



RESOURCE LIST

The following is a list of resources and citations compiled after the “Let’s Talk about Dementia and Culture 2024” virtual symposium. It includes resources shared by presenters and participants. Fortunately, new resources become available all the time to help people meet their needs related to dementia - - so no resource list is ever comprehensive - - but we hope this compilation will be useful.

Free Helplines

- **Alzheimer’s Association Helpline: 1-800-272-3900** Free telephone information and assistance, 24 hours a day, 7 days a week. Counselors can provide services in over 200 languages, using interpreters.
- **National Asian Pacific Center on Aging Community Resource Helpline:** <https://www.napca.org/helpline/> Free telephone information, Monday through Friday, 8:30 a.m. – 1:00 p.m. PST.

English
 1-800-336-2722

日本語 / Japanese
 1-800-398-1117

廣東話 / Cantonese
 1-800- 582-4218

Tagalog / Filipino
 1-800-593-8087

普通话 / Mandarin
 1-800-683-7427

Tiếng Việt / Vietnamese
 1-800-582-4336

한국어 / Korean
 1-800-582-4259

Español / Spanish
 1-800-948-3844

“Let’s Talk about Dementia and Culture 2024” Symposium recordings
<https://www.ifcsboston.org/our-services/services-for-older-adults/home-community-supports/alzheimers-related-dementias-family-support/dementia-symposium-2024>

Dementia Friends public awareness program

- Dementia Friends USA - www.dementiafriendsusa.org
- International Association for Indigenous Aging: Dementia Friends for American Indian and Alaska Native communities in any geographic location - <https://iasquared.org/dementia-friends/>
- Dementia Friends Massachusetts - www.dementiafriendsma.org
 - Free dementia awareness workshops in Massachusetts, available in Arabic, Chinese, English, Haitian Creole, Khmer, Portuguese, Russian, Spanish, Vietnamese. Tailored English versions also available for Jewish community; participants with I/DD and I/DD providers; LGBTQIA+ community. Coming soon: pictorial version.
 - Learn about the Dementia Friends Massachusetts Community Partners initiative: “Road to Representation,” 26-minute video - <https://www.youtube.com/watch?v=RLRbFS-yIaw>

General information about dementia and disparities

- Alzheimer’s Association 2024 Facts and Figures - <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>
- UsAgainstAlzheimer’s 2024 Summit - <https://www.usa2summit.org/>

Information about attitudes toward dementia

- Alzheimer’s International World Report on Attitudes about Dementia - <https://www.alzint.org/resource/world-alzheimer-report-2024/>

Information about brain health/reducing the risk of dementia

- Dementia prevention, intervention, and care: 2024 report of the *Lancet* standing Commission - [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01296-0/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0/abstract)
- Alzheimer’s Association BOLD Center of Excellence for Risk Reduction - <https://www.alz.org/professionals/public-health/public-health-topics/risk-reduction>

Brain Healthy food and nutrition

- MIND Diet cookbook using 5 or less ingredients: <https://www.bookhampton.com/book/9781647398187>
- International Association for Indigenous Aging Healthy Food Rack Card Series: <https://iasquared.org/resources/healthy-food-healthy-brain-rack-card-series/>
- US Against Alzheimer’s Brain Healthy Recipes for the Latino Family Kitchen - https://www.usagainstalzheimers.org/sites/default/files/LatinoCookbookURL_Sep%202024_compressed%20%281%29.pdf
- Oldways heritage diets - <https://oldwayspt.org/explore-heritage-diets/>
- Moms Meals, medically-tailored food delivery (in some US cities) - <https://www.momsmeals.com/>

- LGBTQIA+ community meals (Massachusetts) - https://docs.google.com/spreadsheets/d/1tNAvILZoQdgU_I55K4v4WiiAH-937iEGM8BTDsKPXtl/edit?gid=0#gid=0

Social connection

- National Memory Café Directory will be hosted by Dementia Friendly America starting in late 2025 – <https://dfamerica.org/>
Also visit www.jfcsboston.org/Percolator for Memory Café toolkits and more.
- Dementia Action Alliance virtual engagement program - <https://daanow.org/virtual-engagements/>
- Mather online classes for older adults - <https://frontporch.net/wp-content/uploads/2024/08/Well-Connected-Fall-2024-Catalog.pdf>
- LGBTQIA+ community meals (Massachusetts) - https://docs.google.com/spreadsheets/d/1tNAvILZoQdgU_I55K4v4WiiAH-937iEGM8BTDsKPXtl/edit?gid=0#gid=0

Physical activity

- Rock Steady Boxing, for people living with Parkinsons - <https://rocksteadyboxing.org/>
- Dance for Connection - <https://danceforconnection.com/>
- Article: Why dancing with dementia (Malaysia) - <https://www.heraldmalaysia.com/news/why-dancing-with-dementia/77337/9>

Promising research shared during symposium

- US POINTER Study - <https://www.alz.org/us-pointer/home.asp>
- Memory loss reversal - <https://newsroom.ucla.edu/releases/memory-loss-associated-with-alzheimers-reversed-for-first-time>
- New England Centenarian Study - <https://www.bumc.bu.edu/centenarian/>

Resources for living well with dementia

- Dementia Action Alliance (US) - <https://daanow.org> Offers many programs, and the *Pathways to Well-Being: Manual of Help, Hope and Inspiration* - <https://daanow.org/pathways/>
- Dementia Alliance International (global) - <https://dementiaallianceinternational.org/>
- National Council of Dementia Minds – <https://dementiaminds.org> Offers peer support and advocacy groups, and the *Transforming Life with Dementia Needs Assessment* - <https://dementiaminds.org/wp-content/uploads/2024/04/NCDM-Annual-Report-Proof-4.9.24-1.pdf>
- National Memory Café Directory will be hosted by Dementia Friendly America starting in late 2025 – <https://dfamerica.org/>
- UK Living with Dementia Toolkit: <https://livingwithdementiatoolkit.org.uk/>
Comprised of videos and downloadable materials, each section of the toolkit includes a focus on culture.

- Planning, talking to family and doctors, and communicating personal wishes
 - <https://www.alz.org/media/wi/documents/MCIEarly-Stage-Flowchart.pdf>
 - <https://dementiaminds.org/symptoms-checklist/>
 - <https://compassionandchoices.org/dementia-values-tool/>
 - <https://theconversationproject.org/wp-content/uploads/2020/12/DementiaGuide.pdf>
- Disease specific support and advocacy groups:
 - Alzheimer's Association – <https://www.alz.org/> or 800-272-3900 (Helpline)
 - Association for Frontotemporal Degeneration - <https://www.theaftd.org/>
 - Lewy Body Dementia Association – <https://www.lbda.org/>
 - Lorenzo's House – younger onset dementia - <https://lorenzoshouse.org/>
 - MCI – mild cognitive impairment - <https://www.alz.org/media/wi/documents/MCIEarly-Stage-Flowchart.pdf>
 - PCA - posterior cortical atrophy – information - <https://ftdboston.org/diagnosis/posterior-cortical-atrophy/>

Professional and community networks for change

- Age and Dementia Friendly Community movement
 - Dementia Friendly America – <https://dfamerica.org/>
 - Age and Dementia Friendly Massachusetts – <https://mcoonline.org/age-dementia-friendly/>
 - Massachusetts Age and Dementia Friendly Integration Toolkit - <https://www.mass.gov/handbook/massachusetts-age-and-dementia-friendly-integration-toolkit>
- Alter: creating dementia friendly congregations, focused on African American congregations - <https://alterdementia.com/>
- Alzheimer's Impact Movement - <https://alzimpact.org/>
- Art Pharmacy Social Prescribing - <https://www.artpharmacy.co/>
- Arts and Minds - <https://www.artsandminds.org/>
- Decade of Healthy Ageing Collaborative - <https://www.decadeofhealthyageing.org/about/join-us/collaborative>
- Dementia Friendly Airports Working Group - <https://www.dementiafriendlyairports.com/>
- Diverse Elders Coalition - <https://diverseelders.org/>
- Memory Sunday, Balm in Gilead - <https://www.balmingilead.org/about-memory-sunday/>
- National Dementia Care Collaborative - <https://www.ndcc.edc.org/>
- National LGBTQIA+ Health Education Center - <https://www.lgbtqiahealtheducation.org/>
- Reimagining Dementia - <https://www.reimaginingdementia.com/>

Cultural and linguistic community resources

- American Indian/Alaska Native communities

- Dementia Friends for American Indian and Alaska Native communities, International Association for Indigenous Aging - <https://iasquared.org/dementia-friends/>
- International Association for Indigenous Aging Healthy Food Rack Card Series: <https://iasquared.org/resources/healthy-food-healthy-brain-rack-card-series/>
- Alzheimer's Association - <https://www.alz.org/help-support/resources/native-americans>
- Asian American/ Pacific Islander communities
 - National Asian Pacific Center on Aging: many resources for professionals, and Community Resource Helpline: <https://www.napca.org/helpline/>
 - Alzheimer's LA: Chinese and Chinese American "Champions of Caregiving" videos - <https://www.alzheimersla.org/videos/champions-of-caregiving/>
 - Alzheimer's LA: Japanese and Japanese American "Faces of Caregiving" videos - <https://www.alzheimersla.org/videos/faces-of-caregiving/>
 - Dementia Australia: "It's not a disgrace, it's dementia," short video (15-20 minutes) in languages including Arabic, Assyrian, Cambodian, Croatian, Hindi, Italian, Mandarin, Portuguese, Serbian, Spanish, Ukrainian and Vietnamese - <https://www.youtube.com/playlist?list=PLAwhBH-4GO5iKAMS5wIMSF5uncvoBYuRM>
 - Alzheimer's Association - <https://www.alz.org/help-support/resources/asian-americans-and-alzheimers>
- Black/African American communities
 - African Americans Against Alzheimers - <https://www.usagainstalzheimers.org/networks/african-americans>
 - Alter: creating dementia friendly congregations, focused on African American congregations - <https://alterdementia.com/>
 - Balm in Gilead, Memory Sunday - <https://www.balmingilead.org/about-memory-sunday/>
 - National Council of Black Dementia Minds - <https://dementiaminds.org/dementia-minds/>
 - Dementia Action Alliance, Calling All Voices – Black community voices - <https://daanow.org/calling-all-voices-3/>
 - Alzheimer's LA caregiving videos - <https://www.alzheimersla.org/videos/caring-for-those-with-alzheimers-african-american-voices/>
 - Alzheimer's Association - <https://www.alz.org/help-support/resources/black-americans-and-alzheimers>
- Intellectual/developmental disabilities communities
 - National Task Group on I/DD and Dementia - www.the-ntg.org
 - Health education for people with I/DD - <https://healthmattersprogram.org/>

- Center for Developmental Disabilities Evaluation and Research - https://shriver.umassmed.edu/cdder/aging_idd_education
- Down Syndrome and Alzheimer's Resource Guide, from the National Down Syndrome Society - <https://ndss.org/resources/alzheimers>
- Alzheimer's Association
https://www.alz.org/ri/helping_you/caring_for_individuals_with_developmental_disability
- Jewish communities
 - JF&CS of Minneapolis: resources for clergy - <https://jfcsmpls.org/alzheimers-and-dementia-resources-for-clergy/>
 - Neshama, Association of Jewish chaplains: dementia resources - https://najc.org/?page_id=759
 - Rabbi Dayle Friedman - <https://jewishshredaging.com/author/rabbi-dayle-friedman/>
- Latino/a/e/x communities
 - Alzheimer's Los Angeles telenovela <https://www.alzheimersla.org/videos/>
 - Brain Healthy Recipes for the Latino Family Kitchen - https://www.usagainstalzheimers.org/sites/default/files/LatinoCookbookURL_Sep%202024_compressed%20%281%29.pdf
 - Multicultural Alzheimer's Prevention Project - <https://mapp.mgh.harvard.edu/blast/>
 - Alzheimer's Association - <https://www.alz.org/help-support/resources/hispanics-and-alzheimers>
- LGBTQIA+ communities
 - RISE (Research Inclusion Supports Equity) Registry - <https://lgbtqcaregivers.org/rise-registry/>
 - National LGBTQIA+ Health Education Center - <https://www.lgbtqiahealtheducation.org/>
 - Support groups (virtual) and community meals (Massachusetts) - <https://fenwayhealth.org/the-fenway-institute/lgbtqia-aging-project/programs-support-groups/>
 - Dementia Action Alliance, Calling All Voices – LGBTQIA+ community voices - <https://daanow.org/calling-all-voices-3/>
 - Alzheimer's Association - <https://www.alz.org/help-support/resources/alzheimers-and-dementia-resources-for-lgbtq-communities>

Thank you for sharing resources so that we can all learn together!

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