

Faith

Alzheimer's Association

- **Caregiver Center**
<http://www.alz.org/care/>
- **Community Resource Finder**
<http://www.communityresourcefinder.org/>
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf
- **Online Social Support Community: ALZConnected**
<https://www.alzconnected.org>
- **Respite Care Brochure**
https://www.alz.org/national/documents/brochure_respitecareguide.pdf
- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
http://alz.org/mnnd/documents/15_ALZ_Taking_Action_Workbook.pdf
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

Alzheimer's Society

- **This is Me Tool**
http://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=1604

Administration on Aging

- **Eldercare Locator**
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
- **National Family Caregiver Support Program**
http://www.aoa.gov/AoA_programs/HCLTC/Caregiver/index.aspx

National Association of Area Agencies on Aging

- <http://www.n4a.org>
- **Powerful Tools for Caregivers**
<http://www.powerfultoolsforcaregivers.org/>

Others

- **National Alliance for Caregiving**
<http://www.caregiving.org>
- **Caregiver Action Network**
<http://www.caregiveraction.org>
- **AARP Caregiving Resource Center**
http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVER_APR12_012

Financial

Alzheimer's Association

- **Community Resource Finder**
<http://www.communityresourcefinder.org>
- **Legal and Financial Planning for Alzheimer's Disease**
<http://training.alz.org/products/1017/legal-and-financial-planning-for-alzheimers-disease>
- **Money Matters: Making Financial Plans after a Diagnosis of Dementia**
https://www.alz.org/national/documents/brochure_moneymatters.pdf

- **Planning Ahead – Financial and Legal Planning**
<https://www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp>
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

Others

- **U.S. Department of Health and Human Services, How to Pay and Plan Ahead, Washington, DC:**
<http://www.alzheimers.gov/paying.html>

- **National Institute on Aging, Legal and Financial Planning for People with Alzheimer's Disease**
<http://www.nia.nih.gov/alzheimers/publication/legal-and-financial-planning-people-alzheimers-disease-fact-sheet>
- **AARP Public Policy Institute – Protecting Older Investors: The Challenge of Diminished Capacity**
http://www.aarp.org/content/dam/aarp/research/public_policy_institute/cons_prot/2011/ib195.pdf
- **Consumer Financial Protection Bureau**
(Planning for diminished capacity and illness Consumer Advisory and Investment Bulletin, June 2015) http://files.consumerfinance.gov/f/201505_cfpb_consumer-advisory-and-investor-bulletin-planning-for-diminished-capacity-and-illness.pdf
- **Direct Marketing Association**
(The Contact Centres and Telemarketing Council – Nov 2012 - Guidelines for Call Centres dealing with vulnerable consumers)
http://www.dementiaaction.org.uk/assets/0000/7615/call-centres-vulnerable-consumers_final.pdf
- **National Center on Elder Abuse**
<http://www.ncea.aoa.gov/>
- **US Securities and Exchange Commission**
(Office of Compliance Inspections and Examinations, North American Securities Administrators Association, and Financial Industry Regulatory Authority. Protecting Senior Investors: Compliance, supervisory and other practices used by financial services firms in serving seniors)
<http://www.sec.gov/spotlight/seniors/seniorspracticesreport081210.pdf>
- **US Securities and Exchange Commission – Senior Investor Links**
<http://www.sec.gov/divisions/marketreg/seniorinvestors.htm>
- **Your Call is Important to Us: Improving access to contact centers**
<http://businessdisabilityforum.org.uk/advice-and-publications/publications/your-call-is-important-to-us/>

Legal

Alzheimer's Association

- **Community Resource Finder**
<http://www.communityresourcefinder.org>
- **Legal and Financial Planning for Alzheimer's Disease**
<http://training.alz.org/products/1017/legal-and-financial-planning-for-alzheimers-disease>
- **Legal Plans: Assisting a person with dementia in planning for the future**
https://www.alz.org/national/documents/brochure_legalplans.pdf
- **Money Matters: Making Financial Plans after a Diagnosis of Dementia**
https://www.alz.org/national/documents/brochure_moneymatters.pdf
- **Planning Ahead – Financial and Legal Planning**
<https://www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp>
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

Others

- **Administration on Aging, Long Term Care Planning**
http://www.aoa.acl.gov/AoA_Programs/HCLTC/LTC/index.aspx
- **National Institute on Aging, Legal and Financial Planning for People with Alzheimer's Disease**
<http://www.nia.nih.gov/alzheimers/publication/legal-and-financial-planning-people-alzheimers-disease-fact-sheet>
- **National Hospice and Palliative Care Organization – state by state advanced directive forms**
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
- **U.S. Department of Health and Human Services, How to Pay and Plan Ahead, Washington, DC:**
<http://www.alzheimers.gov/paying.html>

Business

Alzheimer's Association

- **Community Resource Finder**
<http://www.communityresourcefinder.org>
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

Administration on Aging

- **National Family Caregiver Support Program**
http://www.aoa.gov/AoA_programs/HCLTC/Caregiver/index.aspx

National Association of Area Agencies on Aging

<http://www.n4a.org>

- **Powerful Tools for Caregivers**
<http://www.powerfultoolsforcaregivers.org/>

AARP

- **Caregiving Resource Center**
http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVER_APR12_012
- **REACT Employer Resources**
<http://www.aarp.org/react/react-employer-caregiving-resources/>

Others

- **National Alliance for Caregiving**
<http://www.caregiving.org>
- **Caregiver Action Network**
<http://www.caregiveraction.org>

- **AARP and National Alliance for Caregiving, REACT**
(Respect a Caregiver's Time – Employee Resource Guide – Four Steps for Supporting Employees with Caregiving Responsibilities)
<http://www.aarp.org/content/dam/aarp/home-and-family/caregiving/ReAct/employer-resource-guide.pdf>
- **Direct Marketing Association**
(The Contact Centres and Telemarketing Council – Nov 2012 – Guidelines for Call Centres dealing with vulnerable consumers)
http://www.dementiaaction.org.uk/assets/0000/7615/call-centres-vulnerable-consumers_final.pdf
- **National Alliance for Caregiving**
The MetLife Study of Working Caregivers and Employer Health Care Costs, 2010
- **US Equal Employment Opportunity Commission, Employer Best Practices for Workers with Caregiving Responsibilities**
<http://www.eeoc.gov/policy/docs/caregiver-best-practices.html>
- **Your Call is Important to Us: Improving access to contact centers**
<http://businessdisabilityforum.org.uk/advice-and-publications/publications/your-call-is-important-to-us/>

Community Services & Supports

Alzheimer's Association

- **Activity Resources**
http://www.alz.org/library/downloads/search_activities.pdf
- **Caregiver Center**
<http://www.alz.org/care/>
- **Community Resource Finder**
<http://www.communityresourcefinder.org/>
- **Dementia and Driving Resource Center**
<http://www.alz.org/care/alzheimers-dementia-and-driving.asp>
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf

- **MedicAlert® and Safe Return®**
<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>
- **Online Social Support Community: ALZConnected**
<https://www.alzconnected.org>
- **Planning Ahead - Financial and Legal Planning**
<https://www.alz.org/care/alzheimers-dementia-financial-legal-planning.asp>
- **Residential Care**
<http://www.alz.org/care/alzheimers-dementia-residential-facilities.asp>
- **Respite Care Brochure**
https://www.alz.org/national/documents/brochure_respitecareguide.pdf

- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
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Alzheimer's Society

- **Nutrition**
<http://www.alzheimers.org.uk/Nutrition/>
- **This is Me Tool**
http://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=1604

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- **Eldercare Locator**
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
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http://www.aoa.gov/AoA_programs/HCLTC/Caregiver/index.aspx

National Association of Area Agencies on Aging

<http://www.n4a.org>

- **Powerful Tools for Caregivers**
<http://www.powerfultoolsforcaregivers.org/>
- **Healthy Aging**
<http://www.n4a.org/healthyaging>

AARP

- **Caregiving Resource Center**
http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVER_APR12_012
- **The Healing Power of Music**
<http://www.aarp.org/health/brain-health/info-2015/music-therapy-for-alzheimers.1.html>

National Council on Aging

- **Physical Activity Programs for Older Adults**
<https://www.ncoa.org/healthy-aging/physical-activity/physical-activity-programs-for-older-adults/>
- **2015 Falls Free National Falls Prevention Action Plan**
<https://www.ncoa.org/healthy-aging/falls-prevention/2015-falls-prevention-action-plan/>

Others

- **National Alliance for Caregiving**
<http://www.caregiving.org>
- **Caregiver Action Network**
<http://www.caregiveraction.org>
- **National Hospice and Palliative Care Organization – state by state advanced directive forms**
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
- **Adult Day Care Locator and Articles**
<https://www.caring.com/local/adult-day-care>
- **Neighborhood Memory Café Toolkit (need DFA link)**
<http://www.actonalz.org/sites/default/files/documents/Memory%20Cafe%20Tool%20Kit.pdf>
- **ARTZ for Alzheimer's**
<http://www.imstillhere.org/>
- **American Music Therapy Association, Music Therapy and Alzheimer's Disease**
http://www.musictherapy.org/assets/1/7/MT_Alzheimers_2006.pdf
- **Timeslips Creative Storytelling**
<http://www.timeslips.org/>
- **Alzheimer's Poetry Project**
<http://www.alzpoetry.org>
- **National Wellness Institute: Six Dimensions of Wellness**
<http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/docs/sixdimensionsfactsheet.pdf>
- **National Institute of Health Senior Health, Healthy Aging**
<http://nihseniorhealth.gov/category/healthyaging.html>
- **Nutrition**
<http://www.alzheimers.org.uk/Nutrition/>
- **Centers for Disease Control and Prevention, Physical Activity is Essential to Healthy Aging**
<http://www.cdc.gov/physicalactivity/basics/older-adults/index.htm>
- **American Occupational Therapist Association – Find a Driving Specialist**
http://myaota.aota.org/driver_search/index.aspx
- **The Hartford Financial Services Group – Understanding Dementia and Driving**
<http://www.thehartford.com/mature-market-excellence/dementia-driving>

Local Government

Alzheimer's Association

- **Approaching Alzheimer's: First Responder Training**
<http://alz.org/care/alzheimers-first-responder.asp>
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf
- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
http://alz.org/mnnd/documents/15_ALZ_Taking_Action_Workbook.pdf
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

International Association of Chiefs of Police

- **Alzheimer's Training Center**
<http://www.theiacp.org/Alzheimers-Training-Center>
- **Identifying and Helping a Driver with Alzheimer's Disease**
<http://www.theiacp.org/portals/0/documents/pdfs/IACP-Alzheimer-MotoristAssist.pdf>
- **Ten Warning Signs a Driver May Have Alzheimer's Disease, Ten Steps for Interacting**
<http://www.theiacp.org/portals/0/documents/pdfs/IACP-AlzheimerPocketcard.pdf>

Others

- **National Conference of State Legislatures and AARP Public Policy Institute - Aging in Place: A State Survey of Livability Policies and Practices**
<http://assets.aarp.org/rgcenter/ppi/liv-com/aging-in-place-2011-full.pdf>
- **Alzheimer's Society, Building Dementia-friendly communities**
http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2283
- **Ball State University, School of Nursing, Alzhome, The Key to Keeping Your Loved One at Home**
<http://www.bsu.edu/web/nursing/alzhome>
- **Canada Mortgage and Housing Corporation, At Home with Alzheimer's Disease - Useful Adaptations to the Home Environment**
<http://www.cmhc-schl.gc.ca/odpub/pdf/60849e.pdf>

- **Canada Mortgage and Housing Corporation, Housing Options for People Living with Dementia – Volume 1**
<https://www.cmhc-schl.gc.ca/odpub/pdf/60967.pdf?fr=1421178129190>
- **University of Southern California Andrus Gerontology Center, a project of the National Resource Center on Supportive Housing and Home Modification and Fall Prevention Center of Excellence**
<http://www.homemods.org/>
- **National Institute on Aging, Alzheimer's Disease Education and Referral Center, Home Safety for People with Alzheimer's Disease**
<https://www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease/introduction>
- **AARP Public Policy Institute, Planning for Complete Streets for an Aging America**
http://assets.aarp.org/rgcenter/il/2009_02_streets.pdf
- **AARP, Livability Fact Sheets**
http://www.aarp.org/livable-communities/info-2014/livable-communities-fact-sheet-series.html?cmp=RDRCT-FCTSHT_JUL22_014
- **American Planning Association – Aging and Livable Communities**
<https://www.planning.org/resources/ontheradar/aging/>
- **Community Transportation Association of America (CTAA)**
<http://www.ctaa.org> or 800.891.0590
CTAA is a membership organization made up of transportation providers, advocates, and users who are committed to enhancing the nation's support for mobility. Members from all 50 states work to educate federal and local government leaders about the importance of available transportation.
- **National Council of Certified Dementia Practitioners, Tips for First Responders**
<http://www.nccdp.org/first-responder-tips.htm>

Residential & Specialty Care Settings

Alzheimer's Association

- **Activity Resources**
http://www.alz.org/library/downloads/search_activities.pdf
- **Choosing a Residential Care Facility**
http://www.alz.org/national/documents/topicsheet_residentialcare.pdf
- **Caregiver Center**
<http://www.alz.org/care/>
- **Caregiver Stress**
<http://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp>
- **Community Resource Finder**
<http://www.communityresourcefinder.org>
- **Designing Environments for Alzheimer's Disease Resource List**
http://www.alz.org/library/downloads/designenviron_rl2010.pdf
- **Inside the Brain: An Interactive Tour**
http://www.alz.org/alzheimers_disease_4719.asp
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf
- **MedicAlert® and Safe Return®**
<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>
- **Online Social Support Community: ALZConnected**
<https://www.alzconnected.org>
- **Personal Facts and Insights**
<https://www.alz.org/care/downloads/personalfacts.pdf>
- **Residential Care**
<http://www.alz.org/care/alzheimers-dementia-residential-facilities.asp>
- **Respite Care Brochure**
https://www.alz.org/national/documents/brochure_respitecareguide.pdf
- **Safety Center**
<http://www.alz.org/safety>
- **Stages of Alzheimer's**
http://www.alz.org/alzheimers_disease_stages_of_alzheimers.asp
- **Starting a Dementia Care Unit**
http://www.alz.org/library/downloads/search_startingdementiaunit.pdf
- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
http://alz.org/mnnd/documents/15_ALZ_Taking_Action_Workbook.pdf

- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

AARP

- **The Healing Power of Music**
<http://www.aarp.org/health/brain-health/info-2015/music-therapy-for-alzheimers.1.html>
- **6 Signs of Caregiver Burnout**
<http://www.aarp.org/relationships/caregiving-resource-center/info-12-2011/caregiver-burnout.html>

Administration on Aging

- **Eldercare Locator**
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
- **National Center on Elder Abuse**
<http://www.ncea.aoa.gov/>

National Council on Aging

- **Physical Activity Programs for Older Adults**
<https://www.ncoa.org/healthy-aging/physical-activity/physical-activity-programs-for-older-adults/>
- **2015 Falls Free National Falls Prevention Action Plan**
<https://www.ncoa.org/healthy-aging/falls-prevention/2015-falls-prevention-action-plan/>
- **Adult Day Care Locator and Articles**
<https://www.caring.com/local/adult-day-care>
- **ARTZ for Alzheimer's**
<http://www.imstillhere.org/>
- **American Music Therapy Association, Music Therapy and Alzheimer's Disease**
http://www.musictherapy.org/assets/1/7/MT_Alzheimers_2006.pdf
- **Timeslips Creative Storytelling**
<http://www.timeslips.org/>
- **Alzheimer's Poetry Project**
<http://www.alzpoetry.org>
- **National Wellness Institute – Six Dimensions of Wellness**
<http://c.ymcdn.com/sites/www.nationalwellness.org/resource/resmgr/docs/sixdimensionsfactsheet.pdf>
- **National Institute of Health Senior Health, Healthy Aging**
<http://nihseniorhealth.gov/category/healthyaging.html>
- **Nutrition**
<http://www.alzheimers.org.uk/Nutrition/>

Others

- **National Hospice and Palliative Care Organization (state by state advanced directive forms)**
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
- **Gitlin LN, Kales, HC, Lyketsos CG. Nonpharmacologic management of behavioral symptoms in dementia. JAMA.2012; 308(19):2020-2029. Used by permission (need to ask for DFA)? © 2012 American Medical Association. All rights reserved.**
http://www.actonalz.org/sites/default/files/documents/Table1_.pdf and http://www.actonalz.org/sites/default/files/documents/Table2_.pdf
- **Validation Therapy**
<http://www.youtube.com/watch?v=CrZXz10FcVM>
https://vfvalidation.org/web.php?request=what_is_validation
- **Mayo Clinic, Mild Cognitive Impairment (MCI)**
<http://www.mayoclinic.com/health/mild-cognitive-impairment/DS00553>
- **Act on Alzheimer's Dementia Curriculum**
<http://www.actonalz.org/dementia-curriculum>
- **Kolanowski, A., & Van Haitzma, K. (2013). Promoting positive behavioral health: A nonpharmacologic toolkit for senior living communities**
<http://www.nursinghometoolkit.com/>
- **The Open University, Design for Dementia Care: Track 1**
<http://www.open.edu/openlearn/health-sports-psychology/social-care/design-dementia-care>

Assessments & Assessment Tools

- **Lawton Instrumental Activities of Daily Living (IADL) Scale**
http://consultgerirn.org/uploads/File/trythis/try_this_23.pdf

- **From The Hartford Institute for Geriatric Nursing, New York University, College of Nursing: Best Practices in Nursing Care to Older Adults general assessment series Issue Number 2, Revised 2012 Editor-in-Chief: Sherry A. Greenberg, PhD(c), MSN, GNP-BC New York University College of Nursing Katz Index of Independence in Activities of Daily Living (ADL)**
http://consultgerirn.org/uploads/File/trythis/try_this_2.pdf
- **DFA Clinical Provider Practice Tools**
Link?
- **Cohen Mansfield Agitation Inventory**
http://www.dementia-assessment.com.au/symptoms/CMAI_Scale.pdf
- **Pain Assessments in Cognitively Impaired Older Adults**
<http://www.geriatricpain.org/Content/Assessment/Impaired/Pages/default.aspx>
- **American Medical Association, Caregiver Self Assessment**
http://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf
- **Zarit Burden Interview**
<http://www.healthcare.uiowa.edu/igec/tools/caregivers/burdenInterview.pdf>
- **Patient Health Questionnaire (PHQ-9)**
http://cqaimh.org/pdf/tool_phq9.pdf
- **National Chronic Care Consortium and the Alzheimer's Association Family Questionnaire**
<http://www.actonalz.org/pdf/Family-Questionnaire.pdf>
- **SLUMS St. Louis University Mental Status Examination**
<http://aging.slu.edu/pdfsurveys/mentalstatus.pdf>
- **Cohen Mansfield Agitation Inventory, Dementia Observation Scale, Behavior Pattern Record**
Link?

Health Care

Alzheimer's Association

- **Activity Resources**
http://www.alz.org/library/downloads/search_activities.pdf
- **Caregiver Center**
<http://www.alz.org/care/>
- **Community Resource Finder**
<http://www.communityresourcefinder.org>
- **Dementia and Driving Resource Center**
<http://www.alz.org/driving>
<http://www.alz.org/care/alzheimers-dementia-and-driving.asp>

- **Increasing Disclosure of Dementia Diagnosis**
http://www.alz.org/documents_custom/inbrief_disclosure.pdf
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf
- **MedicAlert® and Safe Return®**
<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>
- **Online Social Support Community: ALZConnected**
<https://www.alzconnected.org>

- **Residential Care**
<http://www.alz.org/care/alzheimers-dementia-residential-facilities.asp>
- **Respite Care Brochure**
https://www.alz.org/national/documents/brochure_respitecareguide.pdf
- **Safety Center**
<http://www.alz.org/safety>
- **Stages of Alzheimer's**
http://www.alz.org/alzheimers_disease_stages_of_alzheimers.asp
- **Support for People with Dementia**
http://www.alz.org/mnnd/in_my_community_18497.asp
- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
http://alz.org/mnnd/documents/15_ALZ_Taking_Action_Workbook.pdf
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<http://www.ncea.aoa.gov/>
- **National Family Caregiver Support Program**
http://www.aoa.gov/AoA_programs/HCLTC/Caregiver/index.aspx

The Hartford Financial Services Group

- **Understanding Dementia and Driving**
<http://www.thehartford.com/mature-market-excellence/dementia-driving>
- **At the Crossroads**
<http://www.thehartford.com/sites/thehartford/files/at-the-crossroads-2012.pdf>

National Association of Area Agencies on Aging

- **Healthy Aging**
<http://www.n4a.org/healthyaging>
- **Powerful Tools for Caregivers**
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<https://www.ncoa.org/healthy-aging/physical-activity/physical-activity-programs-for-older-adults/>
- **2015 Falls Free National Falls Prevention Action Plan**
<https://www.ncoa.org/healthy-aging/falls-prevention/2015-falls-prevention-action-plan/>

- **Adult Day Care Locator and Articles**
<https://www.caring.com/local/adult-day-care>
- **National Wellness Institute – Six Dimensions of Wellness**
<http://c.yumcdn.com/sites/www.nationalwellness.org/resource/resmgr/docs/sixdimensionsfactsheet.pdf>
- **National Institute of Health Senior Health, Healthy Aging**
<http://nihseniorhealth.gov/category/healthyaging.html>
- **Alzheimer's Society, Nutrition**
<http://www.alzheimers.org.uk/Nutrition/>

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<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3289>
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http://www.actonalz.org/sites/default/files/documents/Table1_.pdf and http://www.actonalz.org/sites/default/files/documents/Table2_.pdf
- **Validation Therapy**
<http://www.youtube.com/watch?v=CrZXz10FcVM>
https://vfvalidation.org/web.php?request=what_is_validation
- **Mayo Clinic, Mild Cognitive Impairment (MCI)**
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Assessments & Assessment Tools

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