



Living with Dementia: Dementia Basics

ONLINE RESOURCES

DEMENTIA – GENERAL INFORMATION

- [*The Dementias: Hope through research*](#)
National Institute on Aging/National Institutes of Health
- [*Dementia: Is this dementia and what does it mean?*](#)
Family Caregiver Alliance
- [*MIND Diet*](#) (Mediterranean-DASH Intervention for Neurogenerative Delay)
WebMd
- [*Nine worst habits for your brain*](#)
AARP Magazine
- [*Ten drugs that can cause memory loss*](#)
AARP Magazine
- [*Ten of the best free resources for dementia caregivers*](#)
Careforth Blog
- [*Types of Dementia*](#)
Alzheimer's Association
- [*Understanding memory loss*](#)
National Institute on Aging/National Institutes of Health
- [*What is dementia? Symptoms, types, and diagnosis*](#)
National Institute on Aging/National Institutes of Health

ALZHEIMER'S DISEASE

- [*Alzheimer's Association*](#)
www.alz.org
- [*Alzheimer's Disease Fact Sheet*](#)
National Institute on Aging/National Institutes of Health
- [*Alzheimer's Disease Medications Fact Sheet*](#)
National Institute on Aging/National Institutes of Health
- [*Medications for memory, cognition, and dementia-related behaviors*](#)
Alzheimer's Association
- [*Now what? Next steps after an Alzheimer's diagnosis*](#)
National Institute on Aging/National Institutes of Health
- [*Stages of Alzheimer's Disease*](#)
Alzheimer's Association

OTHER DEMENTIAS

- [*Lewy Body Dementia: Information for patients, families, and professionals*](#)
National Institute on Aging/National Institutes of Health
- [*Frontotemporal Disorders: Information for patients, families, and caregivers*](#)
National Institute on Aging/National Institutes of Health
- [*Vascular Dementia*](#)
Alzheimer's Association
- [*Vascular Dementia*](#)
Mayo Clinic
- [*Parkinson's Disease*](#)
Parkinson's Foundation
- [*Parkinson's Disease Information Page*](#)
National Institute of Neurological Disorders and Stroke

ONLINE VIDEOS

- [*A Changing Brain*](#) (YouTube)
Teepa Snow, M.S., O.T.
Positive Approach to Care™ www.teepasnow.com
- [*How Alzheimer's Changes the Brain*](#) (YouTube)
National Institute on Aging
- [*Teepa's Gems*](#)™ (Stages of Dementia)
- [*What is Lewy Body Dementia and How is it Treated?*](#)
UC San Francisco
- [*What's the Difference Between Dementia and Alzheimer's?*](#)
Trinity College, Dublin, Ireland