Resources Mentioned in the Video

Alzheimer’s Association: What is Dementia?
https://www.alz.org/alzheimers-dementia/what-is-dementia

Alzheimer’s Association: Memory Loss and Confusion

Daily Caring: 6 Benefits of Journaling for Caregivers
https://dailycaring.com/6-benefits-of-journaling-for-caregivers/

Daily Caring: 25 Quick Journal Prompts That Reduce Caregiver Stress and Improve Health

Alzheimers.net: Study Suggests Emotions Last After Memory Fades
https://www.alzheimers.net/11-10-14-emotions-after-memory-loss/

LBDA: Understanding Behavioral Changes in Dementia
https://www.lbda.org/content/understanding-behavioral-changes-dementia