

FORGET-ME-NOT SPOTLIGHT

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

The Journey of Dementia With Teepa Snow, MS, OTR/L, FAOTA

The Journey of Dementia DVD is in a series of DVDs produced by Pines of Sarasota Education & Training Institute and Teepa Snow, a nationally known dementia specialist. These DVDS are skill-focused, immediately useful learning programs; to help you offer the greatest quality of care for those living with dementia. Preparation and readiness are key to being the best possible caregiver. "The Journey of Dementia" has over 3 hours of essential preparation tips and advice to provide you as a caregiver with vital information and solutions for all situations. The DVD is broken up into four parts so you don't have to watch the three hours at once. They are:

Part I – Recognizing Early Signs

Part II – What is Dementia?

Part III – Being a Good Advocate

Part IV – Potholes and Detours

There is so much information in this DVD that it would be best to watch each part individually and take a break or watch the next part the next day to absorb as much information as possible.

In this DVD you will learn to:

*make the most of doctor's visits

*get proper screenings to determine the stage of the disease and the best level-appropriate care

- *look for vital legal and financial documents that need to be prepared before the disease progresses
- *give the best possible support during emergencies
- *determine when and if facility placement is the best choice
- *find the best end of life care choices

By watching this DVD, you (as a caregiver and/or family member) can gain the knowledge and information you need to help your loved one living with dementia to be the best they can be, to communicate with and support your loved one, to deal with the behaviors that may come up, to know what to do when hospitalization is necessary, and to know the best way to take care of yourself as a caregiver.

This book is available at the Effingham Public Library, Flora Public Library, Evans Public Library, Newton Public Library, Greenup Township Public Library and the Mattoon Public Library in the Forget-Me-Not Resource Center. If you do not have a library card, ask at the main desk how you can check it out.

