



Recommended resources for Caregivers supporting loved ones with Alzheimer's Disease or other Dementia (updated 01/26 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)

[Zinnia TV](#) hosts monthly online education and support groups, 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!](#)

[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.

[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 podcast 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.

FREE Help is a 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**

Resources for Connection and Engagement

[Zinnia TV](#) is a streaming service that delivers [research-backed](#) content intentionally built to be engaging for, and digestible by people living with dementia. Zinnia's gently-paced videos promote reminiscence, invite

conversation, soothe agitation and support activities of daily living. If the person you support doesn't live in your home with you, consider pairing a **Zinnia TV** subscription with **JubileeTV**!

[JubileeTV](#) was created to make TV simpler for parents—and to help those who care for them stay close. JubileeTV connects your phone directly to their TV, so you can control it remotely. Fix the TV, change the channel, start a video call, and more — no matter where you are.

For Activity Directors, [Activity Connection](#) provides original programs in more than 40 categories monthly, alongside optional theme content that ties your programs together. They are the industry's leading engagement solution and a trusted resource for 20,000 senior living communities internationally.

Resources for Brain Health

[NewDays](#) offers NEW hope in your, or your loved one's fight against cognitive decline. NewDays is an innovative cognitive treatment that helps you delay symptoms, preserve independence, and keep being you.

[Moneta Health](#) provides a personalized, telephone-based program designed to improve memory, focus and communication abilities for people living with cognitive change.