New Life for Elders: Bringing Hope to Families Suffering from the Ravages of Dementia/Alzheimer’s Disease

TOOLS/Resources (explore, discover, share)

- **Presence ...RELATIONSHIP** (self, others, divine)
- **Positivity......ASSESSMENT**
- **Deep Listening......**allow...notice, name, ask questions...accept
- **Embracing Change....**BE with...and ........move forward
- **Making an Ally of Difficulties....**resistance...resilience
- **Everyone is right....**partially!
- **Recognize Grief**
- **Address Loss......**notice....feel....name feelings...
- **PRAYER....PRAYER....PRAYER** in any and many forms
- **Websites** (i.e....alz.org; nih.gov; gratitude.org; caregivers.org; musicandmemory.org; lastingwordsbook.com; grief.com; livingwithalz.org; faithforall.org)
- **You Tube videos**
- **Books** (Four Things That Matter Most; You Can Heal Your Heart; The Daily Reader for Contemplative Living;)
- **Volunteering**
- **12 Step Recovery Programs**
- **Spiritual Direction/Counseling** and other professional assistance
- **Share Friendship** (Be a friend/Find a friend/share your gifts)
- **Support Groups**
- **JOY...Having FUN...**Laughing together...discovering the gift of the moment.