



Recommended resources for Caregivers supporting loved ones with Alzheimer's Disease or other Dementia (updated 12/25 Allyson Schrier)

Caregiver Support

Caring for someone with a dementia diagnosis, whether they live with you or hundreds of miles away, is hard work. **We cannot overstate the importance of finding a support group.** Nobody understands what you're going through like others who are going through the same thing. Many caregivers identify finding a support group as the #1 most important thing they did upon receiving a diagnosis. [The Alzheimer's Association](#) hosts virtual and in-person support groups all over the United States. [The Alzheimer's Foundation](#) has a much smaller offering, but some are via telephone if that is more comfortable/available for you. You can also check with your healthcare provider about support available through their office, or in your area. **Libraries** and **Faith Communities** sometimes host community-based support, too. There are many Facebook and Reddit groups where caregivers share in a less structured environment what is and is not working for them. But best of all is to join a group led by a person well-versed in dementia care.

Diagnosis Support

While the [Alzheimer's Association](#) provides education and support for a cross section of dementia types, it can be helpful to find **support groups** and **education** that is specific to your diagnosis.

Frontotemporal dementia: [The Association for Frontotemporal Degeneration](#)

Lewy body dementia: [The Lewy Body Dementia Association](#)

Traumatic Brain Injury: [Brain Injury Alliance of WA](#)

Parkinson's Disease: [Parkinson's Foundation](#) (Pacific Northwest Chapter)

Younger Onset of any type: [Lorenzo's House](#)

Support for the Person with Dementia

For the newly-diagnosed person who would like to become an advocate for themselves and others doing their best to live well with dementia, check out the [National Council of Dementia Minds](#) and the [Dementia Action Alliance](#).

Support for Kids

If there are children involved who would benefit from being part of a supportive community, reach out to [Lorenzo's House](#). They do an excellent job of providing programming to help kids struggling with a parent or

grandparent who is experiencing brain changes. **This group is very much focused on supporting families living with Young Onset (younger than 65 at diagnosis) dementia.**

Caregiver Education (and more support options)

[Dementia Careblazers](#) is a **FANTASTIC** resource for free educational videos on YouTube and a paid option for more personalized **support**.

[Teepa Snow's Positive Approach to Care](#) organization is filled with options for education and support for both those giving care and those who are living with a diagnosis.

[Zinnia TV](#) hosts monthly online education and support group, with [recordings of previous sessions](#) posted on YouTube. Go to the [Zinnia contact page](#) to sign up to receive information about upcoming support group sessions. [This is a great video to start with!](#)

[UCLA has a long list](#) of videos to help caregivers understand how to support a loved one with dementia.

The [Alzheimer's Association](#) is one-stop shopping when it comes to both support and education.

Books, Films, Podcasts, Social Media

Favorite books include [Dementia Beyond Disease](#) by Dr. G. Allen Power, [The Emotional Survival Guide for Caregivers](#) and The [AARP Caregiver Answer Book](#) by Barry Jacobs, and [Responsive Dementia Care](#) by Helen and James Whitworth.

There are new films being released all the time. I worked with Kitty Norton on her film [Wine, Women and Dementia](#), and acknowledge that I am biased. But the response from audiences of dementia caregivers is powerfully validating.

A favorite podcasts is [The Caregiver's Journey](#). Not only are the episodes educational and inspirational, they have an extremely [well organized blog](#) that makes it super easy to locate a topic and explore solutions.

Social Media is a NOISY place and it can be hard to sift through the myriad of influencers vying for your attention. I highly recommend following Adria Thompson (**belightcare**) on Instagram, Teepa Snow (**@teepasnow**) on TikTok and Dr. Reza Ghomi (<https://www.linkedin.com/in/rezahg/>) on LinkedIn.

Help is a FREE phone call away!

[Alzheimer's Foundation of America](#) has licensed social workers available to take calls 7 days/week from 9am-9pm ET – **866-232-8484**

[The Alzheimer's Association Hotline](#) is available 7-days/week, 24 hours. The call is answered by a Helpline Agent who is well versed in Alzheimer's disease and other dementias. They can instantly upgrade your call to a Care Consultant to answer more in depth questions. **800-272-3900**