

Dealing with a  
Loved One with Alzheimer's

# Toolkit

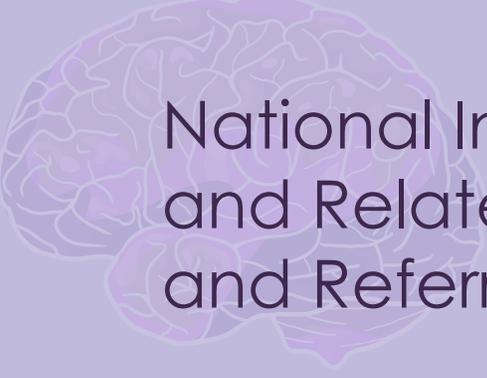




# HELPFUL TOOLS FOR ALZHEIMER'S AND DEMENTIA

Dealing with a loved one's diagnosis of Alzheimer's disease or a related dementia can be scary. And managing your loved one's progressing symptoms can become exhausting. Because of this, it's important to arm yourself with the right resources and tools early so that you know where you can turn when you need help and support.

In this toolkit, you will find a collection of resources that can help you understand dementia and provide better care to your loved one as the disease progresses. The tools highlighted here are all free and are designed to support you as you support your loved ones. We've included a brief overview of each tool to help you quickly determine which ones are best suited to fit your needs.



# National Institute on Aging Alzheimer's and Related Dementias Education and Referral (ADEAR) Center

The ADEAR Center was created by Congress in 1990 as an information source for those dealing with Alzheimer's disease. It is funded by the federal government and is part of the US Department of Health and Human Services.

The center strives to provide information to individuals and families about Alzheimer's disease and related dementias, including information on:

- Causes
- Treatment
- Commonly asked questions
- Diagnosis
- Risk factors
- Caregiving tips
- Talking to the doctor
- Financial and legal planning

The ADEAR Center can also refer you to other resources — both local and national — to help you find what you're looking for.



[Visit the ADEAR Center >>](#)



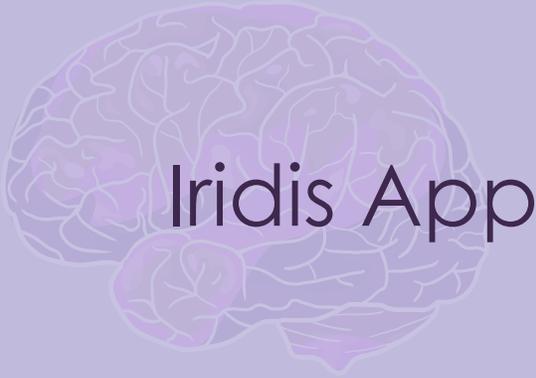
# Alzheimer's Association

The Alzheimer's Association is one of the most well-known resources for families dealing with dementia. They have a national website with tons of information to answer all of your questions. You can even call their hotline at any time! Their lines are open 24/7. Plus, they have local chapters who can give you more specific information and help you connect with local support groups.

The Alzheimer's Association also raises money to fund research projects for Alzheimer's, helping to accelerate breakthroughs. You can donate or read about research that's been done on their site as well.



[Go to the Alzheimer's Association >>](#)

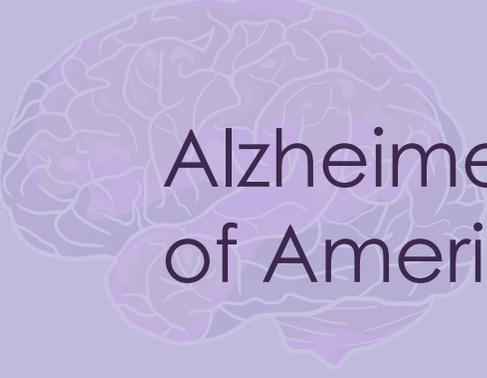


# Iridis App

This app was developed by the University of Stirling and Space Architecture to help make homes safer for individuals with dementia. Use the app to help make your home dementia-friendly for your loved one. It can help you increase color contrast at home and reduce sources of unnecessary stimulation. And the best part is that it was designed specifically to use in the home, so it's tips and recommendations are perfect for families trying to care for their loved one.



[Download the Iridis App >>](#)



# Alzheimer's Foundation of America

Another great organization to help you understand Alzheimer's disease is the Alzheimer's Foundation of America (AFA). They provide in-depth resources about providing care to loved ones with neurodegenerative diseases. The AFA has a helpline as well to help you get answers to your questions whenever you need them.

Just like the Alzheimer's Association, the AFA also has a donation page. They raise money to help find effective treatments and a cure for Alzheimer's.



[Visit Alzheimer's Foundation of America >>](#)



# US Department of Veteran Affairs: Dementia Care & Alzheimer's

The VA also has resources related to dementia care, including Alzheimer's care. Their site also boasts a list of VA health care services that your loved one may qualify for, like home-based primary care, respite care, or hospice care. Dementia and Alzheimer's articles on the VA site include:

- Understanding Dementia
- Caring for Dementia: What to Expect
- Caring for End-Stage Dementia

The VA site also has a more general resource bank for memory loss and brain health.



[Go to the VA Dementia Care site >>](#)



# A Walk Through Dementia App

Another app that is a great resource to families caring for a loved one with dementia is A Walk Through Dementia. The app was developed by Alzheimer's Research UK with input from people living with various stages of dementia. It helps family members understand what dementia and Alzheimer's patients experience. It combines CGI with 360-degree immersion to truly help you put yourself in the shoes of your loved one.

The downside to this app is that it only has 3 immersive scenarios:

- Shopping at the grocery store
- Going on a car ride home
- Making a cup of tea

However, this app may be the closest thing you can get to truly understanding what your loved one is going through on a daily basis.



[Download A Walk Through Dementia App >>](#)



# Alzheimer's Store

When caring for your loved one, you may notice that daily tasks become more challenging for your loved one. The Alzheimer's Store provides products and technology that are simple and designed specifically for seniors with Alzheimer's disease. These products can help your loved one with things like eating, staying engaged throughout the day, getting dressed, and more.

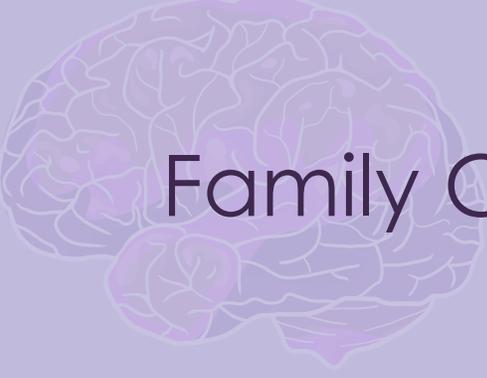
Their products include:

- ▶ Activities
- ▶ Books and movies
- ▶ Clocks
- ▶ Adaptive equipment
- ▶ Music therapy products

You can also sort through their products the stage of dementia, so you can find equipment that will suit your loved one's needs.



[Shop at the Alzheimer's Store >>](#)



# Family Caregiver Alliance

The Family Caregiver Alliance hosts a wealth of information for family caregivers, and they have specific resources for dementia caregivers. Search for specific topics, or browse through their recent articles. You can also watch videos on how to provide the best care possible in certain situations — like when brushing a senior’s teeth or dealing with behavioral issues. The Family Caregiver Alliance has resources in all languages, making it ideal for multi-cultural families.

This organization also offers online support groups for caregivers, so you can connect with other dementia caregivers who are going through the same thing you are. These groups are a great place to ask questions and get advice on overcoming common challenges.



[Visit the Family Caregiver Alliance >>](#)



# Banner Alzheimer's Institute: Alzheimer's Prevention Registry

Banner Alzheimer's Institute has put together free online courses to help you understand Alzheimer's. These courses are divided into modules, which are made up of short videos on specific topics. The first module is a more general overview, but you can review additional modules on how the disease progresses and dive into other topics. The site also provides links to a number of articles, which are sorted by topic: behaviors, care options, finances, etc.



[Review courses at Banner Alzheimer's Institute >>](#)



From apps to video courses, we've provided a list of free resources for you to tackle the challenges that come with being a dementia caregiver. We also want you to know that Caring Senior Service is here to help if you need us. We provide dementia-specific care programs to help your loved one age safely and comfortably at home with the care they need. Our caregivers undergo training as part of this program, so they know how to navigate the difficulties of Alzheimer's. For more information about our dementia care program, visit our website at [www.caring seniorservice.com](http://www.caring seniorservice.com).

