

Don't have time for a book? Learn dementia care strategies from videos!

Memory Moment

By Shannon Nosbisch, CDP, DCS

On our website, www.effinghamalz.org, we have recorded some of our programs that we present at local libraries. Our Creative Problem Solving for Dementia Caregiving video has lots of great tips and strategies to help family caregivers. As a caregiver, you may be a little low on time and may not have an hour to watch it all. Check out these valuable websites that offer short (3 to 6 minute) videos on various topics and caregiving situations.

-Heartland Human Services/Trualta partnership

Trualta offers solutions and practical strategies for day-to-day problems. Trualta knows time is precious for caregivers. Their lessons are easy to-read, without technical language, and take 5 minutes or less! You can read or print articles, watch videos, listen to lessons like a podcast or practice skills with Trualta's on-demand library. Trualta helps you know what to expect, so you can plan ahead. Trualta lessons come from clinical experts. Topics include Aging, Caring for Kids, Dementia & Alzheimer's, Developmental Disabilities, Diabetes, Heart Health, Lund Health, Mental Illness, Parkinsons, and Stroke. To utilize this Free Platform, you can create your account at heartlandhs.trualta.com

-Midland Area Agency on Aging

At www.midlandaaa.org, under the Caregiver Resource tab, you will find AE (Adaptive Equipment) Corner Caregiver Library. There are several

topics they cover. These include Caregiver, Home Safety, Pick Your Fit, Pre & post total hip replacement, and pre & post total knee replacement.

Under the Caregiver tab, you will find videos for these topics. There are several videos under each one. They discuss equipment used and how to help your loved one in these areas:

- Bathroom
- Bedroom
- Car
- Dressing
- Leg Strengthening exercises
- Arms – range of motion exercises
- Stairway navigation – with cane, crutches and walker
- Transfer – sit to bed in all stages of help needed

-Memory Care Home Solutions in partnership with St. Louis University

Check out caregiver strategy videos at

https://www.youtube.com/playlist?list=PL5xyo03sVbAKj_r_EJFmDwAH_YSOcGDvS, or you can go to www.youtube.com and search for People Living with Dementia in partnership with SLU on Memory Care Home Solutions' channel. Their topics include Basic Needs, Activities and Redirection, Toileting Tips, Meal Time Tips, Bathing Tips and Dressing Tips.

A neurologist said in a conference I attended once that the best way a family caregiver can help their loved one living with dementia is to get educated about the dementia and caregiving. These videos will help you and your family learn the best way to care for your loved one.

dementia in Effingham County and the surrounding area. For more information about Effingham Area Alzheimer's Awareness, check out the website at www.effinghamalz.org. If you are a caregiver & have specific questions or situations you would like information on, please feel free to call Shannon Nosbisch at 217-663-0010 or Amy Sobrino at 618-363-8372.