

Topic	Websites and Fact Sheets	Webinars, Courses, Message Boards
COVID-19 Specific	<ul style="list-style-type: none"> • Rosalyn Carter Institute, information for caregivers about social distancing; https://www.rosalyncarter.org/caregivers-covid-19/ • Alzheimer’s Association, general health and preparedness tips for caregivers; https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care • Emory University/Administration for Community Living, general tips for caregivers during COVID-19 pandemic; https://acl.gov/sites/default/files/common/AOA%20-%20EMORY-Alz%20Caregiving%20COVID%203_17_2020.pdf • Benjamin Rose Institute on Aging—infographic on infection control during pandemic https://www.benrose.org/documents/20143/0/Prevention.pdf/4435ecdc-a1aa-4001-3dbe-beab0ddd359f?version=1.1&t=1584365380158 • AARP—tips for caregivers during COVID-19; https://www.aarp.org/caregiving/health/info-2020/coronavirus-advice-for-caregivers.html?intcmp=AE-CAR-BB 	<ul style="list-style-type: none"> • Dementia Alliance of North Carolina—COVID-19 and Dementia Series; https://www.youtube.com/channel/UCCSA35cqNCRDQKNemQZujZQ
Support Info	<ul style="list-style-type: none"> • Alzheimer’s Association Hotline; 1-800-272-3900 • Veteran’s Affairs Caregiver Support Line; 1-855-260-3274 	<ul style="list-style-type: none"> • Family Caregiver Alliance—YouTube Channel: https://www.youtube.com/user/CAREGIVERdotORG/videos • Family Caregiver Alliance/Smart Patient Online Support Group https://www.smartpatients.com/partners/fca • Family Caregiver Alliance—Message Board (unmoderated) http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

<p>Dementia (General)</p>	<ul style="list-style-type: none"> • National Institute on Aging, resource directory specific to <u>vascular dementia</u>: https://www.nia.nih.gov/health/vascular-dementia-and-vascular-cognitive-impairment-resource-list • Lewy Body Dementia Association—general information and resources specific to <u>lewy-body dementia</u>; https://www.lbda.org/ • Understanding Types of Dementia—explanation of different types of dementia and general resources; https://memory.ucsf.edu/what-dementia 	<ul style="list-style-type: none"> • ALZConnected (Alzheimer’s Association)—Caregiver message boards and e-training courses, caregivers create an account with an email address and this gives them access to boards and courses; https://www.alzconnected.org/ • National Institute on Aging: YouTube Channel—many videos on variety of Alzheimer’s Disease and related dementia topics from research to caregiving; https://www.youtube.com/user/NatlInstituteOnAging • Dementia 101—brief video explaining basics of dementia http://pcresourcecenter.com/2017/12/11/dementia-101-information-for-patients-and-caregivers/ • Johns Hopkins Medical Podcasts—variety of topics for caregivers of individuals with dementia in audio/podcast format; https://www.hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/patient_family_resources/podcasts.html
<p>Dementia (Communication and Behaviors)</p>	<ul style="list-style-type: none"> • Positive Approach to Care with Teepa Snow; Index of monthly articles on common challenges with dementia care; https://teepasnow.com/services/online-learning/online-dementia-journal/ 	<ul style="list-style-type: none"> • Communicating with a Loved One with Dementia (Rosalyn Carter Institute) https://www.youtube.com/watch?v=DQbDgljtLjE&feature=youtu.be • Tips and Strategies for Family Caregivers (Rosalyn Carter Institute) https://www.youtube.com/watch?v=0C2nDEFvCxA&feature=youtu.be • WellMed Charitable Foundation—“Managing Difficult Behaviors” audio recording available for web play or podcast; https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/managing-difficult-behaviors-with-evalyn-greb-lcsw/

<p>Managing Stress</p>	<ul style="list-style-type: none"> • Benjamin Rose Institute on Aging—tip sheet for maintaining positive relationship when loved one has dementia; https://www.benrose.org/-/resource-library/family-caregiving/improve-relationship-strain • Dementia Alliance of North Carolina—10 Minute Stress Buster tip sheet; https://dementianc.org/wp-content/uploads/2019/08/Stress-Tamers_10-minute.pdf • National Institute on Aging—infographic for caregiving self-care; https://www.nia.nih.gov/sites/default/files/caregivers-infographic-508.pdf • Aging in Place—information and ideas for preventing caregiver burn out; https://www.aginginplace.org/caregiver-burnout/ 	<ul style="list-style-type: none"> • WellMed Charitable Foundation—“Developing Coping Strategies” audio recording available for web play or podcast; https://www.wellmedcharitablefoundation.org/caregiver-support-caregiver-teleconnection-events/developing-coping-strategies-with-evalyn-greb-lcsw/
<p>Long Distance Caregiving</p>	<ul style="list-style-type: none"> • National Institute on Aging—tip sheets for distance caregiving https://www.nia.nih.gov/health/8-tips-long-distance-caregiving • AARP—resources for distance caregivers; https://www.aarp.org/caregiving/basics/info-2019/long-distance-care.html • Benjamin Rose Institute on Aging—tip sheet for organizing care from afar; https://www.benrose.org/-/resource-library/family-caregiving/caring-from-a-distance • Caring from a Distance—organization dedicated to online support for long distance caregivers; http://www.cfad.org/ 	

<p>Helpful Technology, Staying Connected, and Home Activities</p>	<ul style="list-style-type: none"> • Benjamin Rose Institute on Aging—scam prevention focus, tip sheet on safeguarding older adults from online scams; https://www.benrose.org/-/resource-library/financial-health-and-wellness/internet-safeguards-to-avoid-online-scams-as-an-older-adult • Benjamin Rose Institute on Aging—telephone set up basics for older adults;https://www.benrose.org/-/resource-library/help-at-home/5-tips-to-help-our-loved-ones-with-using-telephones • AARP—ideas for minimizing negative impacts of social isolation; https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-social-isolation-loneliness.html • AARP—technology examples that help minimize social isolation; https://www.aarp.org/caregiving/home-care/info-2018/new-technology-social-isolation.html 	<ul style="list-style-type: none"> • CDC—Aging and Technology https://www.smartpatients.com/partners/fca • Explore live-streaming options to go on virtual tours! Many of the National Parks and Museums have interactive options. A few examples are: <ul style="list-style-type: none"> - Smithsonian Institute Online Galleries: https://www.si.edu/exhibitions/online - Guggenheim Art Museum Virtual Tour https://www.guggenheim.org/plan-your-visit/guggenheim-from-home - Washington, DC Cherry Blossoms: https://nationalmall.org/bloomcam -
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