

Dementia Careblazers
Presents

TV GUIDE

for

DEMENTIA

- Top 100 episodes -

About this Guide

This TV guide includes links to the 100 of the TOP videos on Dementia Careblazers YouTube channel.

It is broken into 4 sections:

UNDERSTANDING:

This section includes basic information on dementia such as how to get a diagnosis and what are the different stages of dementia. Learn about the disease and how it can impact the person with dementia.

CAREGIVER CHALLENGES:

This section covers videos to help reduce common mistakes and offer strategies on how to manage the many ups and downs of the caregiver journey.

BEHAVIORS:

This section covers common dementia related behaviors and the best approaches and strategies for responding to those behaviors.

PLANNING:

This section covers topics related to future planning needs that may come up in dementia such as hospice care, getting power of attorney, and searching for care placement.

May these videos help make your dementia caregiving journey a bit easier.

, Dr. Natali

UNDERSTANDING DEMENTIA

1

STAGES OF DEMENTIA

Learn about the 3 stage and 7 stage model of dementia to help you figure out what stage of dementia your person with dementia might be in.

[* click here to watch *](#)

2

MILD COGNITIVE IMPAIRMENT

Learn the difference between mild cognitive impairment and mild dementia.

[* click here to watch *](#)

3

EARLY DEMENTIA WARNING SIGNS

Learn about 10 warning signs that suggest you or someone you know may be showing signs of cognitive decline.

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4

FACTS ABOUT DEMENTIA

Learn 5 surprising facts about dementia that most people aren't aware of.

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5

DEMENTIA & LYING?

People with dementia often lie. In this video, I share why this happens and how you can respond.

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6

COMMON HARMFUL MEDICATION

This video talks about a common medication available over the counter that is a high risk to cause falls and increased confusion for people with dementia.

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7

DEMENTIA & "DENIAL"

Learn why many people with dementia don't actually think they have anything wrong with them and how it's not actually denial.

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8

HOW LONG DOES DEMENTIA LAST?

How long will caregiving last? It depends on how long the dementia lasts. Learn about why there is not easy answer to this question.

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9

DEMENTIA MEDICATIONS

I interview a pharmacist in this video about the different types of medications prescribed for dementia and what those medications do.

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10

WHAT IS LEWY BODY DEMENTIA?

Learn about Lewy Body Dementia, how it's different from other dementia and some of the main symptoms.

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11

ALZHEIMER'S DISEASE VS DEMENTIA

What's the difference between Alzheimer's disease and dementia? This video explains the most frequently asked question I receive.

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12

HOW IS DEMENTIA DIAGNOSED?

How is dementia diagnosed? The answer isn't simple. Learn the about the process of diagnosing and who can diagnose.

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13

SIGNS SOMONE NEEDS A NURSING HOME

This video shares 3 of the top signs that someone may be in need of nursing home or other level of care.

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14

DEMENTIA AND DELIRIUM

Delirium is a common syndrome that can happen to anyone, but it is more common in people with dementia. Learn what it is and what to do.

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15

SLOW THINKING

Thinking speed, also called processing speed, slows down in dementia. Learn about what this means and how it impacts the person with dementia

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16

THE LOBES OF THE BRAIN

Learn about the different lobes of the brain, how they are impacted in dementia, and what symptoms someone might show if that lobe is damaged.

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17

DEMENTIA AND UTI'S IN FEMALES

In this video, I interview a gynecologist who talks about UTI's in females, how it can impact someone with dementia, and how to prevent UTI's.

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18

STAGING TOOLS OF DEMENTIA

There are different tools that people use to determine what stage of dementia someone is in. Learn about 3 of the most common tools.

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19

REMINDING SOMEONE OF DEMENTIA?

Should you remind someone they have dementia? In this video I share considerations and give you my professional opinion.

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20

THE BIGGEST DEMENTIA ADVICE

Once you become a dementia caregiver, it seems everyone wants to give you advice. This video helps you sort through all the advice and choose what's best for you.

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21

YOU DON'T NEED TO FIX THIS

Not everything the person with dementia will struggle with has to do with dementia. Watch this video to learn about the very real struggles someone might face.

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22

IS DEMENTIA REVERSIBLE?

This video talks about dementia and if it's possible for it to be reversible. There are a lot ,,,,,

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23

MCI VS. DEMENTIA

I talk about the difference between mild cognitive impairment and dementia.

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24

HOW TO TELL IF YOUR LOVED ONE ISN'T SAFE AT HOME?

I share some warning to be on the lookout for that suggest your loved one may not be safe to be left alone.

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25

CAN YOU CARE TOO MUCH FOR SOMEONE WITH DEMENTIA?

I talk about a common mistake many well intentioned Careblazer make without realizing it's putting your relationship at risk

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26

NEW ALZHEIMER'S DRUG (ADUCANUMAB): THE GOOD, THE BAD, THE UGLY!

I talk about the first drug to be approved for the treatment of Alzheimer's disease in over 18 years.

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CAREGIVER CHALLENGES

27

4 COMMON DEMENTIA CAREGIVERS MISTAKES

I share some of the common dementia caregivers mistakes that you need to know.

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28

5 SIGNS OF DEMENTIA CAREGIVER STRESS THAT MEAN YOU NEED TO MAKE CHANGES ASAP

I share signs for dementia caregiver stress that you need to make change ASAP

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29

THESE THINGS ARE MAKING THINGS WORSE BETWEEN YOU AND YOUR LOVED ONE WITH DEMENTIA

I share 3 common things that dementia caregivers do to their loved ones with dementia.

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30

DEMENTIA CAREGIVERS ARE AT INCREASED RISK FOR DEMENTIA, WHY AND WHAT YOU CAN DO

I'm talking about what dementia caregivers can do to the risk of having dementia.

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31

MANAGE DEMENTIA CAREGIVER STRESS: 4 TIPS TO COPE WITH DIFFICULT DEMENTIA BEHAVIORS

Today's video discusses the dangers you face simply for caring for someone with dementia.

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32

DEMENTIA CAREGIVER ANGER

Today's video discusses the anger you feel simply for caring someone with dementia.

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33

STRUGGLING WITH YOUR DECISION TO PUT YOUR LOVED ONE IN A DEMENTIA NURSING HOME?

It is all about the struggles in deciding whether to place your loved one with dementia in a nursing home.

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34

HOW TO REDUCE YOUR RISK OF DEMENTIA (AND SLOW DOWN DEMENTIA FOR YOUR LOVED ONE)

The 3 ways to reduce your risk of getting dementia.

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35

THE 6 STAGES OF CAREGIVING (INTERVIEW WITH DR. KOEPP)

Today I talk to Dr. Regina Koepp about the 6 stages of caregiving and what the goal is within each of these stages.

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36

STOP THIS AND STOP SOME DEMENTIA CAREGIVER SUFFERING

Listen to this video to learn about how your hesitancy to do things you enjoy is actually hurting your loved one and to learn some ways to start challenging your brain..

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37

HOW TO CHANGE YOUR LIFE AS A DEMENTIA CAREGIVER: A SIMPLE TO CHANGE YOUR FUTURE

I want to share a simple idea that can have a HUGE impact on your life.

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38

SHOULD YOU LET YOUR LOVED ONE WITH DEMENTIA WHO IS IN A NURSING HOME VISIT THEIR OLD HOME? 6 SIGNS

Today's video is in response to a recent question I received from another Careblazer.

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SIMPLE DEMENTIA TRICK TO GET YOUR LOVED ONE TALKING AND FEELING HAPPY.

If you are caring for a loved one with any type of dementia, this dementia trick can help you.

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40

FEELING GUILTY FOR WISHING YOUR LOVED ONE WITH DEMENTIA WOULD DIE?

This video will discuss something that many family members experience but often feel too guilty to admit.

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41

3 THINGS DEMENTIA CAREGIVERS SHOULD DO EVERY DAY

I share 3 easy and free things you can start doing today to help you feel better.

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42

HOW YOUR BRAIN IS MAKING CAREGIVING HARDER.

I'm giving you a behind the scenes peek into one of my teachings of the Make Caregiving Easier challenge.

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43

THIS ONE THING CAUSES SO MUCH DEMENTIA CAREGIVER PAIN

I talk about something that creates a lot of dementia caregiver pain.

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44

THIS DOESN'T MAKE YOU A BAD DEMENTIA CAREGIVER

I talk about something that most people don't want to admit, negative thoughts about caregiving and your loved one with dementia.

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45

3 STEPS TO HELP YOU MANAGE GUILT AND SADNESS AS A CAREGIVER

I share my thoughts on a question a Careblazer asked during a recent virtual support group.

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46

HOW TO FEEL BETTER AS A CAREGIVER

If you want to feel better as a dementia caregiver, its important to understand what causes your feelings in the first place.

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47

THESE THINGS ARE MAKING THINGS WORSE BETWEEN YOU AND YOUR LOVED ONE WITH DEMENTIA

I share 3 common things that dementia caregivers do.

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DEMENTIA BEHAVIORS

48

DEMENTIA AND SUNDOWNING: TIPS TO HELP YOU MANAGE SUNDOWNING

Today's video answers a question submitted by a fellow Careblazer.

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49

3 STEPS TO CHANGE DIFFICULT DEMENTIA BEHAVIORS

I share 3 steps to change any difficult dementia behavior.

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50

10 TIPS FOR RESPONDING TO DEMENTIA ANGER

Have you ever tried to calm your loved one with dementia only to find that your attempts made things worse?

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51

HOW TO RESPOND WHEN SOMEONE WITH DEMENTIA CONSTANTLY ASKS TO GO HOME

I talk about ways to respond if your loved one is constantly asking to go home.

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52

DEMENTIA BATHROOM TIPS: HOW TO STOP YOUR LOVED ONE FROM HAVING TOILETING ACCIDENTS.

Does your loved one with dementia have problems using the bathroom?

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53

DEMENTIA FRIENDLY ACTIVITIES TO DO AT HOME WITH YOUR LOVED ONE

In today's video I talk about the different dementia friendly activities to do at home with your loved one.

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54

DEMENTIA TOILETING PROBLEMS

In this video, I share 4 different ways to consider trying if your loved one is starting to have trouble with using the bathroom.

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55

DEMENTIA AND DELUSIONS: WHY DO DELUSIONS HAPPEN AND HOW SHOULD YOU RESPOND

I talk about a common symptom of dementia- delusions.

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56

HOW TO RESPOND TO DELUSIONS IN DEMENTIA

In less than 3 minutes, I help explain How to respond to delusions in dementia.

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57

DOES YOUR LOVED ONE WITH DEMENTIA RESENT YOU? TRY THIS

This video is all about how to reduce the chances that your loved one with dementia will start to resent you.

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58

HOW TO COMFORT SOMEONE WITH DEMENTIA

I'm talking about what to do if your love done with dementia knows they have problems with their brain and they become upset

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59

THESE THINGS ARE MAKING THINGS WORSE BETWEEN YOU AND YOUR LOVED ONE WITH DEMENTIA

In this video, I share 3 common things that dementia caregivers do.

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60

THE COLD HARD TRUTH ABOUT IMPROVING DIFFICULT DEMENTIA BEHAVIORS

I explain the cold hard truth about improving difficult dementia behaviors.

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61

HOW TO REDIRECT DIFFICULT DEMENTIA BEHAVIORS (3 MISTAKES TO AVOID)

I talk about how to redirect difficult dementia behaviors.

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62

WHEN SOMEONE WITH DEMENTIA ACTS FINE AROUND OTHERS

I talk about expectations and how the way you think about your situation can either add to your stress levels or help you

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63

WHEN SOMEONE WITH DEMENTIA ACTS FINE AROUND OTHERS

I talk about expectations and how the way you think about your situation can either add to your stress levels or help you

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64

HOW TO TALK ON THE PHONE TO SOMEONE WITH DEMENTIA?

This video is about how to have enjoyable phone conversations with your loved one with dementia.

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65

HOW TO TALK TO SOMEONE WITH DEMENTIA?

This video is all about how to talk someone with dementia.

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66

HOW TO REDUCE VIOLENCE IN DEMENTIA

In this week's video, I'm talking about dementia and violence.

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67

5 SIMPLE WAYS TO IMPROVE DIFFICULT BEHAVIORS STARTING TODAY

I share 5 SIMPLE tips for how to reduce difficult dementia behaviors.

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68

WHEN SOMEONE WITH DEMENTIA REFUSES TO BATHE (TRY THIS)

I shared some ideas for how to get your loved one more clean and less stinky without taking a shower.

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69

THIS MAKES THE BEHAVIOR WORSE

In this video I talk about what makes the behavior of your loved one with dementia become worse.

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70

WHAT TO DO WHEN YOUR LOVED ONE WITH DEMENTIA CALLS YOU NAMES.

This video is in response to a recent email I received from another Careblazer.

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71

STOP SOMEONE WITH DEMENTIA FROM RUINING THINGS

I talk about how to prevent your loved one with dementia from ruining things.

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72

AVOID DOING THIS WITH SOMEONE WITH DEMENTIA.

I am sharing a Careblazer rule of thumb

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73

DEMENTIA AND RUDE COMMENTS: WHAT YOU CAN DO TO COPE WITH CARING FOR SOMEONE WHO TREATS YOU POORLY

I'm talking about how to cope when your LOWD says mean, rude, or nasty things

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74

SIMPLE WAY TO RESPOND TO DIFFICULT DEMENTIA BEHAVIOR

I share a simple way for you to respond to your loved one when they are upset, stressed, or really emotional.

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75

DEMENTIA COMMUNICATION TIPS FOR STRANGE BEHAVIOR

I'm giving you a behind the scenes peek into one of my teachings of the Make Caregiving Easier challenge.

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76

DEMENTIA AGGRESSION AND ACCUSATIONS.

In this video, I chat with Tom. He is the Careblazer for his wife.

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77

THIS IS WHY YOUR LOVED ONE WITH DEMENTIA CHALLENGES YOU BUT IS FINE AROUND OTHERS

I talk about the classic psychology principle of classical conditioning

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78

WHEN SOMEONE WITH DEMENTIA FORGETS WHO YOU ARE

I talk about the dreaded time when your loved one with dementia forgets who you are.

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79

GET RID OF DIFFICULT DEMENTIA BEHAVIORS [WHAT YOU NEED TO KNOW]

I talk about finding out why someone with dementia is engaging in a difficult behavior.

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80

SIMPLE APPROACH TO DIFFICULT DEMENTIA BEHAVIORS

I share a simple way to respond to difficult or challenging dementia behaviors.

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81

THIS IS IMPORTANT IN DEMENTIA CARE.

I talk about how the relationship you have with your loved one with dementia

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82

DEMENTIA AND DELUSIONS, HALLUCINATIONS, & ILLUSIONS

In this video, I talk about common symptoms in dementia that are really confusing

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83

DEMENTIA AND ANXIETY: WHAT YOU CAN DO.

This video reviews some of the most common reasons people with dementia get anxious and what you can do to help reduce that anxiety.

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84

HOW TO IMPROVE SLEEP IN DEMENTIA

I share 9 tips to help increase the chances that your loved one with dementia will be able to sleep at night.

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85

WHAT TO DO WHEN SOMEONE WITH DEMENTIA IS UPSET

I chat with dementia expert Teepa Snow as she demonstrates exactly how to respond to someone with dementia who is upset.

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DEMENTIA PLANNING

86

DEMENTIA AND POWER OF ATTORNEY: MEDICAL AND FINANCIAL POWER OF ATTORNEY FOR DEMENTIA

Today's video is all about Power of Attorney.

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87

HOW TO GET YOUR LOVED ONE WITH DEMENTIA TO GO TO A NURSING HOME EVEN WHEN THEY DON'T WANT TO GO

If you are caring for a loved one with any type of dementia this video is for you.

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88

HOW TO GET SOMEONE WITH DEMENTIA TO ACCEPT HELP FROM OTHERS: 5 TIPS (PLUS BONUS)

I share 5 ideas to help your loved one be more open

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89

HOW TO GET SOMEONE WITH DEMENTIA TO STOP

I share the most important thing to remember to do if you are trying to get someone with dementia to stop a behavior.

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90

THIS DEMENTIA TIP CAN IMPROVE CARE AND LOWER STRESS!

I talk about creating a dementia healthcare binder for your loved one with dementia.

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91

DEMENTIA, WEIGHT LOSS, AND LOSS OF APPETITE: CAUSE AND HOW TO HELP

I talk about how the common symptom of loss of appetite in dementia.

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92

HOW TO DEAL WITH DEMENTIA AND FAMILY CONFLICT: 4 TIPS TO BRING YOUR FAMILY TOGETHER.

I share 4 tips that you can try to help bring your family closer together

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93

WHAT TO DO AFTER A DEMENTIA DIAGNOSIS!

I share 3 of the most important things to do after someone you love gets a diagnosis of dementia.

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94

WHEN SOMEONE WITH DEMENTIA DOESN'T BELIEVE THE TRUTH, TRY THIS

I share a super important strategy to use when telling the truth to your loved one will make them upset.

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95

QUALITY OF LIFE IN END STAGE DEMENTIA

I talk about how to keep a focus on your loved one's quality of life in end stage dementia.

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96

PALLIATIVE CARE AND HOSPICE CARE FOR DEMENTIA

I talk about 2 very helpful approaches to care for someone with dementia.

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97

WHAT ARE DEMENTIA FRIENDLY GIFT IDEAS? TOP 10 GIFT GUIDE FOR SOMEONE WITH DEMENTIA

Top 10 gift guide for someone with dementia

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98

HOSPICE CARE FOR DEMENTIA

I talk about 8 hospice care myths. So many people misunderstand what hospice means.

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99

DEMENTIA AND HOSPICE: THE WHO, WHAT, WHEN, WHERE, AND HOW OF HOSPICE

In this video, I'm talking about everything hospice.

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100

HOW TO GET DEMENTIA HELP WITHOUT NEEDING A NURSING HOME

This video is all about how to get dementia help without putting your loved one in a nursing home.

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Careblazer,

I hope this guide helps you find the dementia information and support to help make your caregiving journey a bit easier.

There are over 360 videos covering a variety of different topics for you to watch. My YouTube videos are free to any caregiving looking for more information and help.

Please take a moment to "subscribe" to my channel - It's totally free and it helps tell YouTube to get my videos in front of other caregivers searching for help. It really means a lot.

If you'd like to support me in continuing to make free weekly videos, you can also donate by clicking the "Thanks" button under any of my YouTube videos.

Stay up to date on new announcements and resources at my main webpage www.careblazers.com.

, Dr. Natali

