



Newsletter #21 – November 2023

INTRODUCTION

The last few months have seen a number of interesting articles. Articles on a variety of topics that impact both caregivers and the people they are caring for. The articles are from the following web sites.

ALZHEIMER'S AND DEMENTIA WEEKLY

Is it Alzheimer's, FTD or Another Dementia? Ask AIRAscore!

TUEBINGEN, Germany—([BUSINESS WIRE](#))— [AIRAmed](#) announced U.S. FDA 510(k) clearance of AIRAscore, a medical image management and processing system. AIR Ascore provides relevant brain volumetry data to assist physicians in early detection of Alzheimer's and other dementias. AIRAscore uses deep learning and artificial intelligence (AI) technology. **In as little as five minutes**, it provides quantitative assessment of brain volume with objectively verifiable data, using standard MRI brain scans. <https://alzheimersweekly.com/2023/10/is-it-alzheimers-ftd-or-another-dementia-ask-airascore/>

Play 3-D video games and fight Dementia

Don't put that controller down just yet. Playing three-dimensional video games – besides being lots of fun – can boost the formation of memories, according to University of California neurobiologists. <https://alzheimersweekly.com/2023/09/play-3-d-video-games-fight-dementia/>

Cuddly Robotic Pet Boosts Mood In Dementia

Researchers in Florida find that robotic pet cats improve mood, behavior and cognition in older adults with mild to moderate dementia. Find out more: <https://alzheimersweekly.com/2023/08/cuddly-robotic-pet-boosts-mood-in/>

BEING PATIENT

Research Underway: Dance As Dementia Therapy

Award-winning dance artist and "creative aging" thought leader Magda Kaczmarek discusses how aging adults can benefit from dance and movement — and shares the research underway to better understand the link between dance and brain health. Read more: <https://www.beingpatient.com/research-underway-dance-as-dementia-therapy/>

How to Choose a Game for someone Living with Dementia

Living with dementia can present unique challenges for older adults and their loved ones. Incorporating suitable games into their daily routines can have a profound positive impact on cognitive health and overall quality of life. As a member of the team at dementia games company Relish, I work with game designers who understand the range of unique challenges and needs of people living with dementia. Relish designs [games to enhance wellbeing](#), promote independence, joy, calm and achievement for people with Alzheimer's disease or other forms of dementia. <https://www.beingpatient.com/how-to-choose-the-best-game-for-someone-with-dementia/>.

Are Brain Games Mostly Nonsense?

We know that [brains benefit](#) from being put to work. Increasingly, researchers are looking at [gaming](#) and brain health. Some games are designed specifically to boost cognitive health — so, do these brain games work? Florida State University Professor of Cognitive Psychology [Walter Boot](#) dives into the research on brain games that claim they can boost cognitive performance — and wonders if they might only make people better at the games themselves. <https://www.beingpatient.com/do-brain-games-work/>

CAREGIVING VIDEOS

If you do not have time to attend webinars, then take a look at these videos from UCLA:

https://www.youtube.com/results?search_query=ucla+dementia+caregiver+videos.

WEBSITES WORTH FOLLOWING

Being Patient:

<https://www.beingpatient.com/>

The Penn Memory Center's Weekly InSight:

<https://pennmemorycenter.org/>

Alzheimer's and Dementia Weekly - Alzheimer's & Dementia Weekly:

nl@alzweek.com

Caring Kind:

<https://www.caringkindnyc.org/>

Alzheimer's Association:

<https://www.caringkindnyc.org/>

Dementia Spring:

<https://dementiaspring.org/>