

Think Dementia Complete List of Episodes Updated March 2025

Amy House, C.D.P. guides care partners in understanding how dementia affects the brain. This podcast has recorded questions from listeners. Each episode, Amy unpacks their questions and helps you learn to “think dementia.” This leads to better quality of life, improved relationships and empowered care partners. Be part of a connected community by learning from each other’s questions.

Amy House records and produces 100% of this podcast on her own, in her free time, to help others.

To support the Think Dementia podcast go to www.buymeacoffee.com/ThinkDementia

To record a question for the podcast go to www.think-dementia.com

Episode 1 Concerns about Grandma Amy discusses what to do when someone's grandma has been showing signs of Mild Cognitive Impairment

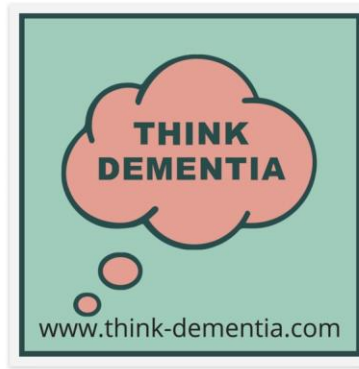
Episode 2 When Someone Doesn't Think They Have Dementia Amy discusses how to handle situations in which the person living with dementia doesn't think they have dementia.

Episode 3 How to Talk to Your Loved One About Moving Amy discusses how to tackle the subject about moving to an Assisted Living or Memory Care with your loved one.

Episode 4 My Mother Has Been Having Some Falls Amy gives ideas on how to support someone who has been falling and some of the causes of falls for people living with dementia.

Episode 5 Mom Wants To Leave Family Gatherings Amy gives ideas on how to make family gatherings successful.

Episode 6 Changes/Situations in End Stage Dementia Amy helps prepare families for some of the challenges and situations you may face when someone is living with end stage dementia.



Episode 7 **How Can I Get My Husband Active Again** Amy gives some tips and tricks on how to help someone who won't get off the couch.

Episode 8 **How Has Your Perspective on Aging Changed** Amy talks about quality of life vs. quantity of life and conversations families should be having now.

Episode 9 Part 1 **Working Together with Your Memory Care Staff** Episode 10 Part 2 **Working Together with Your Memory Care Staff** Episode 11 Part 3 **Working Together with Your Memory Care Staff** A podcast version of the presentation Amy did at the University of Minnesota Caring for People with Memory Loss Conference. Amy discusses what to expect from a Memory Care in this first part of a three-part series.

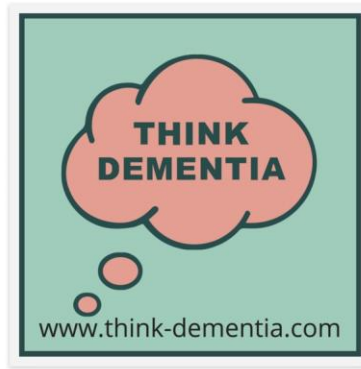
Episode 12 **LBD vs ALZ** Amy discusses the differences between Lewy Body Dementia and Alzheimer's Disease in etiology and symptoms.

Episode 13 **Cameras and Other Technologies** Amy discusses the pros and cons of technology that might help your loved one. Bonus **Episode More Technology** More ideas on how technology can assist someone living with dementia.

Episode 14 **Caregiver Burnout** What are the signs of caregiver burnout and what can you do to help yourself or a friend.

Episode 15 **Troubles with Eating** Someone's husband is not eating at the care facility and Amy helps us "Think Dementia" to discover what could be done to help.

Episode 16 **Why Was My Mom So Angry?** Amy discusses the reasons anger can show up, what you can do and how to not take it personally.



Episode 17 **Showers and Hygiene Part 1** The first of three episodes about Showering and Hygiene- Amy helps us to "Think Dementia" and recognize the changes that are happening in the brain that can make it challenging.

Episode 18 **Shower and Hygiene Part 2** Amy gives practical tips on how to convince someone to get in the shower or wash up.

Episode 19 **Shower and Hygiene Part 3** Amy shares her Turkish Bath experience in Istanbul and compares bathing while living with dementia to bathing in another country when you don't know the language.

Episode 20 **Considering a Move, When is the Right Time?** Amy gives some ideas on how to know when it may be time to consider a move to Assisted Living or Memory Care.

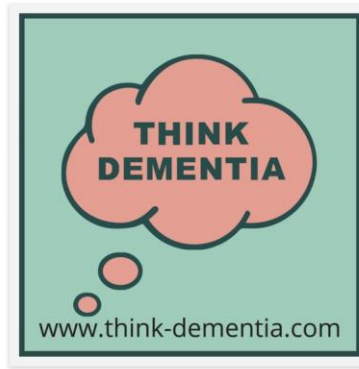
Episode 21 **Overnight Incontinence Troubleshooting** Amy gives a few practical tips to help everyone sleep better when a question comes in about overnight incontinence concerns.

Episode 22: **Repeating the Same Questions Over and Over** In this episode, two spouses report frustration with repetitive questions from their spouse living with dementia.

Episode 23: **Nothing Tastes Good To My Husband** In this episode Amy discusses changes in taste and smell that might help a spouse living with dementia find more enjoyment in food again.

Episode 24: **Calculating the Dementia Journey** In this episode a listener asks why some people's dementia journey goes very fast and others can be independent much longer.

Episode 25: **What If He Just Won't Move?** Amy gives some ideas to a daughter whose Dad has said he will never move to Memory Care.



Episode 26: **Connecting with Grandma After Transitioning** In this episode a young transgender man who recently transitioned wants to make sure his visits with Grandma are positive and not confusing her.

Episode 27: **Bringing Up Concerns About Cognition** Amy gives advice on how to approach cognitive changes that someone is noticing and wants to know how to talk to them about their concerns.

Episode 28: **Eating Pizza and Drinking Beer** A daughter has concerns about her Dad living with dementia eating fast food every night and drinking beer.

Episode 29: **Keeping Things at a Simmer** Grandma's behavior symptoms are taking a toll on the whole family. Amy reviews Stress Busters to put in place and triggers to avoid to keep things at a simmer.

Episode 30: **Afterthoughts: Keeping Things at a Simmer** Amy shares further insights into how to change what you are doing to prevent someone living with dementia from getting too upset and boiling over.

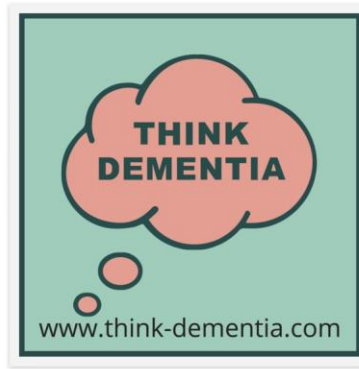
Episode 31: **Possible Dementia Related Emergencies**

When caregiving it can be easy to get wrapped up and not recognize when things have escalated and may be an emergency. Amy reviews some common possible dementia related emergencies and how to recognize them.

Episode 32: **Afterthoughts: Possible Dementia Related Emergencies**

Amy shares further insights on different types of emergencies in this "afterthoughts" episode.

Episode 33: **The Power of Dementia Support Group** A podcast version of a presentation with the Roseville Alzheimer's and Dementia Community Action Team in Roseville MN. This episode



tells you what is happening inside a support group, how it may not be what you think and the reasons why a support group is an important and helpful part of self-care.

Episode 34: **Afterthoughts with Amy: The Power of a Dementia Support Group** Amy talks more about joining a support group.

Episode 35 **Is It Just the Elderly That Get Dementia** Amy discusses different types of juvenile related dementias.

Episode 36: **The Joy of Talking About the Past** Amy answers a question of why someone's mother in law enjoys talking about the past so often.

Episode 37 **Afterthoughts with Amy: The Joy of Talking About the Past** More thoughts on the joy of talking about the past.

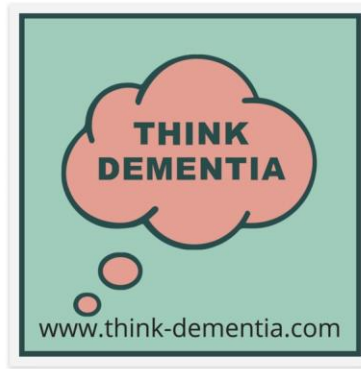
Episode 38 **Can A Feeding Tube Make Someone's Life Better?** Making decisions for someone else is one of the most difficult parts of being a caregiver, can a feeding tube make someone's life better? Amy discusses options.

Episode 39 **Taking Medications** Amy discusses ways to help someone take their medications when they do not want to.

Episode 40: **Boiling Over: Aggression and Anger** In this episode Amy builds off a previous episode #29, Keeping Things At A Simmer. This episode focuses on anger with verbal and physical aggressions and what to do when that pot of water representing a person's emotions and reactions boil over and present behavioral symptoms.

Episode 41: **Afterthoughts with Amy: Boiling Over: Aggression and Anger** In this episode Afterthoughts with Amy episode, Amy talks about the role that trauma plays in behavioral symptoms like anger or aggression.

Episode 42: **Home Alone and Missing Meals** In this episode, Amy answers a question from a listener concerned that someone living with dementia at home may forget to eat and not take their medications.



Episode 43: **Afterthoughts with Amy: Home Alone & Missing Meals and Medications**

Additional thoughts on how to assist with this situation.

Episode 44: **NEW FREE Medicare GUIDE Program** Amy describes a new FREE program by Medicare to assist families in those living with dementia- the Medicare Guiding an Improved Dementia Experience program started July 1, 2024, hear what it covers and how to be eligible.

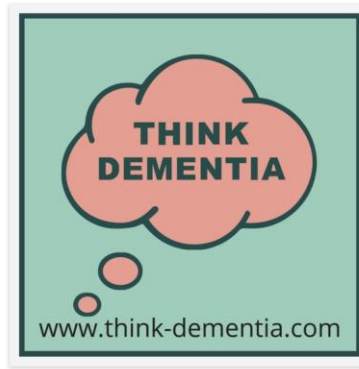
Episode 45: **Where is my husband?** In this episode Amy offers suggestions on how to support someone living with dementia that is looking for someone that is deceased.

Episode 46: **A Graceful Exit** A question on Reddit sparks the conversation of how to not distress a loved one when saying goodbye and leaving them, whether at home or in a Memory Care. Amy talks about ways to have a graceful exit and the importance of communication with whomever is looking after the person living with dementia when you go.

Episode 47: **Afterthoughts with Amy: A Graceful Exit** More thoughts on how to exit after visiting someone living with dementia.

Episode 48: **FTD: Frontotemporal Degeneration** For National FTD Awareness Week Amy provides education and awareness on Frontotemporal Degeneration- the 4th leading cause of dementia.

Episode 49: **FTD: Semantic Variant** For National FTD Awareness Week Amy provides education and awareness on Frontotemporal Degeneration- the 4th leading cause of dementia. Each week Amy is covering a different type and variant of FTD. In this episode she talks about one of the types that starts with problems with understanding and producing language, the Semantic Variant or svFTD.



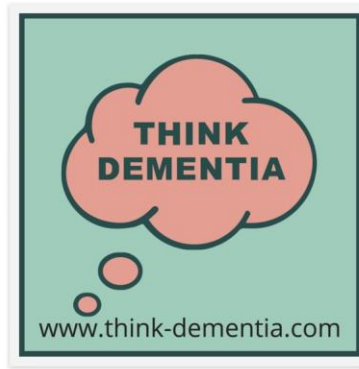
Episode 50: **nfvPPA FTD: Non-fluent aggramatic primary progressive aphasia** For National FTD Awareness Week (9/22) Amy provides education and awareness on Frontotemporal Degeneration- the 4th leading cause of dementia. Each week Amy covers a different type and variant of FTD. In this episode she talks about one of the types that starts with problems with language, the non-fluent agrammatic variant primary progressive aphasia or nfvPPA FTD. Amy highlights a YouTube channel that a gentleman with FTD is using to share his love and expertise of music with others living with dementia. A special thanks to Peter and Elka for letting Think Dementia tell you about how he is finding purpose and continuing to use the skills he has to his friends far and near living with dementia.

Episode 51: **FTD and ALS (Lou Gehrig's Disease)** In this episode she talks about ALS, a neurodegenerative disease that affects the muscles, but a small percentage of those with ALS also have FTD.

Episode 52: **FTD and Corticobasal Syndrome** In this episode she talks about Corticobasal Syndrome, a neurodegenerative disease that affects the muscles, looks similar to Parkinson's disease but is in the FTD family.

Episode 53: **FTD and Progressie Supranuclear Palsy** In this episode she talks about Progressive Supranuclear Palsy which is a movement disorder in the FTD family.

Episode 54: **Denial** In this episode a listener asks how to handle a situation where the spouse is in denial that his wife has signs of dementia. Amy met this listener at the Caregiving for People with Memory Loss conference in 2024 who has in-laws in their 80s.



Episode 55: **Afterthoughts with Amy: Denial** In this Afterthoughts with Amy the host talks about a presentation she saw with Lori La Bey, a Twin Cities dementia advocate and educator about denial. This was timely as the episode where a listener asked how to deal with spouse who is in denial was a week before Amy House saw Lori present, providing further insight into why someone might be in denial.

Episode 56: **Brain Donation** In this episode, Amy gives listeners information on brain donation and how it works.

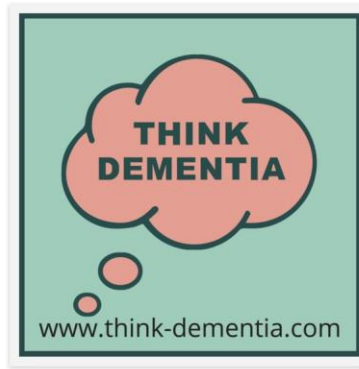
Episode 57: **Afterthoughts with Amy: Brain Donation** In this Afterthoughts with Amy episode there is a further discussions about brain health equity in brain donation and Amy covers some myths out there about brain donation.

Episode 58: **Cold Weather Tips** In this episode Amy draws from her experience in Minnesota with cold weather and talks about how to keep someone living with dementia safe and warm.

Episode 59: **LATE Disorder** In this episode Amy answers a questions regarding the difference between dementia and LATE disorder. Learn more about this newly recognized type of dementia and how it is similar to Alzheimer's and FTD in some ways. LATE may even be in the top 4 diseases that cause dementia and yet many don't know about it.

Episode 60: **Should We Tell Him?** In this episode Amy discusses considerations for a man unaware of his diagnosis right now, but his family has received news via phone from the neurologist confirming he has dementia. The appointment to see the neurologist is months away and should the family tell him or keep it a secret until the appointment.

Episode 61: **Why Should I Draw That Clock?** An audience member at a presentation asks Amy, "Why do I have to do that test at the doctor every year? Why do I have to draw that clock?" Amy dives into the purpose of the cognitive testing that happens annually during your physical and what types of tests they are using and why.



Episode 63: **Norovirus** Amy provides information and education on this virus that seems to be sweeping the nation with vomiting and diarrhea.

Episode 64: **“Refusals” in Assisted Living** A listener struggles with continuing to hear from an Assisted Living that her loved one living with dementia is refusing cares, what can be done about this?

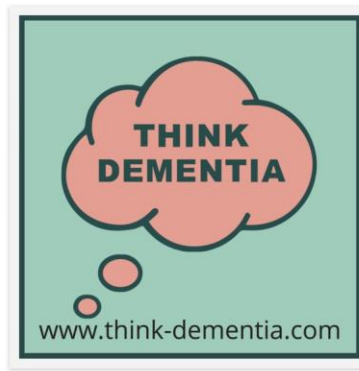
Episode 65: **Early, Middle and Late Stage Incontinence** A podcast of Amy’s webinar regarding personal cares, this episode includes how to assist someone with incontinence concerns in the early, middle and late stages of the disease. Get your pen and paper because these are all the tips and tricks Amy has learned over the decades.

Episode 66: **Bring it Hollywood! Dementia in Movies, TV, Documentaries & More** Amy House has been noticing a dementia storyline in some of the shows she has been watching. What other movies and series are highlighting how dementia touches everyone somehow?

Episode 67: **What Should I Be Doing? Part 1- Reminiscing and Spiritual Activities** A listener asks how they can give their Grandma living with dementia something to do. She keeps asking “what should I be doing?” This first episode of a 3 part series talks about activities and engagement for reminiscing and spiritual activities. For a list of activities mentioned in this episode go to www.think-dementia.com/resources

Episode 68: **What Should I Be Doing? Part 2- Sensory and Art Activities** A listener asks how they can give their Grandma living with dementia something to do. She keeps asking “what should I be doing?” This 2nd episode of a 3 part series talks about activities and engagement for sensory fun and art. For a list of activities mentioned in this episode go to www.think-dementia.com/resources

Episode 69: **What Should I Be Doing? Part 3- Household Tasks and Exercise Activities** A listener asks how they can give their Grandma living with dementia something to do. She keeps asking “what should I be doing?” This 3rd episode of a 3 part series talks about activities and



engagement for tasks around the home and activities to get some exercise. For a list of activities mentioned in this episode go to www.think-dementia.com/resources

Episode 70: **Afterthoughts with Amy: A Gain in Artistic Abilities?** A listener asks Amy after hearing the What Should I Be Doing? Part 2 Sensory and Art Activities if she has heard about someone who many gain artistic abilities that were not there before their dementia.

Episode 71: **Well-Meaning Family Members with Opinions** Two listeners share the frustrations they have when other family members are sharing their opinions on caring for the individual with dementia, especially when they are not there helping also.

Episode 72: **Talking to Mom About In-Home Care** A listener asks Amy for advice on how to approach the subject of having 24/7 in-home care with her mother.

Episode 73: **Afterthoughts with Amy: Talking to Mom About In-Home Care** What do you do when they won't let the in-home care in the door? Amy problem solved this common scenario

Episode 74: **Do I Really Need a Hospital Bed?** Two spouses who are enrolling their loved one living with dementia into hospice, both ask the same question and wonder if a hospital bed is helpful.

Episode 75: **Does Somene's Sense of Humor Go Away?** A listener in Kentucky wonders if a person living with dementia loses their sense of humor with the disease.