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Miami Area Geriatric Education Center

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[ADRD Community Resources](#)

ADRD Community Resources

The Miami Area Geriatric Education Center (MAGEC) would like share our interest and offer the community resources on Alzheimer's Disease and dementia. On this page you will find information to further educate the public and promote activities and resources associated with Alzheimer's Disease and dementia.

MAGEC Provides Educational sessions about the Alzheimer 's disease and related dementia (ADRD). [Click here](#) for additional information about educational videos on the ADRD.

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[Alzheimer's Disease Conference Preview](#)

[Managing Depression and Anxiety in a Geriatric Patient Preview](#)

[Memory Disorder Evaluation and Diagnostic Process](#)

Alzheimer's Association

On a national level [The Alzheimer's Association](#) contributes to support services in the community by providing resources (such as referrals to physicians, facilities, elder law attorneys, and educational programs) as well as 24/7 support. The association has coordinators and social workers that provide counseling either in person or by phone in order to assist Alzheimer's disease patients and their families in accessing long-term services and support.

The Alzheimer's Association has regional chapters that provide support to the local community. Here in south Florida there is the [Southeast Florida chapter](#) that has locations in Miami, West Palm Beach, Hobe Sound, and Deerfield Beach. The Southeast Florida chapter has local support groups and it provides phone and personal counseling for Alzheimer's disease patients and families. Additionally, the chapter provides [educational programs](#) and resources (such as lists of elder law attorneys, neurologists, physicians, and memory disorder clinics, among others) to greater assist the Alzheimer's community in accessing long-term services and support.

Articles and slide shows associated with Alzheimer's Disease and Dementia

Alzheimer's Disease Related Material

[Alzheimer's Disease](#)

[Alzheimer's Disease: Tips for Maintaining a Normal Life](#)

[Alzheimer's Disease: Nutrition](#)

[Alzheimer's Disease and Other Forms of Dementia](#)

[Alzheimer's Disease Frequently Asked Questions](#)

[Alzheimer's Mortality Varies Widely Between States](#)

[Alzheimer's Grips Brain Before Mental Decline](#)

[Any Exercise May Cut Alzheimer's Risk at Any Age](#)

[Brain Scans Show Risk Factor for Alzheimer's](#)

[Drug May Help Diagnose Alzheimer's Earlier](#)

[Key Challenges for Fighting Alzheimer's Disease](#)

[Lifestyle Changes May Prevent Alzheimer's](#)

[Longer Use of Alzheimer's Drug May Help Patients](#)

[Ask Alzheimer's Patient Caregiver: Patch or Pill Therapy?](#)

[Federal Funds Launch First Alzheimer's Prevention Study](#)

[Delirium Hits Hard in Hospitalized Alzheimer's Patients](#)

[Alzheimer's Cases May Triple by 2050](#)

[Early Warning Signs: When to Call the Doctor About Alzheimer's](#)

[When a Loved One Has Alzheimer's Disease](#)

[1 in 7 People with Alzheimer's Lives Alone](#)

[Alzheimer's Drugs May Benefit Heart, Study Finds](#)

[Red-Flag Delusions to Watch Out For](#)

[Report Outlines Amyloid PET Imaging Criteria for Alzheimer's Disease](#)

[Vascular Lesions May Impair Cognition More Than Amyloid Deposition](#)

[Cardiac Disease May Double Women's Risk of Cognitive Impairment](#)

[Medicare Needs More Data Before Covering Amyloid Scans](#)

[Alzheimer's Assessment Scale May Not Be Accurate Enough](#)

[Potential Impact of Amyloid Imaging on Diagnosis and Intended Management in Patients With Progressive Cognitive Decline](#)

[Plasma Proteomics for the Identification of Alzheimer Disease](#)

[Memantine in patients with Alzheimer's disease receiving donepezil: new analyses of efficacy and safety for combination therapy](#)

[Long-term associations between cholinesterase inhibitors and memantine use and health outcomes among patients with Alzheimer's disease](#)

[Coupled Cognitive and Functional Change in Alzheimer's Disease and the Influence of Depressive Symptoms](#)

[Renovating Alzheimer's 'Constructive' Reflections on the New Clinical and Research Diagnostic Guidelines](#)

[HHS Releases the 2013 Update to the National Plan to Address Alzheimer's Disease](#)

[Alzheimer's Seen on Scans Decades Before Dementia, Study Shows](#)

[Report: Alzheimer's disease now fastest-growing threat to US health](#)

["Thinking About It for Somebody Else": Alzheimer's Disease Research and Proxy Decision Makers' Translation of Ethical Principles Into Practice](#)

[Neuropsychological Correlates of Capacity Determinations in Alzheimer Disease: Implications for Assessment](#)

[Phenotyping Apathy in Individuals With Alzheimer Disease Using Functional Principal Component Analysis](#)

[Memantine May Improve Cognition in Bipolar Disorder](#)

[Alzheimer Disease in Down Syndrome](#)

[Mild Physical Impairment Predicts Future Diagnosis of Dementia of the Alzheimer's Type](#)

[Preclinical Brain Amyloid Deposition Is Linked to Poor Sleep](#)

[Are Low HDL and High LDL Cholesterol Linked to Cerebral Amyloidosis?](#)

[Early Surgical Menopause Is Linked to Cognitive Decline](#)

[BACE Inhibitor Lowers Beta-Amyloid Levels in Patients With Mild to Moderate Alzheimer's Disease](#)

[Microglial Modulator May Improve Cognitive Function in Patients With MCI](#)

[MRI and cerebrospinal fluid biomarkers for predicting progression to Alzheimer's disease in patients with mild cognitive impairment: a diagnostic accuracy study](#)

[Unintended Effects of Cardiovascular Drugs on the Pathogenesis of Alzheimer's Disease](#)

[Sundowning](#)

[Understanding Alzheimer's Disease — the Basics](#)

[Alzheimer's Disease Stages](#)

[Types of Alzheimer's Disease](#)

[Cancer, Chemo May Lower Alzheimer's Risk: Study Results, if confirmed, might point to new treatments](#)

[Some Brain 'Pathways' Possibly Tied to Alzheimer's](#)

[Alzheimer's prevention: Does it exist?](#)

[Do Autoantibodies Cause Cerebral Amyloid Angiopathy-Related Inflammation?](#)

[Personal Care for a Loved One With Alzheimer's Disease](#)

[Alzheimer's Progression, Step by Step](#)

[Treating Agitation in People With Alzheimer's Disease](#)

[Alzheimer's Disease: Tips for Maintaining a Normal Life](#)

[Alzheimer's Disease Therapy Options](#)

[Medical Reference Related to Alzheimers](#)

[Subscale Validation of the Neuropsychiatric Inventory Questionnaire: Comparison of Alzheimer's Disease Neuroimaging Initiative and National Alzheimer's Coordinating Center Cohorts](#)

[Psychological and behavioral symptoms delayed by early detection and treatment of Alzheimer's disease](#)

[Genetic Carriers At Highest Risk For Alzheimer's Take Positive Steps After Learning Risk Status](#)

[Weill Cornell Presents Updated Results From Phase 3 Trial Of IVIG For Alzheimer's Disease](#)

[Paeonol For Neurodegenerative Diseases](#)

[Potential Alzheimer's Disease Biomarker: Path Of Plaque Buildup In Brain](#)

[Copper May Be Tied to Alzheimer's](#)

[New Clues to Early-Onset Alzheimer's Found](#)

[Hospitalized, elderly, and delirious: What should you do for these patients?](#)

[A young geriatrician on the struggles of Alzheimer's patients — and their caretakers](#)

[Alzheimer's 'affects a family in every way there is](#)

[10 Symptoms of Early Stage Alzheimer's Disease](#)

[Communicating in Alzheimer's World](#)

[What's the Difference Between Alzheimer's and Dementia?](#)

[FDA Approves Exelon Patch for Severe Alzheimer's](#)

[Alzheimer's Drugs Linked to Lower Risk for MI, Death](#)

[Researchers seek Alzheimer's clues in people with Down syndrome](#)

[Alzheimer's disease-related dementias take spotlight at NIH workshop](#)

[The dilemma of delirium in older patients](#)

[Do Your Genes Contribute to Alzheimer's?](#)

[Causes and Risk Factors of Alzheimer's Disease](#)

[Making the Diagnosis of Alzheimer's Disease](#)

[Better Hygiene Could Raise Risk of Alzheimer's](#)

[Fornix Changes May Be First Clue to Cognitive Decline](#)

[Art and Music Therapy for Alzheimer's Disease](#)

[Alzheimer's May Vary, Brain to Brain](#)

[Mental health benefits under the new health care reform law](#)

[Quiz: Alzheimer's Myths and Facts](#)

[Test of Alzheimer's Drug Gets Large Federal Grant](#)

[What Not to Prescribe: APA List Aims to Make Patients Safer](#)

[Do Statins Impair Cognition?](#)

[Stressful Middle Age & Alzheimer's Risk in Women](#)

[Stress May Increase Risk for Cognition, Memory, and Psychologic Problems](#)

[Sleep Quality May Influence Cognition Among Middle-Aged Adults](#)

[The Association Between Diet and Cognition May Vary With Gender](#)

Video: [The Effects of Lifestyle and Nutrition on Alzheimer's Disease](#)

Video: [The National Plan to Address Alzheimer's Disease](#)

Video: [Preventive Measures for Alzheimer's Disease](#)

Dementia Related Material

[Midlife Fitness Linked to Lower Dementia Risk](#)

[Heart Problems Tied to Early Signs of Dementia](#)

[Brain Exercises and Dementia](#)

[Spouse Has Dementia? You're at Risk Too](#)

[Projections of the Future Prevalence of Dementia](#)

[The War Against Dementia](#)

[FDG-PET May Be the Strongest Predictor of Alzheimer's Dementia in MCI](#)

[Late-Life Depression Increases Risk of Dementia](#)

['Dementia Dogs' Give Patients Back Their Lives](#)

[New system can help spot sleep disturbance in people with early dementia](#)

[Alternative Decision-Makers' Perspectives on Assent and Dissent for Dementia Research](#)

[Decision Making for Participation in Dementia Research](#)

[Public's Approach to Surrogate Consent for Dementia Research: Cautious Pragmatism](#)

[Clinical and Ethical Aspects of Financial Capacity in Dementia: A Commentary](#)

[Experts Debate Electronic Tracking of Dementia Patients](#)

[High Blood Glucose Linked to Dementia Even Without Diabetes](#)

[Amyloid Imaging May Have Clinical Benefits for Patients With Suspected Dementia](#)

[Population Screening for Dementia May Not Lead to Better Clinical Outcomes](#)

[Delaying Retirement May Reduce Risk for Dementia](#)

[Can Poor Dental Health Cause Dementia?](#)

[Common Blood Pressure Drugs May Help Slow Dementia](#)

[Anemia Might Raise Dementia Risk, Study Suggests](#)

[Diabetes Drug May Protect the Brain- Study found patients taking metformin were 20 percent less likely to develop dementia](#)

[Dementia Directory](#)

[EEG in Dementia and Encephalopathy](#)

[Nondemented, Very Elderly Subjects Have a High Prevalence of Positive Amyloid Scans](#)

[Anesthesia, Surgery Linked to a Doubling of Dementia Risk](#)

[Anemia in the Elderly a Potential Dementia Risk Factor](#)

[Does Personality Affect Risk for Dementia? A Systematic Review and Meta-Analysis](#)

[Quality of Life in Dementia: Impact of Cognition and Insight on Applicability of the SF-36](#)

[Tailored interventions may help caregivers of those with dementia](#)

[How to prevent Alzheimer's disease and dementia](#)

[The importance of computerized cognitive testing for dementia](#)

[Early Dementia Risk Factors Can Show Up in Teens](#)

[Dihydropyridine calcium channel blockers in dementia and hypertension](#)

[Web Audio: Making the distinction between dementia and delirium](#)

[Is Dementia Incidence Declining?](#)

[Misdiagnosis of Alzheimer's Disease Is Linked to Less Severe Dementia Profile](#)

[High Blood Sugar Levels and Dementia Risk](#)

[How to Visit a Friend or Acquaintance with Dementia](#)

Memory Related Material

[Memory Loss in Older Adults Varies by Race/Ethnicity](#)

[Increased Confusion and Memory Loss in Adults Over 60](#)

[2 Things You Need for a Younger Brain](#)

[Could Hot Cocoa Improve Brainpower in Seniors?](#)

[Sleep Deprivation and Memory Loss](#)

[How to Reduce Memory Loss in Old Age](#)

[Understanding Memory Loss: What To Do When You Have Trouble Remembering](#)

[‘Senior Moments’ Linked to Brain Protein](#)

[How Is Your Memory Holding Up?](#)

Caregiver Related Material

[For Alzheimer’s Caregivers, a Much-Needed Break](#)

[Alzheimer’s Disease and Adult Day Care](#)

[Coping With Alzheimer’s: Special Instructions for Caregivers](#)

[Personal Care for a Loved One With Alzheimer’s Disease](#)

[The Legal Issues of Caregiving](#)

[Gadgets and Strategies for Caregivers](#)

[14 Ways to Avoid Caregiver Burnout](#)

[Adapting Your Home for Your Loved One with Alzheimer’s](#)

[Alzheimer’s Straining Caregiver Resources: Report](#)

The Administration on Aging has designed a number of [webinars](#) associated with Alzheimer’s Disease and dementia for a range of professional disciplines. The Stanford Geriatric Education Center has created webinars on the following: [Ethnicity & the Dementias](#) and [Tackling Tough Topics in Ethnogeriatrics](#).

The Council on Aging has a number of [educational programs and materials](#) that may also be helpful to caregivers, older persons and geriatric professionals.

Top Alzheimer’s and Dementia Videos and reading list:

Videos:

- Away From Her (2007)
- The Savages (2007)
- Aurora Borealis (2006)
- Sundowning (2005)
- The Notebook (2004)
- A Song For Martin (2001)
- Iris: A Memoir of Iris Murdoch (2001)
- Firefly Dreams (2001)
- Age Old Friends (1989)
- Sundowning (2005)
- Memento (2000)
- The Forgetting: A Portrait of Alzheimer’s
- Away with Her (2006)
- Memories of Tomorrow (2006)
- Driving Miss Daisy
- An Alzheimer’s Story (1987)
- Quick Brown Fox: An Alzheimer’s Story (2004)
- I Never Sang For My Father (1970)
- 50 First Dates (2004)
- Bollywood Movies: U, Me Aur Hum (2010)
- The Dying of The Light
- There is a Bridge
- ABC News Primetime-Alzheimer’s dogs

Great books See www.activitytherapy.com

Nutritional Concerns and Recommendations for Alzheimer’s and Dementia: A guide for Long Term Care and Special Care Units.

The Dementia Care Plan Dictionary

The Glass Seed

Creating Moments of Joy

The Best Friends Book of Activities

Best Friends Staff

Grandfathers Memories To His Grandchild
Sensory Enrichment Program
Wakeup

Magazines:

Alzheimer's Care Guide
Advance for Long Term Care Management
Nursing Home Magazine of Canada
Creative Forecasting
Eldersong (Great Resource for Ideas)
A New Day Newsletter
Reminisce Magazine
Good Ole Days

Alzheimer's and Dementia Programs: See www.activitytherapy.com

Alzheimer's program Calendars
Sensory Enrichment Calendars
Timeslips (www.timeslips.org)
Wandering Committee Guidelines
Reminisce and Relaxation Videos
Best Friends Activities Vol 1 & 2
Dementia Care Plans
Wake Up Book
Creating Moments of Joy
Nutritional Considerations for Alzheimer's and dementia
In-services for Dementia Units

National Council of Certified Dementia Practitioners www.nccdp.org Interactive Exercises

Exercise 1: Quality of Care

Divide participants into groups: Provide paper and pencils.

Ask each group to write down the steps to brushing your teeth. Allow 20 minutes.

The group with the most steps wins the prize. Have the group with the most steps, read their steps out loud. Have a discussion about breaking down steps for everything task. How does it benefit the resident? are the staffs really able to provide this with the current staffing you have? How could they help each other? Is there a way to compromise and still allow the resident to have some independence and function at their highest level?

Exercise 2: Quality of Life

Divide the participants into groups: Provide paper and pencils.

Give the group 30 minutes to make a list of 50 activities that could be conducted with a dementia group other than Trivia, Bingo or Word Games which are not appropriate.

Have each group read the list. Take the list and type it up and place in a frame on the dementia unit or in the day rooms. Currently are your nursing assistants helping with activities and if not, why not? How can the cna's help in the day rooms?

Exercise 3: Stress, Agitation and Combativeness

Divide the participants into groups: Provide paper and pencils.

Give the group 30 minutes to come up with interventions for an agitated resident who is pacing and keeps saying "over and over I want to go home", that offers comfort and is soothing. This is for a male or female.

Have each group read the list.

National Council of Certified Dementia Practitioners www.nccdp.org

20 Reasons to Provide Comprehensive Alzheimer's and Dementia Education by NCCDP approved Alzheimer's and Dementia Trainers

1. Ensures staffs are trained to provide compassionate and competent care.
2. Staff has a comprehensive training and knowledge base in the area of dementia care.
3. Staff provided with the opportunity to ask questions and receive answers.
4. Staff is provided the opportunity to interact with their peers on a variety of dementia topics.
5. In-service directors recognize the need to provide many aspects of dementia education.
6. Minimum dementia education has proven to not be effective.
7. The staff appreciates the additional education and wants to understand this population.
8. Facilities are now 80 to 90 percent dementia and warranting comprehensive dementia knowledge base.
9. All new staff must receive at minimum 8 hours of comprehensive dementia training.
10. New methods and information is always available in the area of dementia care and should be provided to the staff.
11. Demonstration of commitment to one's chosen profession in obtaining a higher level of Alzheimer's and dementia education.
12. Increases self confidence and self esteem because of dementia training.
13. Improves staff skills and knowledge.
14. Staff expands their knowledge through dementia training and education.
15. Through Dementia education, staffs gain a sense of pride in the care they provide.

- 16. Allows facility to stay competitive vs. other facilities not offering comprehensive and ongoing dementia education.
- 17. Reinforces facility management commitment to professional excellence.
- 18. Clarifies the companies' personal values and commitment towards education.
- 19. Reduces staff burnout and turnover because of comprehensive dementia education.
- 20. Families have confidence in employees with extensive dementia education.

EVENTS-

[2013 Walk to End Alzheimer's Broward – Hollywood, FL Saturday, October 26, 2013](#)

OTHER-

[Find a Clinical Trial](#)



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