

Resources to accompany Allyson Schrier's 11/12/21 presentation: Tips from the Trenches

Get Prepared:

Dementia Roadmap:

<https://www.dshs.wa.gov/sites/default/files/AL TSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>

Social Security Disability and Dementia:

<https://www.alz.org/help-support/caregiving/financial-legal-planning/social-security-disability>

DSHS Dementia Planning Legal Tool Kit: https://www.washingtonlawhelp.org/files/C9D2EA3F-0350-D9AF-ACAE-BF37E9BC9FFA/attachments/801D6207-79DB-46D8-B806-D3EDB0FE85BB/9605en_dementia-legal-planning-toolkit.pdf

Advance Directives:

Learn about Advance Directives specifically for people with a dementia diagnosis:

<https://dementia-directive.org/>

Watch the video Advance Care Planning a la mode:

<https://www.youtube.com/watch?v=1s20HXeO2HU>

VA Services for people with a diagnosis:

https://www.va.gov/GERIATRICAL/pages/Alzheimers_and_Dementia_Care.asp

Alzheimer's Foundation of America's video **A Guide to Creating a Dementia Friendly Home:**

<https://alzfdn.org/theapartment/>

Caregiver 101: On Being a Caregiver: <https://www.caregiver.org/resource/caregiving-101-being-caregiver/>

Talking to someone who is in denial about their diagnosis:

<https://teepasnow.com/blog/how-to-talk-to-someone-who-is-unaware-that-they-may-be-experiencing-dementia-symptoms/>

Get Connected:

Sharing Your Diagnosis

Alzheimer's Association ideas about how to share your diagnosis: https://www.alz.org/help-support/i-have-alz/know-what-to-expect/sharing-your-diagnosis?_gl=1*bt93th*_ga*NzlxMDI1NzcuMTYzNjMyMjE5Ng..*_ga_9JTEWVX24V*MTYzNjMyMjE5Ni4xLjEuMTYzNjMyMjcyMy4w&_ga=2.193748397.1090238355.1636322196-72102577.1636322196

Support Groups for care partners, people with a diagnosis and families:

AARP Article, **How to Find a Caregiver Support Group That's Right for You:**

https://www.aarp.org/caregiving/life-balance/info-2021/support-groups.html?intcmp=AE-CAR-R5-C3-CO_RONA

Alzheimer's Association: <https://www.alz.org/help-support/community/support-groups>

Veteran's Administration: https://www.caregiver.va.gov/help_landing.asp

The Association for Frontotemporal Degeneration: <https://www.theaftd.org/living-with-ftd/aftd-support-groups/>

Lewy Body Dementia Association: <https://www.lbda.org/local-support-groups/>

Dementia Alliance International:

<https://www.dementiaallianceinternational.org/services/online-support-groups/>

Alzheimer's Foundation of America: <https://alzfdn.org/caregiving-resources/2860-2/>

Care partner support (structured to help care partner keep from burning out)

Teepa Snow Care Partner Support Series: <https://teepasnow.com/services/consulting/care-partner-support-series/>

Teepa Snow Ask Teepa Anything Webinars: Find an upcoming date on the PAC website (<https://teepasnow.com/events/>) and find past webinars on YouTube.

Powerful Tools for Caregivers: <https://www.powerfultoolsforcaregivers.org/>

Support/advocacy groups for people living with dementia:

National Council of Dementia Minds: <https://dementiaminds.org/>

Dementia Alliance International: <https://www.dementiaallianceinternational.org/>

Facebook Groups:

Simply go to Facebook and search for the support you are after. Alzheimer's Support Group. FTD Support Group. Lewy Body Support Group. Note that you probably want a group that's PRIVATE and requires that you join. This is the only way to keep from getting bombarded by people trying to sell you things.

Get Educated:

UW Memory and Brain Wellness Center recordings of previous Project ECHO Dementia didactics: <https://depts.washington.edu/mbwc/resources/echo-recordings>

Teepa Snow:

- Teepa Snow's Positive Approach to Care: <https://teepasnow.com/>
 - Take a look at Family Resources tab for videos, support groups, education
- YouTube and TikTok for a huge assortment of EXTREMELY useful videos

David Troxel:

Dementia Related Behavior – Managing Challenging Moments with Confidence:
<https://www.youtube.com/watch?v=luahDBX2Y-I>

Webinar hosted by the Alzheimer's Association:
<https://www.youtube.com/watch?v=eVvafXWWGAA>

Dr. Al Power:

- Education: Dr. Al Power and The Eden Alternative: <https://www.edenalt-evolve.org/courses/the-well-being-approach-creating-a-life-worth-living-with-dementia>
- Dr. Power lecturing: <https://www.youtube.com/watch?v=42DvFgXEPKk>

Additional Resources:

Dementia **Careblazers**: An online resource for family care partners
<https://www.careblazers.com/>

Many Careblazers 'how-to' videos on YouTube: <https://www.youtube.com/channel/UCVgK5-w1diiMx7bPVB5yNug>

Care videos on the **UCLA Website**: <https://www.uclahealth.org/dementia/caregiver-education-videos>

Excellent care specifics on the **UCSF website**:

Family Caregiver Alliance: https://www.caregiver.org/resource/caregiving-101-being-caregiver/?gclid=Cj0KCQjw8p2MBhCiARIsADDUFVG-JEOYUsUxv984aFAOdiSFiiU9CHiTE80GNCjKT1xr4MdZOos1wLkaAvUMEALw_wcB

Zinnia TV: <https://www.zinniatv.com/>

