

Additional Resources for Care Partners

Non-drug Approaches for Care Partners to Use When a Loved One Living with LBD has Behavioral Changes

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Some resources address more than one than one topic; they are listed with the topic most covered in the resource. Click on the URL address or copy and paste it into a browser to access the resource. The list includes books, online articles, pdf documents to download, webinars, videos, and smartphone applications.

Behavioral and Mood Changes

- *Responsive Dementia Care: Fewer Behaviors Fewer Drugs* by Helen Buell Whitworth, MS, BS, and James A Whitworth, Oct 26, 2018:
https://www.amazon.com/Responsive-Dementia-Care-Fewer-Behaviors/dp/0991648870/ref=sr_1_3?keywords=responsive+dementia+care&qid=1559311717&s=gateway&sr=8-3
- Care Brief #1 Behavioral Changes in LBD: Introduction and Overview:
<https://www.lbda.org/care-briefs>
- LBDU Webinar Series: Hallucinations and Delusions in LBD:
<https://www.youtube.com/watch?v=zGSS4qNaJH0&t=2640s> to view.
<https://www.lbda.org/sites/default/files/reality-of-lbd-webinar-slides.pdf> to view the slides
- Understanding Behavioral Changes in Dementia:
<https://www.lbda.org/content/understanding-behavioral-changes-dementia>
- Behavioral and Psychological Symptoms of Dementia:
<http://journal.frontiersin.org/article/10.3389/fneur.2012.00073/full>
- Delusional Misidentification and Reduplicative Phenomena: an Introduction:
<http://www.webclearinghouse.net/volume/5/MARTIN-Delusional.php>
- Seeing Impostors: When Loved Ones Suddenly Aren't:
<http://www.npr.org/templates/story/story.php?storyId=124745692>
- Behavioral and psychological symptoms in dementia and caregiver burden:
<http://article.sciencepublishinggroup.com/pdf/10.11648.j.cmr.s.2015040201.12.pdf>
- Depression, Apathy and Fatigue:
<https://lewybodydementia.blogspot.com/2013/03/depression-apaty-and-fatigue.html>
- Depression:
<https://lewybodydementia.blogspot.com/2014/09/depression.html>
- Empathy and Dementia:
<https://lewybodydementia.blogspot.com/2018/03/empathy-and-dementia.html>
- Sleep apnea:
<https://lewybodydementia.blogspot.com/2018/02/sleep-part-4-apnea.html>

- Sleep Disorders:
<https://www.lbda.org/care-briefs>
- Sleep Issues in LBD:
<https://www.youtube.com/watch?v=bnHQwduxGSA&t=334s>
- Sleep, Parts 1-6:
Value. <https://lewybodydementia.blogspot.com/2018/01/sleep-part-1-value-of-sleep.html>
Rhythms. <https://lewybodydementia.blogspot.com/2018/01/sleep-part-2-circadian-clock-issues.html>
Janitor. <https://lewybodydementia.blogspot.com/2018/01/sleep-part-3-brains-janitor.html>
Apnea. <https://lewybodydementia.blogspot.com/2018/02/sleep-part-4-apnea.html>
Depression. <https://lewybodydementia.blogspot.com/2018/02/sleep-part-5-depression-and-more.html>
Getting to Sleep. <https://lewybodydementia.blogspot.com/2018/02/sleep-6-getting-to-sleep.html>

Causes and Triggers of Behavioral Changes in LBD

- Care Brief #2 Behavioral Changes in LBD: Causes of Behavioral Changes in LBD:
<https://www.lbda.org/care-briefs>
- More About Lewy Bodies:
<https://lewybodydementia.blogspot.com/2014/07/more-about-lewy-bodies.html>
- Assessment and management of behavioral and psychological symptoms of dementia:
<https://pdfs.semanticscholar.org/fa26/92617bb8e99d97bb96b900a993aace8f45d8.pdf>
- P.I.E.C.E.S.:
<https://www.interiorhealth.ca/sites/Partners/SeniorsCare/DementiaPathway/MiddleDementiaPhase/Documents/PIECES-ABCtool.pdf>
- Reducing Behaviours Of Concern - A Hands On Guide:
<https://www.dementia.com.au/getattachment/d50fa2bc-d4e6-47a8-b20b-7f69b62b5024/ReBOC-Guide-2012-3-MB.aspx>
- Behavioural & Psychological Symptoms of Dementia (BPSD) in Long-Term Care (LTC):
<https://sagelink.ca/file/551/download?token=Gw2sMnIA>
- The Five Senses:
<https://lewybodydementia.blogspot.com/2017/06/the-five-senses.html>
- Lewy's Visual Problems:
https://lewybodydementia.blogspot.com/2013/12/lewys-visual-problems_13.html
- Challenging Behavior – a video excerpt with Teepa Snow:
<https://www.youtube.com/watch?v=ZpXeefZ2jAM>
- How PD Drugs Interact with Cognition:
<https://lewybodydementia.blogspot.com/2015/07/how-pd-drugs-interact-with-cognition.html>

- LBDA Medication Glossary:
<https://www.lbda.org/go/medications-glossary-drug-classes-and-medications>
- Lewy Dangerous Drugs:
<https://lewybodydementia.blogspot.com/2013/07/lewy-dangerous-drugs.html>
- Anti-cholinergic effects of common drugs: confusion, falls, more:
<http://www.lewybodydementia.ca/anti-cholinergic-burdens-of-common-drugs-confusion-falls-more/>
- Medications in Lewy Body Dementia:
https://www.youtube.com/watch?v=yOjF_J9ab-U&feature=youtu.be
- Socializing Issues and Suggestions:
<https://lewybodydementia.blogspot.com/2013/03/socializing-issues-and-suggestions.html>
- What Dementia Does to Thinking:
<https://lewybodydementia.blogspot.com/2017/03/what-dementia-does-to-thinking.html>
- Emotions Drive Behavior:
<https://lewybodydementia.blogspot.com/2017/04/emotions-drive-behavior.html>
- The Importance of Environment:
<https://lewybodydementia.blogspot.com/2012/02/importance-of-environment.html>

Non-drug Strategies to Prevent/Curb Behavioral Changes

- Caregiver's Guide to Understanding Dementia Behaviors:
<https://www.caregiver.org/caregivers-guide-understanding-dementia-behaviors>
- Non-Drug Options: Preventative measures:
<http://www.lbdtools.com/preventative-measures.php>
- Non-Drug Options: Healthy Living Practices:
<http://www.lbdtools.com/healthy-living-practices.php>
- Care Brief #3 Behavioral Changes in LBD: Non-Drug Strategies that May Prevent Behavioral Changes:
<https://www.lbda.org/care-briefs>
- Understand Behaviors: Aggression, Agitation, Confusion, Depression, Hallucinations, Suspicion, Sleep Issues and Sundowning, Repetition, and Wandering:
<http://www.alz.org/care/alzheimers-dementia-stages-behaviors.asp>
- Dealing with Shadowing:
<https://lewybodydementia.blogspot.com/2017/04/dealing-with-shadowing.html>
- Dealing with Resistance, Part 1:
<https://lewybodydementia.blogspot.com/2018/07/dealing-with-resistance-part-1.html>
- Stepping into Dementia's Reality: Real-Life Advice from Teepa Snow:
<https://www.youtube.com/watch?v=EOCZInnLQd0>

- Choose your dementia battles wisely (video):
<https://www.youtube.com/watch?v=U1yNw8YiFgg&list=PL98pUDsDskLern6btedYFLOUeikoE2rCc&index=2&t=0s>
- Gradually Change Schedules, Routines & Times:
<http://www.lewybodydementia.ca/change-schedules-gradually-with-lewy-body-dementia/>
- Defusing Negative Emotions:
<https://lewybodydementia.blogspot.com/2017/04/defusing-negative-emotions.html>
- A Lewy-Friendly Home, Parts 1 and 2:
<https://lewybodydementia.blogspot.com/2013/04/a-lewy-friendly-home-part-1.html>
<https://lewybodydementia.blogspot.com/2013/04/a-lewy-friendly-home-part-2.html>
- Hydration, Parts 1 and 2:
Importance. <https://lewybodydementia.blogspot.com/2015/06/hydration-part-1-why-it-is-so-important.html>
Getting Enough. <https://lewybodydementia.blogspot.com/2015/07/hydration-part-2-getting-enough-to-drink.html>
- Choose your Attitude, Part 1:
<https://lewybodydementia.blogspot.com/2018/04/choose-your-attitude-part-1.html>
- Using Humor and Laughter:
<https://lewybodydementia.blogspot.com/2016/04/using-humor-and-laughter.html>
- Stressful Visitors during the Holiday:
<https://lewybodydementia.blogspot.com/2014/12/stressful-visitors-during-holidays.html>

Non-Drug Strategies to Manage Behavioral Changes

- *Responsive Dementia Care: Fewer Behaviors Fewer Drugs* by Helen Buell Whitworth MS, BS, and James A Whitworth, Oct 26, 2018:
https://www.amazon.com/Responsive-Dementia-Care-Fewer-Behaviors/dp/0991648870/ref=sr_1_3?keywords=responsive+dementia+care&qid=1559311717&s=gateway&sr=8-3
- Reimagine Dementia video with Angela Lunde:
Video at <https://www.youtube.com/watch?v=urIZbVil9EM>
Slides at <http://livinghealthywc.org/wp-content/uploads/2018/09/Re-imagine-Dementia.pdf>
- Understanding Behavioral Changes in Dementia:
http://www.lbda.org/sites/default/files/understanding_behavioral_changes.pdf
- Care Brief #4 Behavioral Changes in LBD: Non-Drug Strategies to Manage Behavioral Changes:
<https://www.lbda.org/care-briefs>
- DICE Method Helps Handling Agitation & Aggression in Dementia:
<http://www.alzheimersweekly.com/2014/04/dice-method-handling-agitation-aggression-dementia.html>

- DementiAssist:
<https://itunes.apple.com/us/app/dementiassist/id926516122?mt=8>
- Evidence Based Treatment of Behavioral Symptoms of Dementia:
<https://ios.magitype.com/ReadArticle/Read.html#evidence-based-treatment-behavioral.html>
- Delusions of Unfaithfulness:
<https://lewybodydementia.blogspot.com/2012/04/how-do-i-deal-with-my-loved-ones.html>
- Dementia and Capgras Syndrome: Handling Behavior and Emotional Fallout:
<https://psychcentral.com/lib/dementia-and-capgras-syndrome-handling-behavior-and-emotional-fallout/>
- Capgras Syndrome, Pts 1,2, 3 and 4:
<https://lewybodydementia.blogspot.com/2016/11/capgras-syndrome-part-1-of-3.html>
<https://lewybodydementia.blogspot.com/2016/11/capgras-syndrome-part-2-of-3.html>
<https://lewybodydementia.blogspot.com/2016/11/capgras-syndrome-part-3-of-3.html>
<https://lewybodydementia.blogspot.com/2016/11/capgras-syndrome-part-4.html>
- Capgras Syndrome: How to Cope with a Loved One's Delusions:
<https://www.agingcare.com/Articles/Caring-for-a-Loved-One-with-Capgras-Syndrome-197688.htm>
- Algorithm for Treating Behavioral and Psychological Symptoms of Dementia:
https://prd-medweb-cdn.s3.amazonaws.com/documents/antipsychoticreduction/files/Algorithm-BPSD%2001_18_12.pdf
- Behavioral and Psychological Symptoms of Dementia (BPSD): Interventions and Support:
<http://atomalliance.org/download/bpsd-brief-worksheet/>
- Calming and Comforting a Person Living with Dementia (Teepa Snow video):
<https://www.youtube.com/watch?v=qGqYaRhjxrM>
- Communicate with patient with dementia (Teepa Snow video):
<https://www.youtube.com/watch?v=AFKACRqNJFE>
- Dealing with Agitation:
<https://lewybodydementia.blogspot.com/2016/08/dealing-with-agitation.html>
- Apathy and Activities:
https://lewybodydementia.blogspot.com/2012/11/apathy-and-activities_22.html
- Dealing with Resistance, Part 2:
<https://lewybodydementia.blogspot.com/2018/07/dealing-with-resistance-part-2.html>
- Using Behavior Management to Deal with Acting Out:
<https://lewybodydementia.blogspot.com/2012/03/using-behavior-management-to-deal-with.html>
- Coping with Agitation and Aggression in Alzheimer's Disease:
<https://www.nia.nih.gov/health/coping-agitation-and-aggression-alzheimers-disease>

- *Being an Engaged Care Partner – A Guide for Spouses of People with Lewy Body Dementia* by Dawson, Maruna, and Snyder (2015):
http://www.lbdtools.com/resources/Reference_PDFs/CPGuide%20Dawson.pdf
- 10 ways to de-escalate a crisis - video with Teepa Snow:
<https://www.youtube.com/watch?v=xNznZ2MnV3I>
- Dealing with Behaviours in People with Dementia - *A Guide for Family Carers*:
<https://www.dementia.com.au/getattachment/156ec493-04b9-416e-9e3c-a171b204c72a/Guide-for-Family-Carers.-Dealing-with-Behaviours-i.aspx>
- Responsive Care Partnering:
<http://www.lbdtools.com/responsive-care-partnering.php>
- Rules for Happier Caregiving:
<https://lewybodydementia.blogspot.com/2019/05/ten-rules-for-happier-caregiving.html>
- Don't take it personally!:
<https://lewybodydementia.blogspot.com/2016/02/dont-take-it-personally.html>
- Engagement Skills: For better interactions:
<http://www.lbdtools.com/engagement-skills.php>
- Enhancing Activities: For better quality of life:
<http://www.lbdtools.com/enhancing-activities.php>
- Thera-fibs 1 and 2:
A Valuable Tool. <https://lewybodydementia.blogspot.com/2019/05/thera-fibs-1-valuable-tool.html>
More than One. <https://lewybodydementia.blogspot.com/2019/05/thera-fibs-2-not-just-one.html>
- Using Improv with Dementia, Parts 1 and 2:
As an interaction. <https://lewybodydementia.blogspot.com/2016/06/using-improv-with-dementia-part-1.html>
As an activity. <https://lewybodydementia.blogspot.com/2016/06/using-improv-with-dementia-part-2.html>
- Finding a Lewy-savvy Pharmacist:
<https://lewybodydementia.blogspot.com/2019/05/finding-lewy-savvy-pharmacist.html>
- Caregiving is Not a One Person Job:
<https://lewybodydementia.blogspot.com/2014/08/caregiving-is-not-one-person-job.html>
- Finding Time for the Caregiver:
<https://lewybodydementia.blogspot.com/2012/05/finding-time-for-caregiver.html>

Alternative Non-Drug Therapies

- Nonpharmacological Interventions to Reduce Behavioral and Psychological Symptoms of Dementia: A Systematic Review:
<https://www.hindawi.com/journals/bmri/2015/218980/>

- Care Brief #5 Behavioral Changes in LBD: Alternative Non-Drug Therapies:
<https://www.lbda.org/care-briefs>
- Non-drug Therapies for LBD:
<https://lewybodydementia.blogspot.com/2013/06/non-drug-therapies-for-lbd.html>
- Alternative Therapies:
<http://www.lbdtools.com/alternative-therapies.php>
- Activities & Therapeutics:
<https://lewybodyresourcecenter.org/activities-therapeutics/activities-therapeutics-new-york-2/>
- Non-Drug Options: Rehabilitation Therapies:
<http://www.lbdtools.com/rehabilitation-therapies.php>
- Physical Therapy and Rehabilitation for Alzheimer's and Dementia:
<https://www.agingcare.com/Articles/physical-speech-therapy-alzheimers-dementia-143469.htm>
- The Benefits of Physical Therapy and Occupational Therapy for Lewy Body Dementia:
<https://lewybodyresourcecenter.org/the-benefits-of-physical-therapy-and-occupational-therapy-for-lewy-body-dementia/>
- What is LSVT BIG?:
<https://www.lsvtglobal.com/LSVTBig>
- What is LSVT LOUD?:
<https://www.lsvtglobal.com/LSVTLoud>
- Aromatherapy:
<http://www.lbdtools.com/aromatherapy.php>
- Aromatherapy in Dementia:
<https://ezinearticles.com/?Aromatherapy-in-Dementia&id=946221>
- Diffusing Essential Oils:
<https://lewybodydementia.blogspot.com/2018/12/diffusing-essential-oils.html>
- Manage Dementia's Side Effects with These 7 Essential Oils:
<https://www.alzheimers.net/10-10-14-essential-oils-dementia/>
- Massage/Touch Therapy:
<http://www.lbdtools.com/massage-therapy.php>
- Acupuncture, Acupressure and Massage Therapy:
<https://lewybodydementia.blogspot.com/2013/06/acupuncture-accupressure-and-massage.html>
- Music Therapy:
<http://www.lbdtools.com/music-therapy.php>
- Music, The Great Motivator:
<https://lewybodydementia.blogspot.com/2015/02/music-great-motivator.html>

- Music Therapy:
<https://lewybodyresourcecenter.org/activities-therapeutics/activities-therapeutics-new-york-2/ny-therapeutics/ny-music-therapy/>
- Benefits of Art & Sensory Therapy:
<https://lewybodyresourcecenter.org/benefits-of-art-sensory-therapy/>
- Nutrition Therapy:
<http://www.lbdtools.com/nutrition-therapy.php>
- LBD & Nutrition, Parts 1-6:
Mediterranean Diet. <https://lewybodydementia.blogspot.com/2013/09/lbd-nutrition-1-mediterranean-diet.html>
Supplements. <https://lewybodydementia.blogspot.com/2013/09/lbd-nutrition-2-supplements-in-general.html>
Antioxidants. <https://lewybodydementia.blogspot.com/2013/09/lbd-nutrition-3-antioxidants.html>
Water-Soluble Vitamins. <https://lewybodydementia.blogspot.com/2013/09/lbd-nutrition-4-water-soluble-vitamins.html>
Fatty Acids. <https://lewybodydementia.blogspot.com/2013/10/lbd-nutrition-5-fatty-acids.html>
Coffee and Tea. <https://lewybodydementia.blogspot.com/2013/10/lbd-nutrition-6-coffee-and-tea.html>
- Bright Light Therapy and Its Use in Alzheimer's Disease:
<https://www.verywellhealth.com/bright-light-therapy-and-its-use-in-alzheimers-disease-98668>
- Light Improves Life with Alzheimer's:
<http://www.alzheimersweekly.com/2017/06/light-improves-life-with-alzheimers.html>
- 4 Ways Reminiscence Therapy for Dementia Brings Joy To Seniors:
<https://dailycaring.com/4-ways-reminiscence-therapy-for-dementia-brings-joy-to-seniors/>
- Smartphone App Uses Reminiscence Therapy to Trigger Memories in People with Dementia:
<https://www.beingpatient.com/reminiscence-therapy-my-house-memories-app-dementia/>
- Validation Therapy for Dementia: Calming or Condescending?:
<https://www.agingcare.com/articles/validation-therapy-for-dementia-166707.htm>
- Using Validation Therapy for People with Dementia:
<https://www.verywellhealth.com/using-validation-therapy-for-people-with-dementia-98683>
- What Is Validation Therapy and How Can It Help?
<https://www.shieldmysenior.com/validation-therapy/>
- Assistance Dogs and Dementia:
<https://lewybodydementia.blogspot.com/2012/04/assistance-dogs-and-dementia.html>
- Pet Therapy:
<https://lewybodyresourcecenter.org/activities-therapeutics/activities-therapeutics-new-york-2/ny-therapeutics/ny-pet-therapy/>

- Support Groups, Pt 1-4:
Why You Need One. <https://lewybodydementia.blogspot.com/2019/02/support-groups-pt-1-why-you-need-one.html>
Questions to Ask. <https://lewybodydementia.blogspot.com/2019/03/support-groups-pt-2-questions-to-ask.html>
Finding a Group. <https://lewybodydementia.blogspot.com/2019/03/support-groups-pt-3-finding-group.html>
What to Look For: <https://lewybodydementia.blogspot.com/2019/03/support-groups-pt-4-what-to-look-for.html>
- The Importance of LBD-Specific Support Groups:
<http://www.lbda.org/node/2790>
- Local LBD Support Groups in the US:
<https://www.lbda.org/go/local-lbd-support-groups>
- Virtual LBD Support Groups:
<https://www.lbda.org/go/virtual-groups>

The information set forth in this material is intended for general informational use only. It is not intended to be medical, legal, or financial advice or to take the place of competent medical, legal, or financial professionals who are familiar with a particular person's situation. Each individual is advised to make an independent judgement regarding the content and use of this information.