

# PERSON-CENTERED ALZHEIMER'S & DEMENTIA CARE

## WEB RESOURCES



Find trusted local and national resources for Alzheimer's, dementia, and delirium.

### Alzheimer's, Dementia, and Delirium Health Information

#### › Alzheimer's Association Caregiver Center

[www.alz.org/care](http://www.alz.org/care)

This section of the Alzheimer's Association website features tools to help care partners map out a caregiving action plan, tips for managing challenging behaviors, a caregiver stress check, training resources, links to local support groups, and more.

#### › U.S. National Library of Medicine

Delirium: [www.ncbi.nlm.nih.gov/pubmedhealth/PMH0032828](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0032828)

Alzheimer's: [www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072544](http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0072544)

Comprehensive site with detailed information on causes, incidence, risk factors, symptoms, signs and tests, treatment, drugs of interest, and more.

#### › Mayo Clinic

Alzheimer's: [www.mayoclinic.org/diseases-conditions/alzheimers-disease/basics/definition/con-20023871](http://www.mayoclinic.org/diseases-conditions/alzheimers-disease/basics/definition/con-20023871)

Dementia: [www.mayoclinic.com/health/dementia/DS01131](http://www.mayoclinic.com/health/dementia/DS01131)

Delirium: [www.mayoclinic.com/health/delirium/DS01064](http://www.mayoclinic.com/health/delirium/DS01064)

Easy-to-understand information on symptoms, causes, risk factors, complications, tests and diagnosis, and treatments and drugs. Also includes tips for preparing for a doctor's appointment, as well as lifestyle and home remedies and coping and support guidance.

#### › Dementia.org

[www.dementia.org](http://www.dementia.org)

This site offers lifestyle information like foods for dementia patients to eat, exercises to treat dementia, and interesting news from dementia research studies.

#### › MedlinePlus

Alzheimer's: [www.nlm.nih.gov/medlineplus/alzheimersdisease.html](http://www.nlm.nih.gov/medlineplus/alzheimersdisease.html)

Dementia: [www.nlm.nih.gov/medlineplus/dementia.html](http://www.nlm.nih.gov/medlineplus/dementia.html)

Delirium: [www.nlm.nih.gov/medlineplus/ency/article/000740.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000740.htm)

Access to condition basics, multimedia tools, research information, handouts, and dementia news.

#### › Help Guide

[www.helpguide.org/home-pages/alzheimers-dementia.htm](http://www.helpguide.org/home-pages/alzheimers-dementia.htm)

Gives tips on how to treat loved ones with dementia, and tells you how to act around them. Also, it shows you a list of symptoms you may see if someone you know has dementia.

#### › CareTogether

[www.caretogether.com](http://www.caretogether.com)

Free online resource that helps family and friends coordinate caregiving duties and provide updates on their loved one. Calendar syncs with BrightStar Care customer account so all member of the Care Team can see when a BrightStar caregiver is scheduled to visit.

