**Dementia Curriculum Table of Contents**

**Behavior, Mood and Personality Changes:**

1. Agitation and Aggression
   1. [Anger, Frustration, & Fighting](https://www.alzheimersla.org/wp-content/uploads/2018/06/CaregiverTipSheet_anger.pdf) (Alz LA)
   2. [Coping with Agitation and Aggression](https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/coping-agitation-aggression-and-sundowning) (NIA)
   3. [Dementia and Aggressive Behavior](https://www.alzheimers.org.uk/download/downloads/id/1797/factsheet_dementia_and_aggressive_behaviour.pdf) (Alzheimer’s Society)
   4. [Responding to Threatening Behavior](https://ucsf.box.com/s/tv94y5nifcbm9wn7y176tu0nk1dpcmdk) (Care Eco)
2. Anxiety and Sundowning
   1. [Anxiety Related to Dementia](https://ucsf.box.com/s/bfj2de40u8xuoju8bcro5950qrb37hr9) (Care Eco)
   2. [Anxiety & Agitation](https://www.alz.org/help-support/caregiving/stages-behaviors/anxiety-agitation?lang=en-US) (Alzheimer’s Association)
   3. [Sundowning](https://ucsf.box.com/s/tbeqdaoc6gi2adwzqvfgy5yo87ta2aem) (Alz. Assoc.)
   4. [Tips for Coping with Sundowning](https://www.nia.nih.gov/health/alzheimers-changes-behavior-and-communication/coping-agitation-aggression-and-sundowning) ([NIA](https://www.nia.nih.gov/health/tips-coping-sundowning))
3. Apathy
   1. [Apathy](https://ucsf.box.com/s/wnnfu87xixj03z8m2yyxz0gne4vn88bj) (Care Eco)
   2. [Apathy, Depression, and Anxiety](https://www.alzheimers.org.uk/sites/default/files/2020-01/444LP%20-%20supporting%20a%20person%20with%20dementia%20who%20had%20depression%2C%20anxiety%20or%20apathy.pdf) (Alzheimer’s Society)
4. Behaviors – General
   1. [Adapting Activities for People with Alzheimer’s Disease](https://www.nia.nih.gov/health/adapting-activities-people-alzheimers-disease) (NIA)
   2. [Alzheimer’s Disease: Common Medical Problems](https://www.nia.nih.gov/health/alzheimers-disease-common-medical-problems) (NIA)
   3. [Delirium and Dementia](https://ucsf.box.com/s/8sjqkcrdrqcnhan0crb9uz87lc3evd2m) (Care Eco)
   4. [DICE Behavior Assessment Tool](https://ucsf.box.com/s/r9itbvltdvpi2kzra0wm9fyf46eujfqw) (Care Eco)
   5. [Introduction to Behaviors in Dementia](https://ucsf.box.com/s/kt2ymufkru2f8w1odk9mpvub4whpanhj) (Care Eco)
   6. [Behavior Tracking Log](https://ucsf.box.com/v/BehaviorLog) (UCSF Office for Developmental Primary Care)
5. Delusions and Hallucinations
   1. [Alzheimer’s and Hallucinations, Delusions, and Paranoia](https://www.nia.nih.gov/health/alzheimers-and-hallucinations-delusions-and-paranoia) (NIA)
   2. [Delusions and Hallucinations in Dementia](https://ucsf.box.com/s/13pkl8hduv1j4hjv185ffzvkhczzzri8) (Care Eco)
6. Depression
   1. [Apathy, Depression, and Anxiety](https://www.alzheimers.org.uk/sites/default/files/2020-01/444LP%20-%20supporting%20a%20person%20with%20dementia%20who%20had%20depression%2C%20anxiety%20or%20apathy.pdf) (Alzheimer’s Society)
   2. [Depression and Alzheimer’s Disease](http://www.med.umich.edu/1libr/Alzheimers/DepressionAlzheimersDisease.pdf) (Univ. of Michigan)
   3. [Depression and Caregiving](https://www.caregiver.org/depression-and-caregiving) (FCA)
   4. [Depression and Dementia](https://ucsf.box.com/s/f3tabxeyqn6isd2ajv82aottmjdi8ym9) (Care Eco)
7. Hoarding and Rummaging
   1. [Rummaging, Hiding and Hoarding Behaviors](https://www.alz.org/media/greatermissouri/rummaging_hiding_and_hoarding_behaviors.pdf) (Alz. Assoc.)
   2. [When a Person with Alzheimer’s Rummages and Hides Things](https://www.nia.nih.gov/health/when-person-alzheimers-rummages-and-hides-things) (NIA)
   3. [Hoarding Disorder Fact Sheet](https://ucsf.box.com/s/bam1p7swwpggscggx5jposbvl0svkax5) (OCD Foundation)
   4. RESOURCE: Peer-led Response Team in SF: [Mental Health Association of San Francisco](https://www.mentalhealthsf.org/collecting-behaviors-hoarding-disorder/), [Clutterers Anonymous Phone Meetings](https://clutterersanonymous.org/meetings/calendar-of-all-events/), [National Association for Productivity and Organization Professionals](https://www.napo.net/search/custom.asp?id=3767)
8. Impaired Judgement
   1. [Managing Money Problems in Alzheimer’s Disease](https://www.nia.nih.gov/es/node/20448) (NIA)
   2. [Money Smart for Older Adults](https://ucsf.app.box.com/file/237357730682?s=swpcnq93nl6ukwcb828yieym29veqapi)—53 pages (CFPB-2017)
   3. [Scam and Fraud Prevention Websites](https://ucsf.box.com/s/s4tv7tculp2nbra65f8lia4vq1sp4nik) (Care Eco)
   4. [Warning Signs of Scams and Fraud](https://ucsf.box.com/s/omqbxgjlp91ya65w3hn5qj65jpr1dn0o) (Care Eco)
   5. [When Judgment and Decision-Making is Impaired](https://ucsf.box.com/s/8j7tcigzrtet4knaxsjmam4i1fghd9al) (Care Eco)
9. Sleep Disruption
   1. [6 Tips for Managing Sleep Problems in Alzheimer’s](https://www.nia.nih.gov/health/6-tips-managing-sleep-problems-alzheimers) (NIA)
   2. [A Good Night’s Sleep](https://www.nia.nih.gov/health/good-nights-sleep) (NIA)
   3. [Dementia and Sleep](http://www.sleephealthfoundation.org.au/pdfs/Dementia-and-Sleep.pdf) (Sleep Health Foundation)
   4. [Good Sleep Habits](http://www.sleephealthfoundation.org.au/pdfs/Good-Sleep-Habits.pdf) (Sleep Health Foundation)
   5. [Sleep Log](https://ucsf.box.com/s/q4olxqr0mrammy3oepu9xdxssybsmruq) (UCSF Office for Developmental Primary Care)
   6. [When Sleep is Disrupted](https://ucsf.box.com/s/hzia3le1bagfut86s4h7da4yma986bd4) (Care Eco)
10. Wandering
    1. [Dementia and the Risk for Getting Lost](https://ucsf.box.com/s/30jxc579znx0kg9whxvp5lu266vfrea0) (Care Eco)
    2. [MedicAlert + Safe Return Brochure](https://www.alz.org/media/Documents/alzheimers-dementia-emergency-response-enrollment-wander-b.pdf) (Alz. Assoc.)
    3. [Wandering and Alzheimer’s Disease](https://www.nia.nih.gov/health/wandering-and-alzheimers-disease) (NIA)

**Caregiver Well-being:**

1. [The Art of Asking for Help](https://ucsf.box.com/s/xxaogexf1chca778duyiznvb44ndcyp0) (Care Eco)
2. [Caregiving Stress and Burnout: Tips for Regaining your Energy, Optimism, and Hope](https://www.helpguide.org/articles/stress/caregiver-stress-and-burnout.htm?pdf=true) (helpguide.org)
3. [Four Types of Exercise Can Improve Your Health and Physical Ability](https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability) (NIH)
4. [Caregiving and Ambiguous Loss](https://www.caregiver.org/caregiving-and-ambiguous-loss) (FCA)
5. [Changes in Intimacy and Sexuality in Alzheimer’s Disease](https://www.nia.nih.gov/health/changes-intimacy-and-sexuality-alzheimers-disease) (NIA)
6. [Cognitive Behavioral Interventions for Insomnia in Older Adults](http://aging.arizona.edu/sites/aging/files/fact-sheet-pdfs/cognitive_behavioral_interventions_for_insomnia_0.pdf) (Arizona Center on Aging)
7. [Dealing with Guilt](https://ucsf.box.com/s/u3atqnjca74q389fvij1q27qn1gvg2cz) (Alz. Society)
8. [Dementia, Caregiving, and Controlling Frustration](https://www.caregiver.org/dementia-caregiving-and-controlling-frustration) (FCA)
9. [Depression and Caregiving](https://www.caregiver.org/depression-and-caregiving) (FCA)
10. [Dignity and Self-Determination](https://ucsf.box.com/v/DignityandSelfDetermination) (Care Eco)
11. [Emotional Side of Caregiving](https://www.caregiver.org/emotional-side-caregiving) (FCA)
12. [Finding the Positives Along Your Journey](https://bethematch.org/workarea/downloadasset.aspx?id=1628) (bethematch.org)
13. [Laughter is the Best Medicine](https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm?pdf=true) (helpguide.org)
14. [Recommended Reading](https://ucsf.box.com/v/RecommendedReading) (Care Eco)
15. [Self-Check Tool for Caregivers](https://ucsf.box.com/s/z9resjfi2jx38j9q4kno5sqbq4jphcdn) (Care Eco)
16. [Sexuality and Dementia](https://www.caregiver.org/sexuality-and-dementia) (FCA)
17. [Sexuality in Later Life](https://www.nia.nih.gov/health/sexuality-later-life) (NIA)
    1. Sex positive blogs about sex for seniors:
       1. <http://betterthanieverexpected.blogspot.in>
       2. <https://seniorplanet.org/tag/sex-at-our-age/>
18. [Taking Care of You: Self-Care for Family Caregivers](https://www.caregiver.org/taking-care-you-self-care-family-caregivers) (FCA)
19. [Taking Care of Yourself](https://www.alz.org/national/documents/brochure_caregiverstress.pdf) (Alz. Assoc.)
20. [Taking Care of Yourself: Tips for Caregivers](https://www.nia.nih.gov/health/taking-care-yourself-tips-caregivers) (NIA)
21. VIDEOS: [Conversations with Caregivers](https://memory.ucsf.edu/conversations-caregivers), [Careblazers: dementia care heroes](https://www.youtube.com/channel/UCVgK5-w1dilMx7bPVB5yNug/videos)

Common Co-morbidities

**Decision-Making:**

1. Medical Decisions
   1. [End of Life Option Act Fact Sheet – CA Only](https://ucsf.box.com/s/e2hom8sflya7p2t5270lr0ejb1y7e8cs) (UC Hastings)
   2. [POLST Handout – CA Only](https://ucsf.box.com/s/l3tuokcjxf0w0qra6m68xckmuauzm8pg) (Care Eco)
   3. [Making Choices About Everyday Care Fact Sheet](https://ucsf.box.com/s/058wt4ys8taqk1iuqvwnf6mnu1zuujs9) (FCA)
   4. [Advanced Dementia: A Guide for Families](https://ucsf.box.com/s/5u880cefo2jhwmsyrrmdtznm1iuzy2i2) – 50 pages (Harvard Medical School)
   5. [Seven Clinical Stages](https://app.box.com/file/1147832492300?s=9pa6v0xfnwkuz7o7wmgjrixtvqg1dqe8) (Fischer Center)
   6. [Stages of Alzheimer's](https://www.alz.org/alzheimers-dementia/stages?lang=en-US)
   7. [Alzheimer’s Disease: Common Medical Problems](https://ucsf.box.com/s/igxpnkk0e3wz0nbxhn1pi9lh8zp2f583) ([NIA](https://www.nia.nih.gov/health/alzheimers-disease-common-medical-problems))
   8. [Feeding Tubes for People with Alzheimer’s](https://ucsf.box.com/s/4iul0fc3rzbg1cbmrbu661ex6wbke101) (Choosing Wisely)
   9. [Advanced Illness: Feeding Tubes and Ventilators](https://app.box.com/file/1249538862344) (FCA)
   10. [Conversation Project Guide for Caregivers](https://ucsf.box.com/s/ntgyo4bgxz9oypv2sk9bup3q72wz3xbp) (IHI)
2. Long Term Care Planning
   1. [The Cost and Who Will Pay for Long Term Care](https://ucsf.box.com/s/szt2xd0i8jgvh6ln7kdoz97z8cs1jqwx) ([ACL](https://acl.gov/ltc/costs-and-who-pays/what-is-covered))
   2. [Paying for Long Term Care](https://ucsf.box.com/s/mpoj5ulsej15svf6tlgz1kato8ssxa8w) ([NIA](https://www.nia.nih.gov/health/paying-long-term-care))
   3. [Personal Care Agreements](https://ucsf.box.com/s/3dmfqfyg3vyesv2bhcx184z04w8wb033) (FCA)
   4. [Home Worker Work Agreement – CA Only](https://ucsf.box.com/s/jj5wzsw8dhf76sw356rbrlcwdu6zonv0) (Hand in Hand)
3. Introduction to Advanced Care Planning Materials
   1. [How the Care Ecosystem Can Help with Advanced Planning](https://ucsf.box.com/s/9lakyftu3aj8mv24dwxgg2xsxhmolicv) (Care Eco)
   2. [Planning for Health Care Decisions](https://ucsf.box.com/v/PlanningHealthcareDecisions) (Care Eco)
   3. [Who Can Make Financial Decisions Handout – For Patient](https://ucsf.box.com/s/kq144tfyewugj31r35ee0rmzka7i0dfh) (Care Eco)
   4. [Who Can Make Financial Decisions Handout – For Caregiver](https://ucsf.box.com/v/FinancialDecisionsCaregiver) (Care Eco)
   5. [Advanced Care Planning Worksheet for Families – Optional](https://ucsf.box.com/s/mdpazogi5o6e167rs2z4f2pur5s420d1) (Care Eco)
4. Advanced Care Planning Review Materials
   1. [Advanced Care Planning Review – For Patient](https://ucsf.box.com/s/7zbaa8fl6all3p8a2zg5yoqfzase4nfo) (Care Eco)
   2. [Advanced Care Planning Review – For Caregiver](https://ucsf.box.com/s/zdtzb6n2hijqzfsrca3qgajrqgrmqhie) (Care Eco)
5. Accessing Accounts and Managing Finances
   1. [Money Smart for Older Adults—](https://ucsf.box.com/s/mvpgn8p8zh284zfpni4q3bh04tjik6xu)105 pages (CFPB) June 2021
   2. [Considering a Financial Caregiver? Know Your Options](https://ucsf.box.com/s/y6yh7aeyldrvc5y3fpd175ym688tvgsb) (CFPB) March 2021
   3. [What Every Caregiver Needs to Know About Money](https://ucsf.box.com/s/c4hnkcaylam572irba9t2y338ksb7oku) (FCA)
   4. [Managing Money Problems in Alzheimer’s Disease](https://www.nia.nih.gov/health/managing-money-problems-alzheimers-disease) (NIA) May 2017
   5. [Know Your Financial Adviser](https://ucsf.box.com/s/d27wx4dh8nf0rc3ipbw0jnza4hg9fvej) – (CFPB) July 2019
   6. [When Judgment and Decision-Making Is Impaired](https://ucsf.box.com/s/wn8bbk3nza9kxpebfdkeiawzn73w1v9m) (Care Eco)
   7. [Legal and Financial Worksheet](https://ucsf.box.com/s/zi5q1wt0umfy8gc34cwgqcr7e7v0kvtg) (Alz Association)
6. Guides for Financial Decision Makers (CFPB)
   1. [DPOA-F – Help for Agents Under a Power of Attorney](https://ucsf.box.com/s/9brkvzmrazgio3q9vpz467o1k6rhhe4x) – 24 pages (CFPB)
   2. [Help for Court-Appointed Guardians and Conservators](https://ucsf.box.com/s/fj7p738yfggw725hwopfflshhzd4xp04) — 28 pages (CFPB)
   3. [Help for Representative Payees and VA Fiduciaries](https://ucsf.box.com/s/ot76h85gbhsba5wq0t3au3t60ptbpv3s) — 24 pages (CFPB)
   4. [Help for Trustees Under a Revocable Living Trust](https://ucsf.box.com/s/8cxpzaj3fvzaa6anov2lvhx1br42bgg3) — 28 pages (CFPB)
7. Preparing to Meet with an Attorney
   1. [Prepare to Meet with Free Legal Aid](https://ucsf.box.com/s/jz5jmvcxp8m3u7jntg0agb3iz6joh0ir) (Care Eco)
   2. [Prepare to Meet with a Private Attorney](https://ucsf.box.com/s/lc69dlxkt1e0w4nqch5gytrmaxunkygb) (Care Eco)

**Early Stage**

1. [Taking Action Workbook](https://ucsf.app.box.com/file/1263537169795) (Alz. Assoc)
2. [Living Well Guide](https://ucsf.app.box.com/file/1263535628714) (Alz. Assoc)
3. [Early Stage Needs Wheel](https://ucsf.app.box.com/file/1263536632217) (Alz. Assoc MN-ND)
4. [Earlier Diagnosis](https://www.alz.org/alzheimers-dementia/research_progress/earlier-diagnosis) (Alz. Assoc)
5. [Early Stage Continuum](https://ucsf.app.box.com/file/1263531562882)
6. [Medical Tests for Diagnosing Alzheimer’s](https://www.alz.org/alzheimers-dementia/diagnosis/medical_tests) (Alz. Assoc)
7. [NeuroWell Living Well Guide](https://ucsf.app.box.com/file/1263525468875) (HealthPartners)
8. [NeuroWell: A guide to brain health and living well with mild cognitive impairment (MCI) and dementia](https://ucsf.app.box.com/file/1264110726546) (HealthPartners)
9. RESOURCES: [NeuroWell- MyNeuroscience Center](http://www.myneurosciencecenter.com/MyNeuroscienceCenter/neurowell/10041), [Alzheimer's Association Live Well / Live Healthy with Dementia Online Guide,](https://livewell.alz.org/live-healthy-module/?_ga=2.98226969.785925286.1689888094-1628627227.1689888094&_gl=1*1hdnq1k*_ga*MTYyODYyNzIyNy4xNjg5ODg4MDk0*_ga_9JTEWVX24V*MTY4OTg4ODA5My4xLjEuMTY4OTg4OTUyNC42MC4wLjA.) [Alzheimer's Association Live Well Website](https://www.alz.org/help-support/i-have-alz/live-well)**,** [Cleveland Clinic Healthy Brains Guide](https://healthybrains.org/)

**Disease Specific Information:**

1. Alzheimer’s Disease (AD, LvPPA, PCA)
   1. [Alzheimer’s Disease Fact Sheet](https://www.nia.nih.gov/health/alzheimers-disease-fact-sheet) (NIA)
   2. [Caring for a Person with Alzheimer’s Disease](https://order.nia.nih.gov/sites/default/files/2017-07/Caring_for_person_with_AD_508_0.pdf) – 106 pages (NIA)
   3. [Early-Stage Caregiving](http://www.alz.org/care/alzheimers-early-mild-stage-caregiving.asp) (Alz. Assoc.)
   4. [Logopenic Variant Primary Progressive Aphasia](http://memory.ucsf.edu/logopenic-variant-primary-progressive-aphasia) (LvPPA) (memory.ucsf.edu)
   5. [Posterior Cortical Atrophy](http://memory.ucsf.edu/posterior-cortical-atrophy) (PCA) (memory.ucsf.edu)
   6. [Taking Action Workbook](https://www.alz.org/getmedia/da9e2ce1-d73c-437a-be7c-d5761afd06e9/taking-action-workbook) (Alz. Assoc.)
   7. [The Stages of Posterior Cortical Atrophy](https://ucsf.box.com/s/3in0wv5q6afzoxqak4lesgerygbypcwn) (UCL Institute of Neurology)
2. Corticobasal Syndrome (CBS/CBD)
   1. [A Guide for People Living with PSP, CBD, and Other Atypical Parkinsonian Disorders](https://www.psp.org/wp-content/uploads/2016/09/A-Guide-for-People-Living-With-PSP-August-2012-1.pdf) (CurePSP)
   2. [Corticobasal Syndrome](http://memory.ucsf.edu/corticobasal-syndrome) (memory.ucsf.edu)
3. Frontotemporal Dementias (BvFTD, nfvPPA, SvPPA)
   1. [Behavioral Variant BvFTD](http://memory.ucsf.edu/behavioral-variant-frontotemporal-dementia) (memory.ucsf.edu)
   2. [Frontotemporal Dementia](http://memory.ucsf.edu/frontotemporal-dementia) (memory.ucsf.edu)
   3. [Frontotemporal Disorders: Information for Patients, Families, and Caregivers](https://order.nia.nih.gov/sites/default/files/2017-07/ADEAR_FTD_508.pdf) (NIA)
   4. [Nonfluent Variant PPA](http://memory.ucsf.edu/nonfluent-variant-primary-progressive-aphasia) (memory.ucsf.edu)
   5. [Primary Progressive Aphasia](http://memory.ucsf.edu/primary-progressive-aphasia) (memory.ucsf.edu)
   6. [Primary Progressive Aphasia](https://ucsf.box.com/s/em0rrxm15rc5zpulp8zwfdq1pi9m5lsq) 14 pages (Northwestern University)
   7. [Semantic Variant PPA](http://memory.ucsf.edu/semantic-variant-primary-progressive-aphasia) (memory.ucsf.edu)
4. Huntington’s Disease
   1. [Huntington’s Disease](http://memory.ucsf.edu/huntington-disease) (memory.ucsf.edu)
5. Lewy Body Dementia
   1. [Advice for People Living with Lewy Body Dementia](https://www.nia.nih.gov/health/advice-people-living-lewy-body-dementia) (NIA)
   2. [Emergency Room Treatment of Psychosis](http://www.lbda.org/go/ER) (LBDA)
   3. [How to Care for a Person with Lewy Body Dementia](https://www.nia.nih.gov/health/how-care-person-lewy-body-dementia) (NIA)
   4. [Lewy Body Dementia: Information for Patients, Families, and Professionals](https://order.nia.nih.gov/sites/default/files/2020-03/lewy-body-dementia-508.pdf) 44 pages (NIA)
   5. [Symptoms of Lewy Body Dementia](https://www.nia.nih.gov/health/symptoms-lewy-body-dementia) (NIA)
   6. [Treatment of Behavioral Symptoms in LBD](https://www.lbda.org/treatment-of-behavioral-symptoms-when-to-consider-antipsychotic-medications-in-lbd/#:~:text=Medications%20to%20Treat%20Behavioral%20Problems%20in%20LBD&text=Having%20more%20acetylcholine%20in%20the,%2C%20and%20galantamine%20(Razadyne).) (LBDA)
   7. [Treatment and Management of Lewy Body Dementia](https://www.lbda.org/treatment-of-behavioral-symptoms-when-to-consider-antipsychotic-medications-in-lbd/#:~:text=Having%20more%20acetylcholine%20in%20the,%2C%20and%20galantamine%20(Razadyne).) (NIA)
   8. [What is Lewy Body Dementia](https://www.nia.nih.gov/health/what-lewy-body-dementia) (NIA)
   9. [Comprehensive LBD symptom checklist](https://www.lbda.org/wp-content/uploads/2020/09/comprehensive_lbd_symptom_checklist_2019.pdf) (LBDA)
6. Parkinson’s Disease
   1. [Anxiety](https://www.parkinson.org/sites/default/files/documents/anxiety-parkinsons.pdf) (NPF)
   2. [Apathy](https://www.parkinson.org/sites/default/files/documents/apathy-and-parkinsons.pdf) (PF)
   3. [Breathing and Respiratory Difficulties](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Breathing-and-Respiratory-Difficulties) (PF)
   4. [Caring and Coping: A Caregiver’s Guide to Parkinson’s Disease](https://secure3.convio.net/prkorg/PDF/Caring-and-Coping.pdf)—180 pages (National Parkinson’s Foundation
   5. [Cognitive Changes](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Cognitive-Changes) (PF)
   6. [Constipation & Nausea](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Gastrointestinal-Issues) (PF)
   7. [Nutrition](https://www.parkinson.org/sites/default/files/documents/nutrition-2022.pdf) (PF)
   8. [Depression (PF)](http://www.parkinson.org/understanding-parkinsons/ten-early-warning-signs/dizziness-or-fainting)
   9. [Dizziness or Fainting (PF)](http://www.parkinson.org/understanding-parkinsons/ten-early-warning-signs/dizziness-or-fainting)
   10. [[Depression (PF)](http://www.parkinson.org/understanding-parkinsons/ten-early-warning-signs/dizziness-or-fainting)](https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/depression)
   11. [[Dizziness or Fainting (PF)](http://www.parkinson.org/understanding-parkinsons/ten-early-warning-signs/dizziness-or-fainting)](https://www.parkinson.org/understanding-parkinsons/movement-symptoms/dizziness-fainting#:~:text=Damage%20caused%20by%20nervous%20system,This%20causes%20dizziness%20or%20lightheadedness.)
   12. [Dystonia](https://www.parkinson.org/sites/default/files/documents/dystonia.pdf) (PF)
   13. [Eating, Swallowing & Saliva Control](https://www.parkinsons.org.uk/sites/default/files/2023-02/INFOB0035_Eating%20swallowing%20and%20saliva%20control_FINAL_WEB_V2.pdf) (Parkinson’s UK)
   14. [Fatigue](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Fatigue) (PF)
   15. [Fitness Counts](http://www3.parkinson.org/site/DocServer/Fitness_Counts.pdf;jsessionid=00000000.app361b?docID=188&NONCE_TOKEN=991F039473A4830203346883B3C783F5)—51 pages (NPF)
   16. [Freezing](https://www.parkinson.org/living-with-parkinsons/management/activities-daily-living/freezing#:~:text=Freezing%20and%20Falls,much%20higher%20risk%20of%20falling.) (PF)
   17. [Hallucinations/Delusions](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Hallucinations-Delusions) (PF)
   18. [Low Blood Pressure and Dizziness Worksheet](https://ucsf.app.box.com/file/1267898270154) (Davis Phinney Foundation)
   19. [Mealtime Adaptations](https://www.parkinson.org/living-with-parkinsons/management/activities-daily-living/eating) (NPF)
   20. [Pain](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Pain) (PF)
   21. [Sexual Effects of Parkinson’s Disease](https://ucsf.app.box.com/file/1267885341267) (APDA)
   22. [Skeletal and Bone Health](https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/bone-health) (PF)
   23. [Skin Changes](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Skin-Changes) (PF)
   24. [Sleep Disorders](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Sleep-Disorders) (PF)
   25. [Speech and Swallowing Problems](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Speech-and-Swallowing-Problems) (PF)
   26. [Vision Changes](http://www.parkinson.org/Understanding-Parkinsons/Symptoms/Non-Movement-Symptoms/Vision-Changes) (PF)
   27. [Depression](https://www.parkinson.org/understanding-parkinsons/non-movement-symptoms/depression) (PF)
   28. [Dystonia](https://www.parkinson.org/sites/default/files/documents/dystonia.pdf) (PF)
   29. [Dizziness or Fainting](https://www.parkinson.org/understanding-parkinsons/movement-symptoms/dizziness-fainting#:~:text=Damage%20caused%20by%20nervous%20system,This%20causes%20dizziness%20or%20lightheadedness.) (PF)
   30. Useful Websites: [Davis Phinney Foundation](https://davisphinneyfoundation.org/), [Parkinson’s Foundation](http://www.parkinson.org/)
7. Progressive Supranuclear Palsy
   1. [A Guide for People Living with PSP, CBD, and Other Atypical Parkinsonian Disorders](https://www.psp.org/wp-content/uploads/2016/09/A-Guide-for-People-Living-With-PSP-August-2012-1.pdf) - 118 pages (CurePSP)
   2. [Progressive Supranuclear Palsy](https://www.psp.org/iwanttolearn/progressive-supranuclear-palsy/) (CurePSP)
   3. [Progressive Supranuclear Palsy](https://www.theaftd.org/what-is-ftd/progressive-supranuclear-palsy/) (AFTD)
   4. [Progressive Supranuclear Palsy](http://memory.ucsf.edu/progressive-supranuclear-palsy) (UCSF MAC)
   5. Useful websites: [CurePSP](https://www.psp.org/)
8. Vascular Dementia
   1. [The Brain Needs Blood: Vascular Cognitive Impairment](https://ucsf.box.com/s/qzka9mzjj10ugtypf82r1v3a9g14g19s) (Neurology Now)
   2. [Vascular Dementia](https://www.alz.org/media/Documents/alzheimers-dementia-vascular-dementia-ts.pdf) (Alz. Assoc.)
   3. [Vascular Dementia](https://memory.ucsf.edu/dementia/vascular-dementia) (UCSF MAC)
   4. [What is Vascular Dementia?](https://www.alzheimers.org.uk/sites/default/files/2022-05/402LP-what-is-vascular-dementia.pdf) (Alz. Society)
   5. [What is Vascular Dementia?](https://www.nia.nih.gov/health/vascular-dementia) (NIA)

**End of Life Care:**

1. [Advanced Dementia: A Guide for Families](https://ucsf.box.com/s/dckryi0yeat6nvzgbyxbq1g1w1dv87i3) 50 pages (Institute for Aging Research)
2. [Mid-to late-stage caregiver packet](https://app.box.com/file/1250164989812)  (Alz assoc.)
3. [Advanced Illness: Holding On and Letting Go](https://app.box.com/file/239632658203?s=wwwcamy5su9t4t30enw19n127034j2o4) (FCA)
4. [Stages of Alzheimer's](https://app.box.com/file/1250165221251) (Alz Assoc.)
5. [Clinical Stages of Alzheimer’s](http://www.alzinfo.org/understand-alzheimers/clinical-stages-of-alzheimers/) (Fisher Center for Alzheimer’s Research Foundation)
6. [Caring for a Person with Late-Stage Alzheimer’s Disease](https://www.nia.nih.gov/health/caring-late-stage-alzheimers-disease) (NIA)
7. [Feeding Choices in Advanced Dementia](https://ucsf.box.com/s/w723li0dzz5itpykw5vd3z2pp358ya3w) (UHN)
8. [Grief and Loss](https://www.caregiver.org/grief-and-loss) (FCA)
9. [Hospice Care for Patients with Dementia](https://ucsf.box.com/s/814n7ag1gb1byr9vszmt8slrywptscfv) (Arizona Center on Aging)
10. [Hospice Care](https://app.box.com/file/1250201048100) (Alz Assoc.)
11. [Late-stage Caregiving](https://app.box.com/file/1250215332350) (Alz Assoc.)
12. [Hospice and FTD 2011](http://www.theaftd.org/wp-content/uploads/2011/10/Hospice-and-FTD_Hospice-of-the-Valley-2011-ppt-online-version.pdf) (Hospice of the Valley and AFTD)
13. [Comfort Care and Hospice in Advanced FTD](https://www.theaftd.org/wp-content/uploads/2018/03/PinFTDcare_Newsletter_Fall_2016.pdf) (AFTD)
14. [Medicare Hospice Benefit for Beneficiaries with Alzheimer’s Disease](http://www.alz.org/national/documents/medicare_topicsheet_hospice_benefit.pdf) (Alz. Assoc.)
15. [Passive Range of Motion Exercises](https://ucsf.box.com/s/pmfl57qlmfe4f75vguo3a6fe0dognnkp) (Mount Carmel)
16. [Providing Comfort at the End of Life](https://www.nia.nih.gov/health/providing-comfort-end-life) (NIA)
17. [When Caregiving Ends](https://www.caregiver.org/when-caregiving-ends) (FCA)
18. VIDEO: Teepa Snow Grooming in Late Stage Dementia (English only) <https://www.dementiacarecentral.com/video/late_stages/>
19. RESOURCE: for sorting/cleaning household items: <https://napopodcast.com/> , for end of life rituals: <https://www.goodreads.com/book/show/841375.Sacred_Dying>

**Family:**

1. [The Art of Asking for Help](https://ucsf.box.com/s/vqra7h608h3h5xqtokssad8imnv81446) (Care Eco)
2. [Caregiving with Your Siblings](https://www.caregiver.org/caregiving-with-your-siblings) (FCA)
3. [Helping Family and Friends Understand Alzheimer’s Disease](https://www.nia.nih.gov/health/helping-family-and-friends-understand-alzheimers-disease) (NIA)
4. [Helping Kids Understand Alzheimer’s Disease](https://www.nia.nih.gov/health/helping-children-understand-alzheimers-disease) (NIA)
5. [Holding a Family Meeting](https://www.caregiver.org/holding-family-meeting) (FCA)
6. [Resources for Children](https://ucsf.box.com/s/odkbestiht2n2qipjdsmxrt2r1lbyn7k) (Care Eco)

**Long Term Care and Respite Options:**

1. Adult Day Programs:
   1. [Adult Day Programs](https://ucsf.box.com/s/ofjgrt3y2gt0k557fu6ao61zay00d1ft) (Care Eco)
   2. [Adult Day Centers](https://ucsf.box.com/s/gayos8pzjvi7gku2jftvm6uvoywhg07b) (Alz. Assoc.)
   3. Useful Website: [California Association for Adult Day Services](https://caads.org/caregiver-resources/find-a-center.html)
2. Care Options:
   1. [Caregiving at Home: A Guide to Community Resources](https://www.caregiver.org/caregiving-home-guide-community-resources) (FCA)
   2. [Finding Long Term Care for a Person with Alzheimer’s](https://www.nia.nih.gov/health/finding-long-term-care-person-alzheimers) (NIA)
   3. [Overview of Care Options](https://ucsf.box.com/s/axg6zk2nvpxn72uiiflyl4lh41ivtff7) (Care Eco)
   4. [Paying for Care](https://www.nia.nih.gov/health/paying-care) (NIA)
   5. Useful Websites: <https://longtermcare.acl.gov>, <http://www.canhr.org/factsheets/index.html>, [California MSSP](http://www.dhcs.ca.gov/services/medi-cal/Pages/MSSPMedi-CalWaiver.aspx), [California ALW](http://www.dhcs.ca.gov/services/ltc/Pages/AssistedLivingWaiver.aspx)
3. Hospitalization
   1. [Acute Hospitalization and Alzheimer’s Disease](http://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/acute_hospitalization_and_alzheimers.pdf)—16 pages (NIH)
   2. [Challenging Hospital Discharge Decisions](http://www.canhr.org/factsheets/resrights_fs/html/fs_challengingdischarge.htm) (CANHR)
   3. [Going to the Hospital: Tips for Dementia Caregivers](https://www.nia.nih.gov/health/going-hospital-tips-dementia-caregivers) (NIA)
   4. [Intermittent Home Health Services Benefit](https://www.medicare.gov/coverage/home-health-services.html) (Medicare.gov)
   5. [Hospitalization Happens](https://ucsf.box.com/s/b4n6oiq7jfaeumaujfh7jbx2am180w7k) 24 pages (NIH)
   6. [Hospitalization Schedule for Families](https://ucsf.box.com/s/anv7cxxwf9bwqjh81u0izuzyfjpj9ifs) (Partner with Me)
   7. [Preparing for a Hospital Stay](https://ucsf.box.com/s/0gzxuf97aclqg6g6a8smsiqylla6j8dw) (Care Eco)
   8. [Going to the Hospital](https://ucsf.box.com/s/c8zrgo6bkv3slxaxl7r4lr9onv0vxury) (NIH)
   9. [Pre-Hospitalization Checklist for Patients with Memory Impairment](http://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/PWM_PreHospitalization_Checklist.pdf) (Partner with Me)
   10. [Skilled Nursing Facility (SNF) Care – Post-Hospital Stay](https://www.medicare.gov/coverage/skilled-nursing-facility-care.html) (Medicare.gov)
   11. [What’s Home Health Care?](https://www.medicare.gov/what-medicare-covers/whats-home-health-care) (Medicare.gov)
4. In-Home Care
   1. [Background Checking: Resources that Help](https://www.caregiver.org/background-checking-resources-help) (FCA)
   2. [Hiring Caregivers: Some Important Things to Consider](https://ucsf.box.com/s/pdpp4xl0gjshd3vs3m4qaw18wwui2hu5) (Care Eco)
   3. [Finding and Retaining Individual Paid Caregivers](https://ucsf.box.com/s/j8hlnqfxeijhx77ikgvtnw3qbxvu344m) (Care Eco)
   4. [In-Home Supportive Services Basics: Eligibility and Application Process - CA](http://www.justiceinaging.org/wp-content/uploads/2017/08/IHSS-Basics_Eligibility-and-Application-Process.pdf) (Justice in Aging)
   5. [In-Home Supportive Services Basics: Services - CA](http://www.justiceinaging.org/wp-content/uploads/2017/08/In-Home-Supportive-Services-Basics_Services.pdf) (Justice in Aging)
   6. [Intermittent Home Health Services Benefit](https://www.medicare.gov/coverage/home-health-services.html) (Medicare.gov)
   7. [What’s Home Health Care?](https://www.medicare.gov/what-medicare-covers/whats-home-health-care) (Medicare.gov)
   8. [Working with Home Health Aides](https://www.nextstepincare.org/uploads/File/Guides/Home_Care/Home_Health_Aides/Working_with_Home_Health_Aides.pdf) (nextstepincare.org)
   9. [In-Home Care Guide](https://ucsf.box.com/s/xgjicp48xjpcnvi5gumy8kyfu6nzvfii) (Care Eco)
   10. [California In-Home Work Agreement](https://ucsf.box.com/s/zovpegri4f7n9iu2e9wepbtnn834s4lg) 27 pages (Hand in Hand)
   11. Useful Websites: [California In-Home Supportive Services (IHSS) Program](http://www.cdss.ca.gov/In-Home-Supportive-Services)
5. Residential Care Options
   1. [Caregiving Doesn’t End When Your Loved One Moves (FCA)](https://www.caregiver.org/residential-care-options-caregiving-doesnt-end-when-your-loved-one-moves)
   2. [Choosing the Right Place (FCA)](https://www.caregiver.org/residential-care-options-choosing-right-place)
   3. [Dementia Care Checklist](http://canhr.org/factsheets/rcfe_fs/html/rcfe_fs.dementia.htm) (CANHR)
   4. [Housing Options](https://www.caregiver.org/residential-care-options-housing-options) (FCA)
   5. [How to Choose a Nursing Home](http://www.canhr.org/factsheets/nh_fs/html/fs_howtochoose.htm) (CANHR)
   6. [Nursing Home Transfer and Discharge Rights](http://www.canhr.org/factsheets/nh_fs/html/fs_transfer.htm) (CANHR)
   7. [Residential Care Assisted Living – Self-Advocacy Approaches](http://www.canhr.org/factsheets/rcfe_fs/html/rcfe_fs.selfadv.htm) (CANHR)
   8. [The Right Time (FCA)](https://www.caregiver.org/residential-care-options-right-time)
   9. [[Skilled Nursing Facility (SNF) Care – Post-Hospital Stay](https://www.caregiver.org/residential-care-options-right-time)](https://www.medicare.gov/coverage/skilled-nursing-facility-care.html) [(Medicare.gov)](https://www.caregiver.org/residential-care-options-right-time)
   10. [VA Aid and Attendance Benefit](http://www.canhr.org/publications/newsletters/NetNews/Feature_Article/NN_2008Q4.htm) (CANHR)
   11. [Visiting Someone in Dementia Care](https://www.caregiver.org/residential-care-options-visiting-someone-dementia-care) (FCA)
   12. Useful Websites: [CANHR](http://www.canhr.org/), [Pioneer Network](https://www.pioneernetwork.net/resource-library/), [INTERACT](http://www.pathway-interact.com/),
6. Respite Grants
   1. [Alz. Assoc. Respite Grant Application 8-2017](https://ucsf.box.com/s/3jm59okko8cz2oj7jg5ibsmqzk7u13tb) (Northern California)
   2. [Respite Grant Information](https://ucsf.box.com/s/9w0gu6tcrwxwo84zuczp1u27dodsh8ts) (Care Eco)
7. Transitions in Care
   1. [Dealing with Increasing Care Needs](https://ucsf.box.com/s/2ak7v68wjrm2gfznkocgtd4o8pzxnsn8) (Care Eco)
   2. [Introducing In-Home Care When Your Loved One Says ‘No’](https://www.caregiver.org/introducing-home-care-when-your-loved-one-says-no) (FCA)
   3. [Personal Wellness Plan](https://ucsf.box.com/s/pkrbue81rivafxi2qgea47vaa13a4vcp) (Care Eco)
   4. [Personal Wellness Plan Instructions](https://ucsf.box.com/s/3p8htmnz7styhyamtn1oxwtzeo34l5uz) (Care Eco)
   5. [Tips for Introducing a New Caregiver](https://ucsf.box.com/s/g93f0ftzgk1rtpt7yg34vawxotvmn3im) (Care Eco)
   6. [Tips for Introducing a New Home](https://ucsf.box.com/s/l0mq2vlraehr3jqco97ia6bc55fqsvy6) (Care Eco)

**Medications:**

1. Medication Education and Information
   1. [Donepezil](https://ucsf.box.com/s/35nhe1oguhz9x2e4ik5nryl5y4t1dueh) (Care Eco)
   2. [Galantamine](https://ucsf.box.com/s/jn2sdzlpn2uuxmihydh1mbqq20zx7l1l) (Care Eco)
   3. [Memantine](https://ucsf.box.com/s/h9r8kszgrac9ne02131sbbd6jwa9e6ue) (Care Eco)
   4. [Rivastigmine](https://ucsf.box.com/s/d5lg98lms0mx4c9cum6gtxohyuimy71a) (Care Eco)
   5. [Ten Medications Older Adults Should Avoid or Use with Caution](http://www.healthinaging.org/files/documents/tipsheets/meds_to_avoid.pdf) (Health in Aging)
   6. [Online Dementia and Drug Info Resources](https://ucsf.box.com/s/dviayx2uakc9gf667ng20nl2bccuiyk0) (Care Eco)
   7. [Alternatives for Medications Listed in the AGS Beers Criteria for Potentially Inappropriate Medication Use in Older Adults](http://www.healthinaging.org/files/documents/tipsheets/BeersAlternatives_2015.pdf) (Health in Aging)
   8. [Guide to Geriatric Syndromes](https://ucsf.box.com/s/f2qx1e8flqo0touvurqcin3ub7wj42k6) (Health in Aging)
2. Medication Resources and Strategies
   1. [Dose Reminder Strategies](https://ucsf.box.com/s/eswrcsdv34hstgcld6eyjhaijwoi35ut) (Care Eco)
   2. [Medicare Part D Prescription Drug Benefit](https://ucsf.box.com/s/mo72js31xec3j0urmo5a6a5qrhlz3jd8) 2022 (Kaiser Family Foundation)
   3. [Medication Safety Tips](https://ucsf.box.com/s/g2v7u7dl2wo3twsznm9dg9uttryovl9t) (Care Eco)
   4. [Reduce Rx Costs](https://ucsf.box.com/s/7morrhyeecmx2oqwfr2b8ato9q9xtduj) (Care Eco)
   5. [Resources for Drug Costs in Northern California](https://ucsf.box.com/s/bvwbjxes2rdrblqlp5egzn6lfh2e1mfq) (Care Eco)
   6. RESOURCES: [HICAP](https://cahealthadvocates.org/prescription-drugs/), [GoodRX.com](https://www.goodrx.com/), [MedMinder](https://www.medminder.com/), [Medisafe App](https://medisafe.com/), [TabTime](https://tabtime.com/products/tabtime-vibrating-pill-reminder) pill reminder

**Personal Care and Activities of Daily Living:**

1. Activities
   1. [Taking Care of Yourself](https://www.alz.org/help-support/i-have-alz/live-well/taking-care-of-yourself) (Alz. Assoc.)
   2. [101 Activities](https://ucsf.app.box.com/file/239694161141?s=jmfnwzxeouc94nzigrqvxsod20j08on4) (Alz.Assoc)
   3. [Activities at Home](http://www.alz.org/national/documents/brochure_activities.pdf) (Alz. Assoc.)
   4. [Adapting Activities for People with Alzheimer’s Disease](https://www.nia.nih.gov/health/adapting-activities-people-alzheimers-disease) (NIA)
   5. Useful Websites: [SS&W](http://www.ssww.com/therapy-and-rehab/cognitive-therapy/alzheimers-therapy/), [Alz Store](http://www.alzstore.com/alzheimers-dementia-activities-s/1673.htm), [Springbok Puzzle](https://www.springbok-puzzles.com/36-piece-alzheimers-jigsaw-puzzles-s/1831.htm), [never2old4games](https://www.never2old4games.com/), [wisernow](https://wisernow.com/)
   6. VIDEO: [Conversations with Caregivers: Activities](http://memory.ucsf.edu/conversations-caregivers)
   7. VIDEO SERIES: [Dementia Australia: Purposeful Activities for People with Dementia](https://www.dementia.org.au/vic/information/resources/purposeful-activities-for-people-with-dementia-a-resource)
2. Bathing and Grooming
   1. [Bathing, Dressing, and Grooming Alzheimer’s Caregiving Tips](https://www.nia.nih.gov/health/bathing-dressing-and-grooming-alzheimers-caregiving-tips) (NIA)
   2. [Bathing Without a Battle Bathing Techniques](http://bathingwithoutabattle.unc.edu/bathing-techniques#towel) (Univ. North Carolina)
   3. [Caring for a Person with Late-Stage Alzheimer's Disease](https://www.nia.nih.gov/health/coping-late-stage-alzheimers-disease) (NIA)
   4. [Help with Bathing and Grooming](https://ucsf.box.com/s/klr24ltgtq9d4yjo8t4qq9tq3ifdv6q5) (Care Eco)
   5. RESOURCES: Adaptive equipment ideas for the bathroom: <https://www.nrshealthcare.co.uk/bathroom-aids> (UK website)
   6. VIDEOS: Personal Care and Assisted Mobility Video Channels: [Canadian Virtual Hospice Caregiving Demonstrations](https://www.youtube.com/playlist?list=PL47B0761255A1F993), [CurePSP How-To Videos](https://www.youtube.com/user/CurePSPHowTo/videos), [Changing an Occupied Bed](https://www.youtube.com/watch?v=xSyat-VLJqs), [Bathing Without a Battle](http://bathingwithoutabattle.unc.edu/) (webinar), [Helping a Distressed Person Living with Dementia](https://www.youtube.com/watch?v=IOy9wv-_KIc)
3. Communication
   1. [Communicating with Patients who have Dementia](https://aging.arizona.edu/sites/default/files/2023-02/Dementia%20-%20Communicating%20with%20Persons%20with%20Dementia.pdf) (Arizona Center on Aging)
   2. [Communication](https://ucsf.box.com/s/iu1q24iq2rbt3cn63o4scdcze33knnba) (Care Eco)
   3. [Dignity and Self-Determination](https://ucsf.box.com/v/DignityandSelfDetermination) (Care Eco)
   4. [Ten Real-Life Strategies for Dementia Caregiving](https://www.caregiver.org/ten-real-life-strategies-dementia-caregiving) (FCA)
4. Daily Routine
   1. [Activities at Home](http://www.alz.org/national/documents/brochure_activities.pdf) (Alz. Assoc.)
   2. [Tips for Daily Life](http://memory.ucsf.edu/tips-daily-life) (UCSF MAC)
5. Dental
   1. [Dental Care](https://www.alzheimers.org.uk/get-support/daily-living/dental-care) (Alz. Society)
   2. [Oral Care Cards for Caregivers](https://ucsf.app.box.com/file/849613548654?s=gyhymzwz92ei1c3gq8aqtw36ix243ryo) (Alz. Assoc)
   3. [Denti-Cal for Adults](http://www.justiceinaging.org/wp-content/uploads/2017/02/Denti-Cal-for-Adults.pdf) (Justice in Aging)
   4. [Oral Health in California: What About Older Adults?](http://www.justiceinaging.org/wp-content/uploads/2016/07/Oral-Health-in-CA_What-About-Older-Adults.pdf) (Justice in Aging)
6. Eating and Swallowing
   1. [Changes in Eating](https://ucsf.box.com/s/py0g5zjsyjnf3lj3k3qb4ko1nqb0biei) (Care Eco)
   2. [Eating, Swallowing & Saliva Control](https://www.parkinsons.org.uk/information-and-support/eating-swallowing-and-saliva-control) (Parkinson’s UK)
   3. [Eating](https://www.alz.org/national/documents/topicsheet_eating.pdf) (Alz. Assoc.)
   4. [Healthy Eating and Alzheimer’s Disease](https://www.nia.nih.gov/health/healthy-eating-and-alzheimers-disease) (NIA)
   5. [Mechanical Soft Diet](https://patient.uwhealth.org/healthfacts/363) (UW Health)
   6. [Safe Swallowing Tips](https://healthonline.washington.edu/document/health_online/pdf/Safe_Swallowing_Tips_11_11.pdf) (UW Health)
   7. Resources: [Conversations with Caregivers Meals video,](https://memory.ucsf.edu/caregiving-support/caregiver-well-being/conversations-caregivers" \l "meals) [Adaptive Eating Equipment](https://www.nrshealthcare.co.uk/eating-drinking-aids) (UK website, good for browsing for product options)
7. Exercise
   1. [Real-Life Benefits of Exercise and Physical Activity](https://www.nia.nih.gov/health/real-life-benefits-exercise-and-physical-activity) (NIH—Go4Life)
   2. [Exercise](https://ucsf.app.box.com/file/932469681839) (Arizona Center on Aging)
   3. [Mental Health Benefits of Exercise & Physical Activity](https://www.nia.nih.gov/health/infographics/mental-health-benefits-exercise-and-physical-activity) (NIH--Go4Life)
   4. [Overcoming Obstacles to Exercise](https://ucsf.box.com/s/6ld6aysfozostzz6pgrjs3h7nvdaol74) (Care Eco)
   5. [Physical Therapy Services- Medicare Coverage](https://www.medicare.gov/coverage/physical-therapy-services) (Medicare.gov)
   6. [Occupational Therapy Services- Medicare Coverage](https://www.medicare.gov/coverage/occupational-therapy-services) (Medicare.gov)
   7. [Speech-language Pathology Services- Medicare Coverage](https://www.medicare.gov/coverage/speech-language-pathology-services) (Medicare.gov)
   8. [Staying Physically Active with Alzheimer’s](https://www.nia.nih.gov/health/staying-physically-active-alzheimers) (NIA)
   9. Useful Websites: [Silver Sneakers](https://www.silversneakers.com/), [Sit-and-Be-Fit](https://www.sitandbefit.org/), [Go4Life](https://www.healthinaging.org/tools-and-tips/go4life-national-institute-aging)
8. Incontinence
   1. [Adult Clean Intermittent Catheterization Guide](https://ucsf.box.com/s/rpfynsoqjltx038fdc1kjyr1pcnmyjkq) (Society of Urologic Nurses)
   2. [Incontinence](https://ucsf.box.com/s/brptqdrciu9u3sznz7quz5cd5apw00ak) (Care Eco)
   3. [Visual Stool Tracking Log](https://ucsf.box.com/v/StoolTrackingLog) (UCSF Office of Developmental Primary Care)
   4. Useful Websites: [ActiveLife-Medical](https://activelifemed.com/medi-cal/), [Shield Healthcare (Medical Supplies)](http://www.shieldhealthcare.com/), [NorthShore-Tips & Products for Incontinence](http://www.northshorecare.com/)
9. Sleep
   1. [A Good Night’s Sleep](https://www.nia.nih.gov/health/good-nights-sleep) (NIA)
   2. [Dementia and Sleep](http://www.sleephealthfoundation.org.au/pdfs/Dementia-and-Sleep.pdf) (Sleep Health Foundation)
   3. [Good Sleep Habits](http://www.sleephealthfoundation.org.au/pdfs/Good-Sleep-Habits.pdf) (Sleep Health Foundation)
   4. [Dementia & Sleep](https://www.sleepfoundation.org/mental-health/dementia-and-sleep) (Sleep Foundation)
   5. [Sleep Log](https://ucsf.box.com/s/q4olxqr0mrammy3oepu9xdxssybsmruq) (UCSF Office for Developmental Primary Care)
10. Travel and Holiday Tips
    1. [9 Tips for Caregiving Over the Holidays](https://ucsf.box.com/s/3n28ecjvvyqtzhy855ig29t0ezintv4h) (Care Eco)
    2. [Holiday Hints](https://www.nia.nih.gov/health/holiday-hints-alzheimers-caregivers) (NIA)
    3. [Adapting Activities for People with Alzheimer’s Disease](https://www.nia.nih.gov/health/adapting-activities-people-alzheimers-disease) (NIA)
11. Visual-Spatial Tips
    1. [Bathroom Safety Tips and Products](https://ucsf.app.box.com/file/239767436055?s=43w25z4zims1fjdu4i5pk76re4kjj4f8) (VisionAware)
    2. [Kitchen Safety Tips and Products](https://ucsf.app.box.com/file/239767334357?s=56l3zztziaqc8mhbmqgghzmzuj4rc7zb) (VisionAware)
    3. [Meeting a Person with Vision Loss](https://ucsf.app.box.com/file/239767333589?s=ihvvssf3wfst6vpj24cebqnk89pgiw85) (VisionAware)
    4. [Technology Tips and Products](https://ucsf.app.box.com/file/239767334101?s=2cmtnyld4jrxa7c9clq0kp6smrt6cer3) (VisionAware)
    5. [Visual Dysfunction in Dementia](https://ucsf.box.com/s/wckyigacn9d3xmv8wmr8ze0jpmm4qrws) (University of Toronto)
    6. [Your Home Office](https://ucsf.app.box.com/file/239767333845?s=wmm0jh3oovhm8wjn69u3qlise897h6xp) (VisionAware)
12. VIDEOS: [CurePSP How-To Videos](https://www.youtube.com/user/CurePSPHowTo), [FCA Caregiving Videos](https://www.youtube.com/user/CAREGIVERdotORG), [Positive Approach to Care](https://teepasnow.com/) , [Conversations with Caregivers Videos](http://memory.ucsf.edu/conversations-caregivers), [UCLA Dementia Care Training Videos,](http://dementia.uclahealth.org/caregiver-education-videos) [CareBlazer,](https://www.youtube.com/channel/UCVgK5-w1dilMx7bPVB5yNug/videos) [Memory Care Home Solutions](https://www.youtube.com/@memorycarehomesolutions/videos)

**Research:**

1. [Dementia Research Registries and Matching Services](https://www.nia.nih.gov/health/registries-and-matching-services?utm_campaign=ealert&utm_medium=email&utm_source=20170608_registries) (NIA)
2. [What are Clinical Trials and Studies?](https://www.nia.nih.gov/health/what-are-clinical-trials-and-studies) (NIA)
3. [Brain Donation: A Gift for Generations](https://www.nia.nih.gov/health/brain-donation-gift-future-generations) (NIA)
4. [The Dementias: Hope Through Research](https://order.nia.nih.gov/sites/default/files/2021-11/dementia-hope-through-research.pdf) (NIA)
5. [How Biomarkers Help Diagnose Dementia: Finding Clinical Trials Near You](https://www.nia.nih.gov/health/how-biomarkers-help-diagnose-dementia) (NIA)
6. [Lecanemab](https://memory.ucsf.edu/lecanemab) (UCSF MAC)
7. [Research Studies at the UCSF MAC](https://memory.ucsf.edu/research-trials/research#Studies-for-People-with-Mild-Cognitive-Impairment-or-Alzheimers-Disease) (UCSF MAC)
8. RESOURCES: up-to-date information on latest research on Alzheimer’s <https://www.alz.org/research/> , find clinical trials <https://clinicaltrials.gov/ct2/home> , find studies at the MAC [https://memory.ucsf.edu/research-studies-mac#](https://memory.ucsf.edu/research-studies-mac) , find studies for caregivers <https://www.caregiver.org/research-registry> , study for Kaiser patients <https://researchbank.kaiserpermanente.org/>

**Safety:**

1. Common Medical Issues
   1. [Alzheimer’s Disease: Common Medical Problems](https://www.nia.nih.gov/health/alzheimers-disease-common-medical-problems) (NIA)
   2. [Common Infections With Dementia](https://aging.arizona.edu/sites/default/files/2023-02/Dementia%20-%20Infections.pdf)  (Arizona Center on Aging)
   3. [Delirium and Dementia](https://ucsf.box.com/s/8sjqkcrdrqcnhan0crb9uz87lc3evd2m) (Care Eco)
2. Disaster Preparedness
   1. [Disaster Preparedness for Alzhiemer’s Caregivers](https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers) (NIA)
3. Driving
   1. [At the Crossroads: Family Conversations About Alzheimer’s Disease, and Driving](https://s0.hfdstatic.com/sites/the_hartford/files/cmme-crossroads.pdf) 28 pages (The Hartford)
   2. [Driving Safety and Alzheimer's Disease](https://www.nia.nih.gov/health/driving-safety-and-alzheimers-disease) (NIA)
   3. [Dementia and Driving](https://www.caregiver.org/dementia-driving) (FCA)
   4. [Dementia, Driving, and State of California](https://www.caregiver.org/resource/dementia-driving-and-california-state-law/) (FCA)
   5. [Driving and Dementia](https://www.alz.org/help-support/caregiving/safety/dementia-driving) (Alz. Assoc.)
   6. [Driving/Transportation Websites](https://ucsf.box.com/s/tg5qf1szd5eavgaq2x4zareog9h2592w) (Care Eco)
   7. [Dementia & Driving](https://www.dmv.ca.gov/portal/driver-education-and-safety/medical-conditions-and-driving/dementia/) (CA DMV.GOV)
   8. [CA DMV: Reporting a Potentially Unsafe Driver](https://www.dmv.ca.gov/portal/driver-education-and-safety/educational-materials/fast-facts/potentially-unsafe-driver-ffdl-10/) (CA DMV.GOV)
4. Falls
   1. [Check for Safety: A Home Fall Prevention Checklist for Older Adults](https://ucsf.box.com/s/6i8klq9megp6ieqa9fl41mrvvzn5dxwd)—8 pages

(CDC)

* 1. [Durable Medical Equipment](http://www.justiceinaging.org/wp-content/uploads/2016/04/Durable-Medical-Equipment_Consumer-Fact-Sheet.pdf) - For Consumers (Justice in Aging)
     1. [Durable Medical Equipment](http://www.justiceinaging.org/wp-content/uploads/2016/04/Durable-Medical-Equipment_The-Basics-for-California-Advocates.pdf) - For California Advocates (Justice in Aging)
  2. [Physical, Occupational, & Speech Therapy Benefit – 2017](https://www.medicare.gov/publications/10988-medicare-coverage-therapy-services.pdf) (Medicare.gov)
  3. [Postural Hypotension](https://www.cdc.gov/steadi/pdf/steadi-brochure-postural-hypotension-508.pdf)—trifold brochure (CDC)
  4. [Stay Independent](https://www.cdc.gov/steadi/pdf/STEADI-Brochure-StayIndependent-508.pdf) trifold brochure (CDC)
  5. [What to Do if you Fall](https://ucsf.box.com/s/24kx3q0o8qzafrsvryhc9zzhz5u0zpj9) (Care Eco)
  6. [What You Can Do to Prevent Falls](https://www.cdc.gov/steadi/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf)—trifold brochure (CDC)
  7. RESOURCES: [Fall prevention classes in Bay Area](https://med.stanford.edu/parkinsons/northern-california-resources/fall-prevention-classes.html), [Always Active in SF](http://alwaysactive.org/), [Free Home Safety Checks in SF](https://www.sfdph.org/dph/comupg/oprograms/CHEP/Injury/CHIPPS.asp)

1. General Safety
   1. [Balancing Safety and Independence](https://ucsf.box.com/s/rmb9c70ziqzsvnljjisfh31ugqlabwsp) (Care Eco)
   2. [Dignity and Self-Determination](https://ucsf.box.com/v/DignityandSelfDetermination) (Care Eco)
   3. [Home Safety Checklist](https://ucsf.box.com/s/ca305opbftp50twcljxscdi5wtelz6ub) (Alz. Assoc.)
   4. [Self-Check Tool for PWD](https://ucsf.box.com/s/88zqjadgb0lp58yk8w62jbwofykmjhe8) (Care Eco)
   5. WEBSITES: [SafetyinDementia,](https://safetyindementia.org/) [Gliffords Law Center:Browse State Gun Laws](https://giffords.org/lawcenter/gun-laws/browse-state-gun-laws/)
2. Hoarding
   1. [Rummaging, Hiding and Hoarding Behaviors](https://www.alz.org/media/greatermissouri/rummaging_hiding_and_hoarding_behaviors.pdf) (Alz. Assoc.)
   2. [When a Person with Alzheimer’s Rummages and Hides Things](https://www.nia.nih.gov/health/when-person-alzheimers-rummages-and-hides-things) (NIA)
   3. [Hoarding Disorder Fact Sheet](https://ucsf.box.com/s/bam1p7swwpggscggx5jposbvl0svkax5) (OCD Foundation)
   4. RESOURCE: Peer-led Response Team in SF: [Mental Health SF peer support](https://www.mentalhealthsf.org/peer-support-services/) , [Anonymous Declutter and Recovery Phone meetings](https://clutterersanonymous.org/2022/06/12/simplified-meeting-notes-for-daily-meetings/) , [National Association for Productivity and Organization Professionals](https://www.napo.net/page/howtohire)
3. Hospitalization
   1. [Acute Hospitalization and Alzheimer’s Disease](http://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/acute_hospitalization_and_alzheimers.pdf)—16 pages (NIH)
   2. [Challenging Hospital Discharge Decisions](http://www.canhr.org/factsheets/resrights_fs/html/fs_challengingdischarge.htm) (CANHR)
   3. [Going to the Hospital: Tips for Dementia Caregivers](https://www.nia.nih.gov/health/going-hospital-tips-dementia-caregivers) (NIA)
   4. [Intermittent Home Health Services Benefit](https://www.medicare.gov/coverage/home-health-services.html) (Medicare.gov)
   5. [Hospitalization Happens](https://ucsf.box.com/s/b4n6oiq7jfaeumaujfh7jbx2am180w7k) 24 pages (NIH)
   6. [Hospitalization Schedule for Families](https://ucsf.box.com/s/anv7cxxwf9bwqjh81u0izuzyfjpj9ifs) (Partner with Me)
   7. [Preparing for a Hospital Stay](https://ucsf.box.com/s/0gzxuf97aclqg6g6a8smsiqylla6j8dw) (Care Eco)
   8. [Pre-Hospitalization Checklist for Patients with Memory Impairment](http://memory.ucsf.edu/sites/memory.ucsf.edu/files/wysiwyg/PWM_PreHospitalization_Checklist.pdf) (Partner with Me)
   9. [Skilled Nursing Facility (SNF) Care – Post-Hospital Stay](https://www.medicare.gov/coverage/skilled-nursing-facility-care.html) (Medicare.gov)
   10. [What’s Home Health Care?](https://www.medicare.gov/what-medicare-covers/home-health-care/home-health-care-what-is-it-what-to-expect.html) (Medicare.gov)
4. Swallowing
   1. [Choking First Aid](https://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637) (Mayo Clinic)
   2. [Eating, Swallowing & Saliva Control](https://www.parkinsons.org.uk/information-and-support/eating-swallowing-and-saliva-control#:~:text=Less%20efficient%20jaw%20and%20face,making%20it%20hard%20to%20swallow.) (Parkinson’s UK)
   3. [Feeding Choices in Advanced Dementia](https://ucsf.box.com/s/w723li0dzz5itpykw5vd3z2pp358ya3w) (UHN)
   4. [Mechanical Soft Diet](https://patient.uwhealth.org/healthfacts/363) (UW Health)
   5. [Safe Swallowing Tips](https://healthonline.washington.edu/document/health_online/pdf/Safe_Swallowing_Tips_11_11.pdf) (UW Health)
5. Useful Websites ([Dementia Enabling Environments](http://www.enablingenvironments.com.au/downloads.html), [Ability Tools](http://abilitytools.org/), [Rebuilding Together](https://rebuildingtogether.org/find-your-local-affiliate))
6. Visual-Spatial Tips
   1. [Bathroom Safety Tips and Products](http://www.visionaware.org/media/VisionAware_2016_GS_BathroomSafety_EN_Accessible_FINAL.pdf) (VisionAware)
   2. [Kitchen Safety Tips and Products](https://visionaware.org/everyday-living/essential-skills/cooking/safe-cooking-techniques/) (VisionAware)
   3. [Meeting a Person with Vision Loss](http://www.visionaware.org/media/VisionAware_2016_GS_MeetPerson_EN_Accessible_FINAL.pdf) (VisionAware)
   4. [Technology Tips and Products](http://www.visionaware.org/media/VisionAware_2016_GS_TechTips_EN_Accessible_FINAL.pdf) (VisionAware)
   5. [Visual Dysfunction in Dementia](https://ucsf.box.com/s/wckyigacn9d3xmv8wmr8ze0jpmm4qrws) (University of Toronto)
   6. [Your Home Office](https://ucsf.box.com/s/mnr9ci7arxsfw3h4yfzqwf2o46et8boc) (VisionAware)
   7. [5 Things to know about Glaucoma](https://www.nei.nih.gov/sites/default/files/2019-06/5-things-to-know-about-glaucoma.pdf) (NIH)
   8. [Could you have glaucoma and not know it? for Hispanics and Latinos](https://www.nei.nih.gov/sites/default/files/2019-06/you-could-have-glaucoma-not-even-know-it.pdf) (NIH)
7. Wandering
   1. [Dementia and the Risk for Getting Lost](https://ucsf.box.com/s/30jxc579znx0kg9whxvp5lu266vfrea0) (Care Eco)
   2. [MedicAlert + Safe Return](https://www.alz.org/media/Documents/alzheimers-dementia-emergency-response-enrollment-wander-b.pdf) Brochure (Alz. Assoc.)
   3. [Wandering and Alzheimer’s Disease](https://www.nia.nih.gov/health/wandering-and-alzheimers-disease) (NIA)
8. Technology
   1. [Caregiving Technology](https://ucsf.box.com/v/caregivingtechnology) (Care Eco)
   2. RESOURCES: [Find My Hearing Aid & Devices App for iOS](https://apps.apple.com/us/app/find-my-hearing-aid-devices/id1477013648)