• Lewy Body Dementia: Causes, Tests and Treatment Options by Adam Wainwright, Erik Stevenson, & Deanna R. Miller
• Forget Memory: Creating Better Lives for People with Dementia by Anne Basting
• Who Says Men Don’t Care? by James V. Gambone
• The Unexpected Caregiver by Kari Berit
• Sexuality and Dementia by Douglas Wornell
• Loving Someone Who Has Dementia by Pauline Boss
• VIDEO: “Lewy Body Dementia: It isn’t Alzheimer’s or Parkinson’s Disease” with Teepa Snow (available on Youtube)

Organizations

• Lewy Body Dementia Association, 1.800.539.9767, www.lbda.org
• National Parkinson Foundation, 1.800.473.4636 www.parkinson.org
• Michael J. Fox Foundation www.michaeljfox.org
• Northwest Parkinson’s Foundation, 206.748.9481, https://nwpf.org
• American Parkinson Disease Association, Northwest Chapter, 206.695.2905, www.apdaparkinson.org/community/northwest

Websites

• NINDS Dementia With Lewy Bodies Information Page www.ninds.nih.gov/disorders/dementiawithlewybodies/dementiawithlewybodies.htm
• Mayo Clinic Dementia With Lewy Bodies www.mayoclinic.org/lewy-body-dementia

Community Programs

• Seattle Lewy Body Dementia Caregiver Support Group, 206.473.2565
• Momentia Seattle, www.momentiaseattle.org
• Greenwood Senior Center “Memory Loss Programs,” 206.297.0875, www.phinneycenter.org/gsc/memory
• Pedaling for Parkinson’s, www.pedalingforparkinsons.org/about/satellite-programs
• Dance for Parkinson’s, www.danceforparkinsons.org/find-a-class/class-locations/united-states/washington

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