**Some Additional Dementia-Related Resources**

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**Articles:**

* [Talking to a Parent About Moving to Memory Care | A Place for Mom](https://www.aplaceformom.com/caregiver-resources/articles/how-to-talk-about-moving-to-memory-care?utm_source=apfmnewsletter&utm_medium=email&utm_campaign=20240606&utm_term=USNewsletter&mkt_tok=NTQ5LVZKVS0yNzcAAAGTjRwAA-8-XqqlPO7cv8CM-ApZWnIJCbg-bxgYyacGfT8pzC5GBe0pphF4Oz5uZvM4aC6lAR9h_YC-voPZmvKZTGjnWoBvlfd7Z1Rx6Mb-bT0mLQ)
* [Your Guide to Senior Rehabilitation (aplaceformom.com)](https://www.aplaceformom.com/caregiver-resources/articles/rehab-care?utm_source=apfmnewsletter&utm_medium=email&utm_campaign=20240606&utm_term=USNewsletter&mkt_tok=NTQ5LVZKVS0yNzcAAAGTjRwAA2eyQ85TPzUCHf1DJU3xVOU8V0k44P1ZSfrowJzmvOpRihXn9XDRh5Pbfn4lv1fCzYy3m2UKUuJnUQy70fs0aSlVmGV9738o8WTICFSKMw)
* [A List of Drugs Linked to Dementia (aplaceformom.com)](https://www.aplaceformom.com/caregiver-resources/articles/these-drugs-may-cause-memory-loss?utm_source=apfmnewsletter&utm_medium=email&utm_campaign=20240606&utm_term=USNewsletter&mkt_tok=NTQ5LVZKVS0yNzcAAAGTjRwAA5jeaP4f4sbgz1VsDxq0U3oJcORMRm0c7CEaoi5_wduAs8mvenzwhHJInuNTsZPfXlBZMSUM5fv3a95zd-iTSKc1PaF5SInvLpGTv0_XFQ)
* [4 Ways To Support Someone With Dementia During Extreme Heat | Being Patient](https://www.beingpatient.com/how-to-support-someone-with-dementia-during-extreme-heat/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [How to Read News Articles About Dementia — And Spot Hype and Exaggeration | Being Patient](https://www.beingpatient.com/science-media-literacy-alzheimers-dementia-news/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [Strange and Unexpected Things That Supposedly Influence Dementia Risk | Being Patient](https://www.beingpatient.com/strange-and-unexpected-things-supposedly-influence-dementia-risk/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [Experts Tackle Taboo Questions: How Does Dementia Affect Sexual Intimacy? | Being Patient](https://www.beingpatient.com/can-you-fulfill-a-sexual-relationship-with-your-spouse-with-dementia/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
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* [How Your Height Affects Your Health (webmd.com)](https://www.webmd.com/a-to-z-guides/ss/slideshow-height-affects-health?ecd=wnl_alz_062724&ctr=wnl-alz-062724_promo_link_1&mb=s%40PlOMRsLtMjwaSKETDhpjAH8fiDI1DHWauGqZ4a0I4%3d)
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* [Neurologists Name 10 Types of Exercise to Protect Brain Health | Being Patient](https://www.beingpatient.com/neurologists-name-10-types-of-exercise-to-protect-brain-health/?utm_source=Being+Patient+Newsletter&utm_campaign=62f8f37fe1-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-62f8f37fe1-222770483)
* [OP-ED: Pre-Debate, a Cognitive Psychologist on Biden, Trump, and Cognitive Decline | Being Patient](https://www.beingpatient.com/biden-trump-cognitive-health-dementia-debate/?utm_source=Being+Patient+Newsletter&utm_campaign=62f8f37fe1-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-62f8f37fe1-222770483)
* [Is Alzheimer's Really Reversible, as a New Documentary Claims? | Being Patient](https://www.beingpatient.com/is-alzheimers-reversible/?utm_source=Being+Patient+Newsletter&utm_campaign=62f8f37fe1-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-62f8f37fe1-222770483)
* [Alzheimer's: Pomegranate compound may improve memory, symptoms (medicalnewstoday.com)](https://www.medicalnewstoday.com/articles/compound-in-pomegranate-may-aid-memory-in-alzheimers)
* [Dementia treatment: First new Alzheimer’s drugs in 20 years to bring hope for early-stage patients (smh.com.au)](https://www.smh.com.au/national/first-new-alzheimer-s-drugs-in-20-years-to-bring-hope-for-early-stage-patients-20240612-p5jl8b.html)
* [I've got a copy of the terrifying 'dementia gene' - I've taken 5 steps to reduce my risk and you can too | The Sun](https://www.thesun.co.uk/health/28265458/dementia-gene-lifestyle-changes-reduce-risk/)
* [What’s the difference between Alzheimer’s and dementia? - NZ Herald](https://www.nzherald.co.nz/lifestyle/whats-the-difference-between-alzheimers-and-dementia/JM7ZL7VPW5AEBJVYOLFAU6OYCA/)
* [Dementia Expert Reveals Why Some Brains With Alzheimer's Signs Have No Symptoms : ScienceAlert](https://www.sciencealert.com/dementia-expert-reveals-why-some-brains-with-alzheimers-signs-have-no-symptoms)
* [Father-son duo inspire millions with unbreakable bond navigating dementia: "Enjoy every moment you have" - CBS Sacramento (cbsnews.com)](https://www.cbsnews.com/sacramento/news/father-son-inspire-millions-navigating-dementia/)
* [Dementia: What’s the link between depression and memory decline? (medicalnewstoday.com)](https://www.medicalnewstoday.com/articles/depression-may-worsen-memory-decline-older-adults)
* [Is There a Link Between Tinnitus and Dementia? (healthline.com)](https://www.healthline.com/health/dementia/tinnitus-dementia)
* [KU Alzheimer’s Disease Research Center part of global study deploying blood biomarker testing for dementia diagnoses (kumc.edu)](https://www.kumc.edu/about/news/news-archive/blood-biomarker-testing-for-dementia.html)
* [9/11 first responders with severe debris exposure have higher risk of dementia, study finds - CBS News](https://www.cbsnews.com/news/911-first-responders-dementia-risk-study/)

**Podcasts & Videos:**

* [Top Positive Aging Discussions: May 2024 - Senior Living ProAging News By Positive Aging Community (retirementlivingsourcebook.com)](https://www.retirementlivingsourcebook.com/proagingnews/top-positive-aging-discussions-may-2024)
* Join us for “A Brighter Future with Alzheimer’s Disease: Understanding Why Early Detection Matters and What It Means for Treatment,” an hour-long interactive presentation produced in collaboration with the BrightFocus Foundation. This online program will help caregivers and patients recognize the early signs and symptoms of Alzheimer’s disease, so they can seek treatment earlier when it is most beneficial. The earlier therapies are taken, the longer people with Alzheimer’s can retain typical levels of functional and cognitive abilities. [medlive.com - Program Page](https://www.medlive.com/patient/show/24-05-01-alzheimers-disease/rhvci-program-page?pid=433756&pqat=C93575EBD00EC7D8979A2CACC1F353491452421C13A26D6F8B9C1B258F65C3F2FF4C617E59EB7651679E86C21600942BC24F465CEDA32EF69BE9F78AA998339E&refCode=PQH_ML_PAT_Alzheimers_w_NICA_2024_CH3_060624)
* [What Is Frontotemporal Dementia? FTD Types, Symptoms, and Diagnosis (youtube.com)](https://www.youtube.com/watch?v=a8diV-UJW4U)
* [How Alzheimer's Changes the Brain (youtube.com)](https://www.youtube.com/watch?v=0GXv3mHs9AU)
* [Dementia vs. Normal Memory Loss (webmd.com)](https://www.webmd.com/healthy-aging/video/mentation-dementia?ecd=wnl_alz_061324&ctr=wnl-alz-061324_supportTop_cta_2&mb=s%40PlOMRsLtMjwaSKETDhpjAH8fiDI1DHWauGqZ4a0I4%3d)
* [Brain Health Research: Participate From Your Home (youtube.com)](https://www.youtube.com/live/XkARFUD5SrM)
* [The Role of Genetics in Early Diagnosis and Treatment of Dementia (youtube.com)](https://www.youtube.com/live/6mwh5xGxcvc)
* [Dr. Sanjay Gupta on Protecting Brain Health and Preventing Alzheimer's (webmd.com)](https://www.webmd.com/podcasts/20240606/sanjay-gupta-on-protecting-brain-health-and-preventing-alzheimers?ecd=wnl_alz_062724&ctr=wnl-alz-062724_promotwo_link_1&mb=s%40PlOMRsLtMjwaSKETDhpjAH8fiDI1DHWauGqZ4a0I4%3d)

**Reports and Other Resources:**

* [Interactive Learning Guides | Being Patient](https://www.beingpatient.com/interactive-learning-guides/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [Being Patient's Guide to Diet & Brain Health | Being Patient](https://www.beingpatient.com/guide-diet-brain-health/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [Being Patient's Guide to Frontotemporal Dementia | Being Patient](https://www.beingpatient.com/guide-frontotemporal-dementia/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [What is Lewy Body Dementia (beingpatient.com)](https://www.beingpatient.com/what-is-lewy-body-dementia-interactive-guide/?utm_source=Being+Patient+Newsletter&utm_campaign=ae6ebe5134-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-ae6ebe5134-222770483)
* [Alzheimer's Disease Genetics Fact Sheet | National Institute on Aging (nih.gov)](https://www.nia.nih.gov/health/alzheimers-causes-and-risk-factors/alzheimers-disease-genetics-fact-sheet?utm_source=nia-eblast&utm_medium=email&utm_campaign=news-20240610)
* [Population estimate of people with clinical Alzheimer's disease and mild cognitive impairment in the United States (2020-2060) - PubMed (nih.gov)](https://pubmed.ncbi.nlm.nih.gov/34043283/)
* [Identifying individuals with non‐Alzheimer's disease co‐pathologies: A precision medicine approach to clinical trials in sporadic Alzheimer's disease - Tosun - 2024 - Alzheimer's & Dementia - Wiley Online Library](https://alz-journals.onlinelibrary.wiley.com/doi/10.1002/alz.13447)
* [Don't forget I'm human - Don’t forget I’m human – Stopping dementia stigma – STRiDE Anti-stigma toolkit (turtl.co)](https://stridedementia.turtl.co/story/anti-stigma-toolkit/page/1)
* [pathwaystowellbeingwithdemen.pdf (ymaws.com)](https://cdn.ymaws.com/leadingagevirginia.org/resource/resmgr/docs/dementia_friends/january_2024/pathwaystowellbeingwithdemen.pdf)
* [FDA Advisory Committee Agrees on Donanemab Efficacy | alz.org](https://www.alz.org/news/2024/fda-advisory-committee-donanemab-efficacy)
* [Traveling | Alzheimer's Association](https://www.alz.org/help-support/caregiving/safety/traveling?WT.mc_id=enews2024_06_25&utm_source=enews-aff-184&utm_medium=email&utm_campaign=enews-2024-06-25&utm_content=homeoffice&utm_term=Story3)
* A Guide to Parkinson’s [PD\_360\_Singles\_11.07.22.pdf (michaeljfox.org)](https://www.michaeljfox.org/sites/default/files/media/document/PD_360_Singles_11.07.22.pdf)
* Focus on Parkinson’s Magazine [The Fox Focus 2024 Spring/Summer (joomag.com)](https://viewer.joomag.com/the-fox-focus-2024-spring-summer/0112989001713792979?short)
* Chapter offers awareness, education to faith communities [National Capital Area Chapter (alz.org)](https://www.alz.org/nca/helping_you/purple-power-worship)
* Mapping a Better Future for Dementia Care Navigation – Special Report [alzheimers-facts-and-figures-special-report.pdf](https://www.alz.org/media/Documents/alzheimers-facts-and-figures-special-report.pdf)
* [Caregivers' Guide to Alzheimer's Disease (webmd.com)](https://www.webmd.com/alzheimers/ss/slideshow-alzheimers-overview?ecd=wnl_spr_062524&ctr=wnl-spr-062524_lead_cta&mb=s%40PlOMRsLtMjwaSKETDhpjAH8fiDI1DHWauGqZ4a0I4%3d)
* [The Science of Alzheimer's Interactive Guide (beingpatient.com)](https://www.beingpatient.com/interactive-guide-the-science-of-alzheimers/?utm_source=Being+Patient+Newsletter&utm_campaign=62f8f37fe1-EMAIL_CAMPAIGN_2020_11_06_03_59_COPY_01&utm_medium=email&utm_term=0_95b92454c1-62f8f37fe1-222770483)
* [StrategicFramework-NationalPlanOnAging-2024.pdf (acl.gov)](https://acl.gov/sites/default/files/ICC-Aging/StrategicFramework-NationalPlanOnAging-2024.pdf)

**Web Sites:**

* [News & Events | National Institute on Aging (nih.gov)](https://www.nia.nih.gov/news?utm_source=nia-eblast&utm_medium=email&utm_campaign=news-20240610)
* [Home Page - Dementia Friendly America (dfamerica.org)](https://dfamerica.org/)
* [Dementia Society of America® | definition alzheimer's MCI vascular dementia](https://www.dementiasociety.org/)
* [Dementia Capable VA (virginia.gov)](https://vda.virginia.gov/dementiacapableVA.htm)
* [StrongerMemory - Goodwin Living](https://goodwinliving.org/stronger-memory/)
* National Alzheimer’s and Dementia Resource Center [Home | NADRC (acl.gov)](https://nadrc.acl.gov/home)
* [Alzheimers.gov](https://www.alzheimers.gov/?utm_source=nia-eblast&utm_medium=email&utm_campaign=alzgov-20240625)
* [Older Adults Services | Family Services (fairfaxcounty.gov)](https://www.fairfaxcounty.gov/familyservices/older-adults)

**Clinical Trials & Studies:**

* [Find Clinical Trials (alzheimers.gov)](https://www.alzheimers.gov/clinical-trials/find-clinical-trials?utm_source=nia-eblast&utm_medium=email&utm_campaign=clinicaltrials-20240618)

**Resources in Our Community:**

• Area Agency on Aging [vaaaa.org](https://vaaaa.org/)

• FAIRFAX COUNTY AGING, DISABILITY & CAREGIVER RESOURCES LINE -CALL 703–324–7948, TTY 711 MONDAY-FRIDAY 8 A.M.–4:30 P.M.

• Caregiver Alert Notifications: If we can’t reach you, we can’t alert you! Now, family caregivers can receive email or text notifications of Fairfax County caregiver services and programs. These programs include case management, in-home respite, caregiver support and webinars, wellness workshops, and much more. To sign up: https://www.fairfaxcounty.gov/alerts to create or sign into your Fairfax Alerts account and then select Area Agency on Aging/Caregivers.

• ELDERLINK: Provides affordable care management to older adults in Northern Virginia. Our care managers work with you and your family to find the best plan to ensure safe and affordable independence. Call 703-324-5374, TTY 711 for a consultation and appointment

• Fairfax Area Agency on Aging Caregiver Unit Caregiver webinars

• Our FREE monthly caregiver webinars are for family members, partners, and friends caring for a loved one. <https://bit.ly/CAREWEB1>

• Caregiver Panel Conversation: <https://bit.ly/FAAACaregiverWebpage>

• Dementia Caregiver Series: <https://bit.ly/FFXDementiaSeries>

• Health & Wellness Workshops and Intergenerational programs: <https://bit.ly/StayingWell-12>

• Fairfax Area Agency on Aging Caregiver Unit Monthly Webletter: Please email Allegra.Joffe@fairfaxcounty.gov to be added to the distribution list.

• Alzheimer’s Association Helpline- 24/7 1.800.272.3900 [www.alz.org](http://www.alz.org)

• RAFT Dementia Support Program- Resident of the City of Alexandria, Arlington, Fairfax-Falls Church, Loudoun, or Prince William Counties for 65 years of age or older with a diagnosis of dementia or exhibiting symptoms of dementia with behaviors. History of psychiatric hospitalization or at risk of psychiatric hospitalization. Living in the community in their homes, or the homes of family members or other caregivers. They provide free of cost at home support. Call or go online to make a referral. 703-449-6306 <https://bit.ly/RAFTdementiaProgram>

• Virginia Department for Aging and Rehabilitative Services George Worthington, Dementia Services Coordinator 804-662-9154 [www.vadars.org](http://www.vadars.org)

• Virginia Navigator [Homepage: VirginiaNavigator | VirginiaNavigator](https://virginianavigator.org/)