

Helpful videos on dementia

UCLA videos: UCLA has created helpful dementia care giver training videos.

1. Aggressive Language and Behavior
2. Agitation and Anxiety
3. Depression and Apathy
4. Hallucinations
5. Home Safety
6. Refusal to Bathe
7. Refusal to Take Medications
8. Repetitive Behaviors
9. Repetitive Phone Calls
10. Repetitive Questions
11. Sexually Inappropriate Behavior
12. Sleep Disturbances
13. Sundowning
14. Wandering
15. Common Challenges: Alcohol Abuse
16. Common Challenges: Driving
17. Common Challenges: Lack of Eating
18. Common Challenges: Paranoid Thoughts

These can all be found on UCLA's website: <https://www.uclahealth.org/dementia/caregiver-education-videos>

YouTube:

YouTube has numerous helpful videos on dementia related topics. You can start here and look for other suggestions: <https://www.youtube.com/watch?v=iKT9YIVPREE>, Bathing and Dementia

Teepa Snow videos: Teepa Snow is one of the leading educators on dementia and the care that accompanies it, in the US and Canada. As an occupational therapist with 40 years of clinical practice, she has founded a company and an approach to support and engage people experiencing changes in brain function.

1. Who is Teepa Snow
2. Dementia 101
3. Teepa's Gems
4. Brain Changes
5. Challenging Behaviors
6. Meaningful Activities
7. Connecting Through Music

These can all be found on Teepa's website: <https://teepasnow.com/resources/about-dementia/>