



VeteranCaregiver.com Video Resources

Recommended Resources:

MindMate: Help for Memory Issues

Resources

www.MindMate-app.com Free tablet app, please note you'll do best if you are familiar with the app before introducing it to your family member.

<http://www.cerebromente.org.br/n15/mente/musica.html> Music and memory

http://www.huffingtonpost.com/rita-altman-rn/music-and-memory_b_3639805.html

<http://www.alzheimers.net/2014-01-02/foods-that-induce-memory-loss/> Nutrition and memory

<http://www.brainline.org/content/2010/12/feed-your-body-feed-your-brain-nutritional-tips-to-speed-recovery.html>

<http://www.brainline.org/content/multimedia.php?id=4638> Exercise and TBI recovery

<http://www.npr.org/sections/health-shots/2013/04/15/176920391/how-exercise-and-other-activities-beat-back-dementia> Exercise and dementia

Videos

<https://www.youtube.com/watch?v=Yd7uycTX7mg>

<http://lbdtools.com/files/TSnow.pdf> List of suggested videos

<http://teepasnow.com/resources/teepa-tips-videos/>



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