

Support groups for individuals with Alzheimer's disease or related dementia and their loved ones.

Article

## **Caring for You: Mind, Body, and Soul**

Caring for You: Mind, Body, and Soul is a microlearning video series to enhance the wellness of people living with dementia and those who care for them.

Source

[Riverside Center for Excellence in Aging and Lifelong Health](#)

Links

## **Alzheimers.gov**

Source

[Alzheimers.gov](#)

Videos

## **Person-Centered Matters from the Dementia Action Alliance**

Person-Centered Matters is a compelling video produced by the Dementia Action Alliance and filmed by a former National Geographic filmmaker. It portrays five people living with dementia and how person-centered care helps them live more fully.

Source

[Dementia Action Alliance](#)

Article

## **Stages of Alzheimer's**

Since Alzheimer's affects people in different ways, the timing and severity of dementia symptoms varies as each person progresses through the stages of Alzheimer's differently.

Source

[Alzheimer's Association](#)

Links

## **ALZConnected: Free online community for everyone affected by Alzheimer's or another dementia**

Source

[ALZConnected: Free online community for everyone affected by Alzheimer's or another dementia](#)

Links

## **Alzheimer's Association**

Source

[Alzheimer's Association](#)

Article

## **Reflections of an Alzheimer's Spouse (BLOG)**

The *Reflections of an Alzheimer's Spouse* blog shares Allan Vann's experiences caring for his wife with Alzheimer's.

Source

[Huffington Post](#)

Article

## **Overcoming the Loneliness of Dementia Caregiving**

One women's story of finding ways to overcome the loneliness of caring for her husband who has dementia.

Source

[AARP](#)

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## **10 Ways to Love Your Brain**

Certain healthy behaviors--staying mentally active, remaining socially engaged with family and friends, engaging in regular physical activity and eating a heart-health diet-- benefit your body and your brain.

Source

[Alzheimer's Association](#)

Article

## **10 Warning Signs of Alzheimer's Disease - Infographic**

This Alzheimer's Association infographic provides important information on the 10 warning signs of Alzheimer's Disease.

Source

[Alzheimer's Association](#)

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