

Additional Resources and Helpful Information about Alzheimer's Disease

The following links have been provided to me by Marie Villeza of www.elderimpact.org. Marie has created a website to provide up-to-date information for seniors who want to actively control their own lives, stay healthy and be well informed.

[Preparing Your Home for a Loved One with Alzheimer's: A Caregiver's Guide](#)

This Alzheimer's caregiver's guide covers room by room tips and adjustments needed to create a safe and secure environment for your loved one.

[Alzheimer's and Keeping Active/Involved](#)

Here is an excellent Alzheimer's factsheet providing tips caregiver's about the importance of keeping a loved one active and busy in everyday skills. In this article you will find suggestions of activities suitable at different stages of dementia.

[The Benefits of Cooking with Alzheimer's](#)

This comprehensive guide discusses the cognitive, emotional, health-related benefits of cooking for people with Alzheimer's disease. You will find tips on how to create a safe environment for cooking and baking, ways caregivers can assist to make the activity enjoyable, and how to deal with eating challenges that may arise among individuals suffering from Alzheimer's disease.

[Keep Your Pets Close: How Animals Help Dementia](#)

In this thoughtful article, the author discusses why it is important to evaluate the situation, and determine if a beloved pet can possibly be kept when a person is diagnosed with dementia. Pets have been known to increase the health of dementia patients, and can be an essential part of the daily routine of a loved one with Alzheimer's. If keeping a pet is out of the question, this article suggests alternatives to immediately giving up a best friend.

[Helping Alzheimer's Sufferers Cope with the Loss of a Loved One — A Guide for Caregivers](#)

A caregiver faced with helping a person with Alzheimer's disease cope with the death of a loved one is not easy. This comprehensive guide provides helpful strategies to follow while guiding the person through the different stages of grief to acceptance, comfort and nostalgia. The guide also offers suggestions for caregivers on how to manage their own emotions that come from taking care of a person with Alzheimer's disease.