

University of Vermont
Project ECHO Series
Enhanced Diagnosis and Management of Dementia by the Primary Care Team

References and Bibliography:

This list is not exhaustive. It can be used for reference as needed. For best use, skim through the links to inspect contents and then go back to find where it would be most helpful at present.

Friendly reminder: Remember slow and steady...

Getting Oriented:

[What is Dementia?](#) (alz.org)

[What is MCI?](#) (dementiacarecentral.com)

Diagnosis (Start with PCP):

Be open about symptoms...

[Importance](#) (of good diagnosis)

UVM [Memory Program](#)

Dartmouth [Memory Clinic](#)

Support agencies/services:

[Vermont Area Agencies on Aging](#) (vermont.gov)

Ex. [Age Well](#) “about” (Burlington Area)

Find: [Area Agencies on Aging - map](#) (vermont4a.org)

*Consider asking about::

[Adult Services Division - services list](#) (vermont.gov)

[SASH](#) (Home medical care)

National: [Eldercare locator](#) (eldercare.acl.gov) [Support services](#)

[Eldercare Connection](#) (ex. private pay services)

Local community starting points:

[What is a Memory Cafe?](#)

[Vermont Memory Cafes](#) (memorycafedirectory.com)

[Alz.org Vermont](#)

Caregiving & Care partner info:

[Dementia caregiver “must-know”](#) (caregiver.com)

[Developing a Dementia care-plan](#) (brightfocus.org)

[Building a Dementia care team](#) (alz.org)

[Dementia friendly home environment](#) (elder.org)

[Family caregiving](#) (AARP)

[Caregiver corner](#) (eldercare.acl.gov)

Future planning:

[Age Well - resources pdf \(www.agewellvt.org\)](http://www.agewellvt.org)

[Vermont Area Agencies on Aging \(vermont.gov\)](http://vermont.gov)

Legal and Financial planning:

[Financial/Legal planning \(alz.org\)](http://alz.org)

[Planning ahead](#)

[Legal documents \(dementia.org\)](http://dementia.org)

[NAELA \(find a lawyer\)](#)

[Age Well lawyer list \(www.agewellvt.org\)](http://www.agewellvt.org)

Support groups:

[Alz.org Vermont](http://Alz.org)

Caregiver.org

[Verywell health list](#)

[Dementia mentors](#)

Facebook may have resources

More structure: [Memory Program](#)

Therapeutic groups for caregivers:

[UVM Memory Program](#) (includes problem solving & skill development)

Mental Health and Supportive Counselling:

Talk to PCP and ask for a counselling referral...

[Memory Program](#) (Dementia specific)

[Find a therapist \(psychologytoday.com\)](http://psychologytoday.com)

Conceptualizing Dementia Grief:

[Unique Characteristics & Concepts](#) - Pt. 1 (dementia.org)

[Three States](#) - Pt. 2

[Three Stages](#) - Pt. 3

Miscellaneous:

[Atypical Parkinson's](#)

[Lewy Body Dementia Association.](#)

[FTD](#)

[Aging in Vermont \(COVE\)](#)

[The Dartmouth Memory Handbook](#)

Tips and tricks, devices:

Useful quick guide - [Professional Caregiving - Duke](#) (NASMM)
[Alzheimer's Store](#)

Books and manuals:

[The 36 Hour Day](#)

Further recommendations:

The Last Ocean A Journey Through Memory and Forgetting

Nicci Gerard

A personal account of living with dementia and its impact on both the person living with dementia and the caregiver.

[What I learned from my father's dementia - Nicci Gerard](#)

[What dementia teaches us about love - Nicci Gerard](#)

Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying

Maggie Callahan and Patricia Kelly

Stories and practical advice on responding to the requests of the dying and helping them prepare for death

Option B Facing Adversity, Building Resilience and Finding Joy - Sheryl Sandberg and Adam Grant

A personal account on the sudden death of a spouse, describing how loved ones realized that they could discover joy with the unexpected "Option B" in life through resilience, gratitude, perseverance, grief, and love.

Four Things That Matter Most - Ira Byock, M.D.

Dr. Byock writes about the importance of nurturing relationships, celebrating each other, forgiving ourselves and living life more fully while experiencing family strife, end of life, or personal tragedy.

[4 things that matter most - Ira Byock, M.D.](#)

Between Notes by Emily Rinkema

This essay is a daughter's personal account about caregiving, memories, dementia, and Parkinson's.

Help Me Remember - Hayes Carll

A beautiful song written from the perspective of someone experiencing Dementia.