Reference Guide

Alzheimer’s Disease 101 – Understanding the basics of Alzheimer’s disease and other related types of dementias

1. The Goizueta Alzheimer’s Disease Research Center at Emory University
   www.alzheimers.emory.edu
   (Click on ‘patients and caregivers’ for information on Alzheimer’s disease and other types of dementia)

2. Alzheimer’s Association
   www.alz.org
   (Click on Alzheimer’s & Dementia)

3. National Institute on Aging (NIA)
   https://www.nia.nih.gov/health/alzheimers

A. Caregiver Resources

1. Alzheimer’s Foundation of America
   https://alzfdn.org/caregiving-resources/

2. Family Caregiver Alliance
   https://www.caregiver.org/

3. American Association of Retired Persons (AARP)
   https://www.aarp.org/caregiving/local/info-2017/important-resources-for-caregivers.html

B. Activities for People with Dementia

   https://www.alz.org/help-support/caregiving/daily-care/activities and
   https://assets.aarp.org/external_sites/caregiving/homeCare/engaging_activities.html

C. COVID-19 Tips and Resources

2. Alzheimer’s Association
   https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care

3. The Centers for Disease Control & Prevention (CDC)

4. The American Red Cross

5. Emory Healthcare
   http://www.emoryhealthcare.org/covid/index.html

6. Child Mind: Talking to Kids about Coronavirus

D. Fun Activities from Your Home!

1. 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch

2. Sofa King Fest
   https://www.sofa-king-fest.com/
   Sofa King Fest is an emergency response online music and arts directory aimed to minimize your COVID-19 quarantine boredom, while providing a platform to raise money for artists, crew, and music industry professionals affected by this pandemic.

   Sofa King Fest is your one-stop source for all your couch streaming concert options.

3. A variety of YouTube Options
   Classical Music: https://www.youtube.com/watch?v=5VB1RvyfISM
   Music from the 1920s: https://digitaldreamdoor.com/pages/best_songs-1920s.html
   Music from the 1960s: https://www.youtube.com/watch?v=1981EXifoYc
   Music from the 1970s: https://www.youtube.com/watch?v=__UyfumLEFLc
Just Google: Music from the ____ and fill in the decade – all kinds of options – plus, there are many more alongside the one that is opened.

4. **Atlanta Aquarium live webcam**
   [https://www.georgiaaquarium.org/webcam/ocean-voyager/](https://www.georgiaaquarium.org/webcam/ocean-voyager/)

5. **Apps for Meditation and Sleep that you access on your mobile device**
   - CBT-i Coach - [https://mobile.va.gov/app/cbt-i-coach](https://mobile.va.gov/app/cbt-i-coach)
   - Calm - [www.calm.com](http://www.calm.com)