



Newsletter #27 – August 2024

INTRODUCTION

In this issue of the newsletter we have looked for podcasts that address the issues we face as caregivers. Many of us do not have the time to sit and read an article, but listening may be a lot easier. To be clear, we have not listened to most of these and can offer you no clear guidance about which ones would be most helpful. As you find ones that you feel are helpful, please let us know and we will share that information in upcoming newsletters.

PODCASTS

Lists prepared by others

Alzheimer's Disease and Healthy Aging – Prepared by CDC

<https://www.cdc.gov/aging/publications/podcasts.htm>.

Twenty Best Alzheimer's Podcasts – This is a more curated list and includes a brief description of each podcast

https://podcasts.feedspot.com/alzheimer_podcasts/.

Our Favorite Podcasts on Alzheimer's Disease and Dementia – Prepared by Prestige Care. Each of the suggested podcasts has a brief description.

<https://www.prestigecare.com/blog/our-favorite-podcasts-on-alzheimers-disease-and-dementia/>.

Seven Best Pod Casts for Dementia Caregivers – Prepared by The Sycamore Creek Ranch. This is a curated list of Podcasts and tells what the author likes about each

one she selected and for whom they are best suited.

<https://www.scrmemorycare.com/7-best-podcasts-for-dementia-caregivers/>.

Individual Podcasts –

The Forgetting: Inside the Mind of Alzheimer's – This is a multi- season series.

<https://podcasts.apple.com/us/podcast/the-forgetting-inside-the-mind-of-alzheimers/id1450948701>.

Dementia Matters – A podcast about Alzheimer's disease and other causes of dementia. Creator and host Dr. Nathaniel Chin interviews leading scientists and caregiving experts to bring listeners the latest in Alzheimer's disease news, research and caregiver resources.

<https://www.adrc.wisc.edu/dementia-matters>.

Caregiver Storyteller – Prepared and sponsored by CaringKind. A storytelling podcast about Alzheimer's and dementia caregiving.

<https://caringkindnyc.org/podcast/>.

Note: If you can't find what you are looking for in any of the above lists then head back to Google. You will surely find something that will be of interest and helpful.

ARTICLE

Taking a moment to brag. Here is a link to the recent issue of Alzheimer's Today magazine which published an article of ours (on page five):

The Gift of a Good Aide

<https://alzfdn.org/wp-content/uploads/2024/08/ALZ-TODAY-19.2-high-res-single-pages.pdf>.