



CONNECTIONS CARE PARTNER SUPPORT GROUP

EDUCATIONAL RESOURCES & VIRTUAL SUPPORT CONTENT

THE HOLIDAY SEASON



This year, the holidays may be tough for everyone. If you are a care partner of a loved one with dementia, you know that it can be even more stressful than most.

Please take some time to check out the options that are available for care partners below.

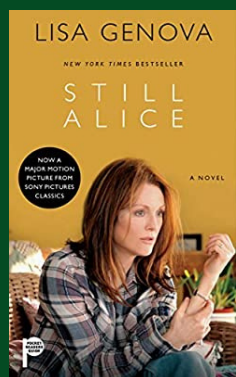


HOLIDAY HEALING TIP



'Tis the Season for...

Asking for Help
Being Flexible
Letting Go
Setting Boundaries
& Self-Care



STILL ALICE

BY LISA GENOVA



Both beautiful and terrifying, Still Alice is a moving and vivid depiction of life with early-onset Alzheimer's disease.

Available at Barnes & Noble

THE HOLIDAYS AND ALZHEIMER'S DURING COVID-19 (ALZHEIMER'S ASSOCIATION, 2020)

The holidays are often filled with sharing, laughter and memories — but due to the COVID-19 pandemic — caregivers may feel overwhelmed by maintaining traditions while providing care AND adhering to safety precautions.

<https://bit.ly/2JT3EMW>



CARE PARTNER TIP: CONNECTING VIRTUALLY FOR THE HOLIDAYS

Watch *Positive Approach to Care (PAC) Team Members, Polly and Rachel*, explore how to virtually connect with a loved one during the holidays.

<https://bit.ly/2VMYG76>



CARE PARTNER INTERVIEWS: U OF M



Dr. Ed Ratner, a geriatrician at the University of Minnesota and the Minneapolis VA, is having his med students conduct an interview with caregivers/care partners for people living with dementia. If you are interested in participating in February or March 2021 (or maybe at a future date), please complete an on-line survey by [clicking the link below](#).

*If you have questions, you can contact Dr. Edward Ratner at ratne001@umn.edu
Deadline for Registration: January 2nd 2021*

<https://bit.ly/2LfxWtV>

