

# Personal Care

## Resources to Support You Caring for a Person with Dementia



### Printable Resources

Personal Cares - Alzheimer's Association

Bathing for Dementia - Family Caregiver Alliance

### Books/ DVDs

36 Hour Day - Nancy Mace

Dementia Caregiver Guide - Teepa Snow

Caregiver's Guide to Dementia - Gail Weatherill

### Online Videos / Education

Caregiving Training: Refusal to Bathe - UCLA

How to Provide Personal Care - BAYADA Home Health

Using Hand under Hand to Provide Care - Teepa Snow

Urinary Incontinence - UCSF

### Websites

11 Tips for Bathing a Person with Dementia - Teepa Snow

Dressing and Grooming - Alzheimer's Association

Alzheimer's Caregiving - NIA

Food & Eating - Alzheimer's Association



### Wisconsin State Dementia Plan

For PDF with linked resources, visit:

[bit.ly/widementiaresources](https://bit.ly/widementiaresources)

