

Being a caregiver is not an easy role, and it often become a necessity without much warning or instruction. Even though much of the information and resources that can be found online and in print focuses on being a care partner for a person with Alzheimer's and dementia, the techniques and guidance can be applied to many other caregiving circumstances.

Recently we became aware of Teepa Snow, who is a dementia and Alzheimer's care expert and developer of "Positive Approach to Brain Change." Her positive, straight-forward, and down-to-earth approach is grounded in over 40 years' experience as an occupational psychologist in clinical practice. YouTube has several of her presentations which are beneficial and enlightening to watch. Her kind manner seems genuine, and she utilizes concepts based on what is now known about changes in the brain as a result of dementia and related afflictions. One of her "trademarks" is a peacock feather, and she gives an intriguing explanation on her website of why she adopted it.

Her website is [www.teepasnow.com](http://www.teepasnow.com), and it contains a resources, training and her quotes "Teepa's Gems" and introduces the Brainy Day Activity Program. Teepa even offers suggestions of how to use elements of the activity kit at different stages, as the disease progresses. Similar resources are available at [www.alz.org](http://www.alz.org) and other sites.

There is a short YouTube presentation by Teepa, *Phrases to Learn for Caregivers*, at <https://www.youtube.com/watch?v=KKejCymVS2Q>

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