



Newsletter #25 – May 2023

INTRODUCTION

In our last issue we looked at videos that you might find helpful. In this issue we switch we switch to articles. You will notice that for the first time we are listing articles from Verywell health. <https://www.verywellhealth.com/>.

Being Patient

The title says it all:

What You Need to Know About Long-Term Care Insurance in the U.S.

<https://www.beingpatient.com/should-i-buy-long-term-care-insurance/>,

Dementia expert and cognitive and behavioral neurologist Dr. Andrew Budson shares guidance for caregivers and family members on managing the symptoms of dementia. –

<https://www.beingpatient.com/caregiver-strategies-dementia-andrew-budson>.

National Geographic

Dementia Friendly Tourism is on the rise – here's why it's so important

<https://www.nationalgeographic.com/travel/article/dementia-tourism-on-rise-why-its-important>.

Why evenings can be harder on people with Dementia and how to cope

<https://www.nationalgeographic.com/science/article/sundowning-syndrome-symptoms-causes-treatments/>

Positive Approach to Care

How to Successfully Introduce Care Aides Into Your Home - By Megan Derby.
Inspired by Teepa Snow's podcast

Read Article:

<https://teepasnow.com/blog/how-to-successfully-introduce-care-aides-into-your-home/>.

Watch Dementia Care Partner Talk Show Podcast Episode #45:

<https://youtu.be/rHS-gT9mSal>

Brain Change and Incontinence By Teepa Snow, MS, OTR/L, FAOTA and Polly Logan,
PAC Team Member

<https://teepasnow.com/blog/brain-change-and-incontinence>.

Verywell Health

Coping With Advanced Alzheimer's Disease by Helen Massy

<https://www.verywellhealth.com/advanced-alzheimers-disease-coping-5115728>.

Pros and Cons of Doll Therapy in Dementia by Esther Heerema, MSW

<https://www.verywellhealth.com/therapeutic-doll-therapy-in-dementia-4155803>.

Therapeutic Benefits of Children for People Living With Dementia by Esther Heerema, MSW

<https://www.verywellhealth.com/therapeutic-benefits-children-dementia-98690>.

NOTE

Ira has recently had two articles published:

“6 ‘Big Questions’ From Our Dementia Caregiving Journey” in Being Patient

<https://www.beingpatient.com/6-alzheimers-caregiving-questions>.

“16 care Tips for Alzheimer’s” in Alzheimer’s Weekly

<https://alzheimersweekly.com/16-care-tips-for-alzheimers/>.

If you know of any videos, articles or programs we should be high lighting please let us know by contacting Ira at ira@asherman.com.

Access a broad range of programs, activities, articles, and all of our newsletters at our website: <https://www.adrcnyc.org/>