



Newsletter #30 – December 2024

INTRODUCTION

In this edition of the newsletter, we have selected several articles including a rewrite of one of my earlier pieces. Indulge me.

ALZHEIMER'S AND DEMENTIA WEEKLY

Can Ultrasound Therapy Outwit Alzheimer's Plaque?

A new study shows ultrasound improves memory even when amyloid plaque levels don't improve. (Amyloid is the culprit behind Alzheimer's.) Could ultrasound be the missing piece in the Alzheimer's puzzle?

[Can Ultrasound Therapy Outwit Alzheimer's Plaque?](#)

11 Tips to Handle Behavioral Changes in Alzheimer's

BETTER MOOD: In dementia, the brain loses abilities. This changes personality and behavior. Use this tip sheet's suggestions to better understand, cope and manage the changes.

[11 Tips to Handle Behavioral Changes in Alzheimer's](#)

BEING PATIENT

3 Creative Pursuits That Help People Cope With Cognitive Decline

Tapping into creativity can feel out of reach for people that are navigating living with Alzheimer's. We spoke to a neuroscientist, a former academic

<https://www.beingpatient.com/3-creative-outlets-for-coping-with-cognitive-decline>.

Caregiving Questions: Is It OK to Lie to Someone With Dementia?

Communication in later stages of dementia can be challenging and may cause tension. Is it ever appropriate to lie to someone with dementia? Monash University's Steve Macfarlane weighs in.

<https://www.beingpatient.com/caregiving-lie-to-someone-with-dementia/>.

NATIONAL INSTITUTE ON AGEING

Caregiver Worksheets

The National Institute publishes a great deal of helpful material. Of particular interest are a series of worksheets to help us focus on different aspects of the caregiving journey. Go to the following link to view and print them all.

<https://www.nia.nih.gov/health/caregiving/caregiver-worksheets?>

Note: If you have not already noticed, most of our articles come from the above three websites. If you have not yet done so, I would strongly urge you to sign up for all three.

Lastly, is my own recent revised article which I call:

[The Lessons I have learned](#)