



# CarePartners

## INITIATIVE

What follows is a list of organizations that we feel may be of value to our community.

### **Alzheimers.net**

Social network that is a respite, a resource and a way to connect with others who share a common bond. Get up-to-date resources and advice from professionals with expertise about Alzheimer's disease and related dementias. Website: <https://www.alzheimers.net/>

### **American Society on Aging**

Go-to source to cultivate leadership, advance knowledge and strengthen the skills of individuals who work with and on behalf of older adults. Website: <https://www.asaging.org/>

### **APOE4.Info**

A group of people who are carriers of the APOE-ε4 allele, which brings with it elevated health risks including Alzheimer's and cardiovascular disease. Some members are experiencing symptoms today, and others are caring for affected family or friends. All are searching for prevention and remediation strategies. Website: <https://www.apoe4.info/wp/>

### **Being Patient**

The latest news on Alzheimer's disease and brain health research. Website: <https://www.beingpatient.com/>

### **Best Friends Approach to Alzheimer's and Dementia Care**

The Best Friends Approach redefines how we can enhance the lives of individuals living with Alzheimer's and dementia. The approach is easy to master and apply to make a difficult journey fulfilling and rewarding. Website: <https://bestfriendsapproach.com/>

### **Brain Health Kitchen**

Annie Fenn is a physician and chef who specializes in cooking for brain health. Website: <https://www.brainhealthkitchen.com/>

### **Brain Health Registry**

If you are 18 years or over, you can help the Brain Health Registry speed up the discovery of treatments for Alzheimer's, Parkinson's, depression, PTSD, and other brain disorders. It takes just a few minutes to get started. For most people, participation takes less than 3 hours per year. Website: <https://www.brainhealthregistry.org/>

### **Buck Institute for Research on Aging**

The first independent biomedical research institute in the world focused solely on aging. The Buck's mission is to end the threat of age-related disease for this and future generations. Website: <https://www.buckinstitute.org/>

### **California Governor’s Task Force on Alzheimer’s (Disease) Prevention and Preparedness**

The purpose of this task force is to present recommendations to the Governor on how local communities, private organizations, businesses, government, and families can prevent and prepare for the rise in the number of cases of Alzheimer’s Disease and all its consequences – and to navigate a path forward to combat this disease in a time of historic demographic change. Website: <https://www.chhs.ca.gov/home/committees/governors-task-force-on-alzheimers/>

### **In the Moment**

The purpose of In the Moment is to serve those who are loving, working and living in the world of dementia by providing families with training to be better equipped to care for their loved ones and facilitating learning opportunities using interactive methods supported by creativity, laughter and the arts. Website: <http://www.in-themoment.net/>

## **Caregivers Matter**

Free app that helps ingrain best practices into a caregiver's daily routine. The basic rules of survival for caregivers, the "do's and don'ts" of good dementia care and communication, are easily forgotten in the heat of the moment or when patience hits a low point. Caregivers often forget they need to relax, refocus, and regroup in order to build patience, perseverance, and peace. Website:

<https://caregiversmatter.org>

## **DailyCaring**

DailyCaring is for the 43.5M adult family caregivers who care for someone 50+ years of age. They also serve the 14.9M people who care for someone who has Alzheimer's disease or dementia. When you're struggling to care for an older adult, you need practical answers fast. DailyCaring helps you solve the frustrating day to day problems that make you lose your temper or keep you up at night.

Website: <https://dailycaring.com/>

## **Hilarity for Charity**

Nonprofit movement, led by Seth Rogan and Lauren Miller Rogan, dedicated to raising awareness, inspiring change, and accelerating progress in Alzheimer's care, research and support through the engagement of millennials. Website: <https://wearehfc.org/>

## **Gerontological Society of America**

The GSA fosters collaboration among behavioral and social scientists, physicians, nurses, biologists, psychologists, social workers, educators, economists, policy experts, practice leaders, and other scholars and researchers in aging. Website: <https://www.geron.org/>

## **Memory Cafes**

Support groups for care partners and people living with dementia. They usually meet monthly, sometimes more often. Here is a directory by state. Website: <https://www.memorycafedirectory.com>

## **Memory People**

Memory People™ is an Alzheimer's/dementia and memory impairment support and awareness Facebook group created November 2010 by Rick Phelps, a patient himself, diagnosed with Early Onset Alzheimer's disease at the age of 57. Website: <https://www.facebook.com/Memory-People-126017237474382/>

## **Music & Memory**

Non-profit organization that helps individuals with a wide range of cognitive and physical conditions to engage with the world, ease pain, and reclaim their humanity through the use of personalized music playlists. Website: <https://musicandmemory.org/>

## **Posit Science (BrainHQ)**

Posit Science helps people be at their best throughout their lives by providing brain-training exercises clinically proven to improve cognitive performance. A team of experts designs, tests, and refines the online exercises that are collected in the company's flagship product, BrainHQ. Website:

<https://www.brainhq.com>

## **SOUL Food Salon: Guide to Healthy Living**

SOUL (seasonal, organic, unprocessed, local) Food Salon inspires and empowers us to live a healthier life. Website: <https://www.soulfoodsalon.com/>

## **The Women's Alzheimer's Movement**

Founded by Maria Shriver, The Women's Alzheimer's Movement is a nonprofit organization that is dedicated to raising awareness about women's increased risk for Alzheimer's and to educating the public — women and men — about lifestyle changes they can make to protect their brain health. Through our annual campaigns and initiatives, we also raise dollars to fund women-based Alzheimer's research at leading scientific institutions, so that we can better understand this mind-blowing disease and hopefully get closer to a cure. Website: <https://thewomensalzheimersmovement.org/>

Please email us at [info@carepartnersinitiative.org](mailto:info@carepartnersinitiative.org) if you have other suggestions for resources to include.