

Resources Mentioned in the Video

Alzheimer's Association: What is Dementia?

<https://www.alz.org/alzheimers-dementia/what-is-dementia>

Alzheimer's Association: Memory Loss and Confusion

<https://www.alz.org/help-support/caregiving/stages-behaviors/memory-loss-confusion>

Daily Caring: 6 Benefits of Journaling for Caregivers

<https://dailycaring.com/6-benefits-of-journaling-for-caregivers/>

Daily Caring: 25 Quick Journal Prompts That Reduce Caregiver Stress and Improve Health

<https://dailycaring.com/25-quick-journal-prompts-that-reduce-caregiver-stress-and-improve-health/>

Alzheimers.net: Study Suggests Emotions Last After Memory Fades

<https://www.alzheimers.net/11-10-14-emotions-after-memory-loss/>

LBDA: Understanding Behavioral Changes in Dementia

<https://www.lbda.org/content/understanding-behavioral-changes-dementia>