

## **What is Dementia?**

It can be difficult to diagnose Alzheimer's disease and Dementia, but there are tools and resources available to guide your family through the assessment process.

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Article

## **The DICE Approach Online Training Program**

The DICE Approach Online Training Program provides an evidence-based video training program for caregivers of people with dementia.

Links

## **CDC: Alzheimer's Disease and Healthy Aging**

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[CDC: Alzheimer's Disease and Healthy Aging](#)

Books & Guides

## **Pathways To Well-Being With Dementia**

Pathways to Well-Being With Dementia gives essential information about living with dementia from 48 people living with it, their care partners, and leading dementia specialists. The science-based information is presented in a user-friendly format.

Source

[Dementia Action Alliance](#)

Books & Guides

## **Virginia Dementia Road Map: A Guide for People Impacted by Dementia**

The DARS Office for Aging Services has developed a stage-by-stage guide to cognitive impairment, Alzheimer's disease, and other types of dementia. At each stage, the Virginia Dementia Road Map answers your questions about what you should expect and what you should do. It also provides concrete action steps to take at each stage.

Source

[DARS Office for Aging Services, Division of Community Living](#)

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## **SAGE Test for Alzheimer's and Dementia**

Find out about the SAGE Test to detect signs of Alzheimer's and dementia.

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Links

## **SAGE Test for Alzheimer's and Dementia**

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[SAGE Test for Alzheimer's and Dementia](#)

Apps

## **Dementia Guide Expert**

ENGAGE-IL developed a Free Mobile App to educate everyone about Alzheimer's disease dementia. Nationally known dementia experts provide resources and guidance for individuals with dementia, families, and caregivers. Offers helpful advice and support as you travel through each stage of the dementia experience.

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[Dementia Guide Expert](#)

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## **AFA's Online Memory Test**

The Alzheimer's Foundation of America has an online Memory Screening Test.

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[Alzheimer's Foundation of America](#)

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## [AFA National Toll-Free Helpline](#)

The Alzheimer's Foundation of America (AFA) Helpline is available daily to provide resources and support.

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[Alzheimer's Foundation of America](#)

Videos

## [Alzheimer's: Every Minute Counts](#)

A powerful documentary video that explores the impact of Alzheimer's disease on families and communities and the need for resources and research.

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[PBS](#)

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