

FORGET-ME-NOT SPOTLIGHT

Dementia Videos to watch on the Computer during the Quarantine Period

Review by Shannon Nosbisch, co-founder of Effingham Area Alzheimer's Awareness

Since all the libraries are closed until the end of April, I thought that I would give you some ideas of videos you can watch on the computer to educate yourself on different aspects of caregiving and dementia issues.

Teepa Snow is a nationally known dementia educator and she has quite a few videos of varying lengths on You Tube. I will walk you through how to get to these videos. First, you need to get on the internet with Google Chrome, Foxfire, Microsoft Edge or some other server. Go to youtube.com and in the search bar at the top of the page enter "Teepa Snow videos". You should get a list of different ones. Some of them are short (2 to 5 minutes) and there are a couple that go over an hour. Some of the topics include "Phrases to Learn for Caregivers" (2:40 minutes), "Stepping Into Dementia's Reality: Real Life Advice" (44 minutes), "Meaningful Activities", "Challenging Behaviors, How Dementia Affects Language Skills", "How does Vision Change As Dementia Progresses", "Supporting Someone in the Late Stage of Dementia" (21 minutes) and others.

Also, Teepa and her PAC (Positive Approach to Care) team has some videos that relate to the challenging situation we find ourselves in right now. One is "How to Talk to Your Family Member who is locked in and living with dementia".

There are a series of videos called "Ask Teepa Anything! Live on You Tube" that I did not know she was doing. These are recorded and anyone can ask a question that she will answer.

While you are watching a video, there will be a list of other suggested videos on the same subject that you can choose from if you want to watch another one. You can make the video screen take up the whole screen by clicking on the little box in the lower right-hand corner. When the video is finished, click the Esc key in the top left-hand corner of your keyboard to get back to the you tube screen. If you need help, ask a family member. Usually they can help you out.

As always, if you need questions answered or help in caring for your loved one with dementia, you can email me at eaaa.shannon@gmail.com or call me at 217-663-0010.