

FORGET-ME-NOT SPOTLIGHT

It's All in Your Approach

The Journey of Dementia

The Art of Caregiving

Progression of Dementia: Seeing Gems – Not Just Loss

Filling the Day with Meaning: facilitated by Teepa Snow

Improving Emergency Services for Dementia Patients

Above are the names of some of the best resources in the Forget-Me-Not Resource Center. A series of DVDs with Teepa Snow, a dementia education and care specialist from North Carolina whose teaching style has won her fervent admirers in the caregiver community. A tireless advocate, she is determined to better the lives of people with dementia (and the lives of their caregivers) by sharing what she has learned. She has spent more than 30 years working with people with dementia, figuring out what helps them, and fine-tuning ways to engage her audience.

These DVDs explain how Alzheimer's disease affects the brain – why people with Alzheimer's disease lose a certain ability or memory, what part of the brain is affected in each stage, along with what ability is lost or changed with that part of the brain and why people with Alzheimer's and other dementias have certain behaviors.

Also, Teepa Snow explains the appropriate levels of care needed during different stages, which types of behaviors to expect and appropriate activity programs. In another DVD, she teaches how a person with dementia perceives his/her environment and how to properly adapt one's own behavior to increase communication and the patient's quality of life. Learn techniques to improve communication, mutual understanding, better manage distress, and much more.

Please check out one or more of these DVDs to help you and your loved one better understand this disease called Alzheimer's.

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