

Alzheimer's and Dementia

Are you looking for resources to help you care for someone with Alzheimer's disease or Dementia? Coping with Alzheimer's/Dementia is a growing concern for seniors and the families who care for them. Over the next eight years, the number of Virginians with Alzheimer's disease will swell by nearly 36 percent, to about 190,000, according to the Alzheimer's Association (2017). Find valuable information on dementia, family and caregiver support, and living with dementia.



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Article

The Sandwich Generation

Sandwich Generation Caregivers find themselves squeezed in between caring for younger loved ones such as children, and their elder parents or other elder family members.

Source

[Today's Caregiver](#)

Article

Keeping Your Marriage Strong While Caring for a Parent

Overcome the challenges of caring for a parent while keeping your marriage strong. Learn to set boundaries and enlist some extra help.

Source

[AARP](#)

Links

Dementia Capable Virginia ~ Resources

Source

[Dementia Capable Virginia ~ Resources](#)

Books & Guides

Take Control in 1, 2, 3: Disaster Preparedness Guide for Caregivers

As a family caregiver, you are one of 53 million Americans caring for someone older, ill, or disabled. Those in your care depend on you for their safety and well-being—especially during emergencies.

Source

[Rosalynn Carter Institute for Caregiving](#)

Links

Alzheimer's Association Caregiving Resources

Source

[Alzheimer's Association Caregiving Resources](#)

Article

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners

A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners contains resources and information for advanced care planning.

Source

[BOLD Public Health Center of Excellence on Dementia Caregiving \(PHCOE-DC\)](#)

Books & Guides

AARP Family Caregiving Guide

The Family Caregiving Guide is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need.

Source

[AARP](#)

Article

Sharing Your Family Story

Research has shown that there are psychological benefits to family story telling, particularly with the younger generation, but the advantages last through all stages of life. Here are some ways to share your family stories.

Source

[Indiana State Library Blog](#)

Article

Learn About Alzheimer's Disease and 8 Ways to Lower Your Risk of Getting It

Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If not treated, it can affect a person's ability to go about their normal routines.

Source

[Centers for Disease Control \(CDC\)](#)

Links

Family First Virginia - Kinship Navigator Programs

Source

[Family First Virginia - Kinship Navigator Programs](#)

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