

Sources by Fact

Grieving Someone Who Is Still Here: When Someone You Love Has Progressive Memory Loss. Book 9 of The Sitting Room Series.

This list matches each fact in the book to its sources, chapter by chapter. The book itself lists each source once, with the chapters that use it. Websites were checked in October 2026. Pages move and change, so search for the title if a web address no longer works.

1. Who This Book Is For and How to Use It

Alzheimer's disease and most other kinds of dementia get worse over time

Alzheimer's Association. "What Is Dementia?"
alz.org/alzheimers-dementia/what-is-dementia

The Alzheimer's Association 24/7 Helpline, free, any hour

Alzheimer's Association. "24/7 Helpline."
alz.org/help-support/resources/helpline

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help."
988lifeline.org/get-help

Quotation on the notes page

The Holy Bible, King James Version. Matthew 11:28.
kingjamesbibleonline.org

2. Grief Before a Death

Ambiguous loss: Pauline Boss's term for a loss that stays unclear; psychological absence with physical presence, including in Alzheimer's disease and other dementias

Regents of the University of Minnesota. "FAQ," Ambiguous Loss, Pauline Boss. ambiguousloss.com/about/faq

Stage models of grief lack sound evidence and can harm bereaved people who expect to move through stages

Stroebe, Margaret, Henk Schut, and Kathrin Boerner.

"Cautioning Health-Care Professionals: Bereaved Persons Are Misguided Through the Stages of Grief." *OMEGA: Journal of Death and Dying* 74, no. 4 (2017): 455-473.

journals.sagepub.com/doi/10.1177/0030222817691870

Holding the opposite ideas of absence and presence at once, because most relationships are both

Regents of the University of Minnesota. "About," Ambiguous Loss, Pauline Boss. ambiguousloss.com/about

Moe, Kevin. "Ambiguous loss: when closure doesn't exist." Connect, University of Minnesota College of Education and Human Development. January 1, 2024. connect.cehd.umn.edu/ambiguous-loss

Quotation on the notes page

The Holy Bible, King James Version. Ecclesiastes 3:4. kingjamesbibleonline.org

3. What You May Feel

Feelings care partners report as memory loss progresses

Alzheimer's Association. "Grief and Loss as Alzheimer's Progresses." alz.org/help-support/caregiving/caregiver-health/grief-loss-as-alzheimers-progresses

988 for anyone in distress, by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help."
988lifeline.org/get-help

Sadness or loss of interest lasting two weeks or more as a sign of depression

National Institute of Mental Health. "Depression."
nimh.nih.gov/health/publications/depression

The Alzheimer's Association Helpline

Alzheimer's Association. "24/7 Helpline."
alz.org/help-support/resources/helpline

Quotation on the notes page

The Holy Bible, King James Version. Psalm 34:18.
kingjamesbibleonline.org

4. Keeping Yourself Going

59 percent of family caregivers of people with dementia rate their emotional stress high or very high (2026)

Alzheimer's Association. "Alzheimer's Facts and Figures Report." 2026. alz.org/alzheimers-dementia/facts-figures

Medicare's yearly wellness visit includes detection of any cognitive impairment

Code of Federal Regulations. "42 CFR 410.15, Annual wellness visits providing Personalized Prevention Plan Services," paragraph (a), detection of any cognitive impairment. [ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-410/subpart-B/section-410.15](https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-410/subpart-B/section-410.15)

Depression: lasting two weeks or more; it can be treated

National Institute of Mental Health. "Depression." [nimh.nih.gov/health/publications/depression](https://www.nimh.nih.gov/health/publications/depression)

Book 3, the Emergency Information Sheet, is free at aldercreekeditions.com

Respite care at home, in a care facility, or at an adult day center

National Institute on Aging. "What Is Respite Care?" [nia.nih.gov/health/caregiving/what-respite-care](https://www.nia.nih.gov/health/caregiving/what-respite-care)

The Area Agency on Aging and the Eldercare Locator

Eldercare Locator, U.S. Administration for Community Living. "Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Eldercare Locator, U.S. Administration for Community Living.

"About." eldercare.acl.gov/Public/About/Index.aspx

GUIDE: eligibility (dementia, Medicare Parts A and B as primary payer, not Medicare Advantage or PACE, not hospice, not a long-term nursing home resident or in a memory care unit as of July 2026), caregiver training and support, respite for people living at home (not residential care), caregiver training and support, respite up to an annual cap of about \$2,500

Centers for Medicare & Medicaid Services. "GUIDE (Guiding an Improved Dementia Experience) Model." Last modified August 11, 2026.

cms.gov/priorities/innovation/innovation-models/guide

Centers for Medicare & Medicaid Services. "GUIDE Model Frequently Asked Questions." Last modified September 25, 2026. cms.gov/priorities/innovation/guide/faqs

Alzheimer's Association support groups

Alzheimer's Association. "Support Groups."

alz.org/help-support/community/support-groups

The Alzheimer's Association Helpline, any hour; 988 in a crisis

Alzheimer's Association. "24/7 Helpline."

alz.org/help-support/resources/helpline

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Quotation on the notes page

The Holy Bible, King James Version. Isaiah 40:31.

kingjamesbibleonline.org

5. The Losses Along the Way

Quotation on the notes page

The Holy Bible, King James Version. Psalm 30:5.
kingjamesbibleonline.org

6. Who They Are Now

Talking with a person with memory loss: name and eye contact, speak slowly, one question at a time, yes or no questions, extra time, avoid arguing or correcting, the feeling behind the words

National Institute on Aging. "Do's and Don'ts: Communicating With a Person Who Has Alzheimer's Disease." nia.nih.gov/health/alzheimers-changes-behavior-and-communication/dos-and-donts-communicating-person-who-has

Alzheimer's Association. "Communication and Alzheimer's." alz.org/help-support/caregiving/daily-care/communications

Do not ask the person whether they remember someone; being called by another name or not recognized

National Institute on Aging. "Do's and Don'ts: Communicating With a Person Who Has Alzheimer's Disease." nia.nih.gov/health/alzheimers-changes-behavior-and-communication/dos-and-donts-communicating-person-who-has

Alzheimer's Association. "Memory Loss and Confusion." alz.org/help-support/caregiving/stages-behaviors/memory-loss-confusion

Quotation on the notes page

The Holy Bible, King James Version. 1 Corinthians 13:7.
kingjamesbibleonline.org

7. Your Marriage

Changes in sexual desire in people with Alzheimer's disease and in care partners

Alzheimer's Association. "Changes to Your Relationship." alz.org/help-support/caregiving/caregiver-health/relationship-changes

Alzheimer's Association. "Changes in Sexuality and Intimacy." Tip sheet TS-0027, updated July 2024. alz.org

The Alzheimer's Association Helpline

Alzheimer's Association. "24/7 Helpline." alz.org/help-support/resources/helpline

Quotation on the notes page

The Holy Bible, King James Version. Song of Solomon 8:7. kingjamesbibleonline.org

8. Changes to Report to the Doctor

Delirium and its causes, including infections, medicines, dehydration, and changes in body chemistry

MedlinePlus, U.S. National Library of Medicine. "Delirium." medlineplus.gov/ency/article/000740.htm

MedlinePlus, U.S. National Library of Medicine. "Dehydration." medlineplus.gov/dehydration.html

A urinary tract infection can come with confusion, but confusion alone does not prove one

MedlinePlus, U.S. National Library of Medicine. "Urinary tract infection - adults." medlineplus.gov/ency/article/000521.htm

American Family Physician. "Asymptomatic Bacteriuria," July 15, 2020, summarizing the 2019 Infectious Diseases Society of America guideline. aafp.org/afp/2020/0715/p99.html

Signs that can mean pain in a person with dementia

Alzheimer's Association. "Late-Stage Caregiving."

[alz.org/help-support/caregiving/stages-behaviors/late-stage](https://www.alz.org/help-support/caregiving/stages-behaviors/late-stage)

Unintentional weight loss

MedlinePlus, U.S. National Library of Medicine. "Weight loss - unintentional." medlineplus.gov/ency/article/003107.htm

Boxed warning: older people with dementia-related psychosis treated with antipsychotic drugs are at higher risk of death

U.S. Food and Drug Administration. Prochlorperazine Maleate Tablets, prescribing information, boxed warning. Revised November 2024. accessdata.fda.gov

U.S. Food and Drug Administration. Zyprexa (olanzapine), prescribing information, boxed warning. Revised January 2025. accessdata.fda.gov

Book 8, the Care Partner's Log, is free at aldercreekeditions.com

Stroke signs: sudden numbness or weakness, trouble speaking, seeing, or walking, severe headache; note the time; a fall with a blow to the head

Centers for Disease Control and Prevention. "Signs and Symptoms of Stroke."

[cdc.gov/stroke/signs-symptoms/index.html](https://www.cdc.gov/stroke/signs-symptoms/index.html)

Centers for Disease Control and Prevention. "Still Going Strong: Information for Caregivers."

[cdc.gov/still-going-strong/caregivers](https://www.cdc.gov/still-going-strong/caregivers)

Quotation on the notes page

The Holy Bible, King James Version. Proverbs 12:15.

[kingjamesbibleonline.org](https://www.kingjamesbibleonline.org)

9. When It Is Not Safe

Aggression and anger in dementia: causes, responses, taking a break when the person is safe, and calling 911 in an emergency

Alzheimer's Association. "Aggression and Anger." alz.org/help-support/caregiving/stages-behaviors/aggression-and-anger

The Alzheimer's Association Helpline and 988

Alzheimer's Association. "24/7 Helpline."
alz.org/help-support/resources/helpline
988 Suicide and Crisis Lifeline. "Get Help."
988lifeline.org/get-help

Reporting abuse at home to Adult Protective Services; Georgia's number, hours, and online form

State of Georgia. "Report Elder Abuse." [Georgia.gov](https://georgia.gov), last updated June 2026. georgia.gov/report-elder-abuse
Georgia Department of Human Services, Division of Aging Services. "Adult Protective Services."
aging.georgia.gov/adult-protective-services
Eldercare Locator, U.S. Administration for Community Living. "Contact Information."
eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Reporting abuse in a care home to the licensing agency, the police, the ombudsman, and the administrator; Georgia Healthcare Facility Regulation

Georgia Department of Community Health. "Healthcare Facility Regulation: Complaints." dch.georgia.gov/node/9751

Code of Federal Regulations. "45 CFR 1324.19, Duties of the representatives of the Office." ecfr.gov/current/title-45/subtitle-B/chapter-XIII/subchapter-C/part-1324/subpart-A/section-1324.19

Six in ten people with dementia will wander; call 911 within 15 minutes

Alzheimer's Association. "Wandering." alz.org/help-support/caringiving/stages-behaviors/wandering

Considering removing guns from the home of a person with dementia

Alzheimer's Association. "Firearm Safety." Updated July 2024. alz.org/media/Documents/alzheimers-dementia-firearm-safety-ts.pdf

The long-term care ombudsman; in some states APS takes care-home reports

U.S. Administration for Community Living. "Long-Term Care Ombudsman Program." acl.gov/programs/protecting-rights-and-preventing-abuse/long-term-care-ombudsman-program

National Adult Protective Services Association. "Help in Your Area." napsa-now.org/help-in-your-area

Quotation on the notes page

The Holy Bible, King James Version. Psalm 46:1.
kingjamesbibleonline.org

10. When Home Is No Longer Enough

Memory care, assisted living, and nursing homes

National Institute on Aging. "Long-Term Care Facilities: Assisted Living, Nursing Homes, and Other Residential Care." Reviewed October 12, 2023. nia.nih.gov/health/assisted-living-and-nursing-homes/long-term-care-facilities-assisted-living-nursing-homes

Alzheimer's Association. "Long-Term Care." alz.org/help-support/caregiving/care-options/long-term-care

National median costs, 2025: assisted living, nursing home rooms, adult day health care, and non-medical home care; memory care not reported separately

Genworth Financial. "CareScout Releases 2025 Cost of Care Survey Results." March 2, 2026. investor.genworth.com/news-events/press-releases/detail/1054/carescout-releases-2025-cost-of-care-survey-results

Medicare does not pay for long-term care, at home or in a nursing home

Medicare.gov. "Long-Term Care."
[medicare.gov/coverage/long-term-care](https://www.medicare.gov/coverage/long-term-care)

Medicaid can help pay for nursing home care for people with limited income who meet their state's rules; programs vary by state

Medicare.gov. "How can I pay for nursing home care?" [medicare.gov/providers-services/original-medicare/nursing-homes/payment](https://www.medicare.gov/providers-services/original-medicare/nursing-homes/payment)

Medicare.gov. "Long-Term Care."
[medicare.gov/coverage/long-term-care](https://www.medicare.gov/coverage/long-term-care)

SHIP free counseling; elder law attorneys; Georgia Senior Legal Aid, statewide for people 60 and older, 404-389-9992; Georgia's Elderly Legal Assistance Program, numbers by county

State Health Insurance Assistance Program. "Local Medicare Help." shiphelp.org/local-medicare-help

National Academy of Elder Law Attorneys. "Find a Lawyer." naela.org/findlawyer

Georgia Department of Human Services, Division of Aging Services. "Elderly Legal Assistance Program." aging.georgia.gov/tools-resources/elderly-legal-assistance-program

Atlanta Legal Aid Society. "Get Help" and "Contact." atlantalegalaid.org

Original Medicare's skilled nursing facility benefit usually requires a qualifying inpatient stay of at least three days; some plans and programs differ

Medicare.gov. "Skilled Nursing Facility (SNF) Care." medicare.gov/coverage/skilled-nursing-facility-care

Books 7, 10, and 11 are free at aldercreekeditions.com

Quotation on the notes page

The Holy Bible, King James Version. Exodus 20:12.
kingjamesbibleonline.org

11. Toward the End

Changes in the last stage of Alzheimer's disease

Alzheimer's Association. "Late-Stage Caregiving." alz.org/help-support/caregiving/stages-behaviors/late-stage

Medicare hospice eligibility, six months or less if the illness runs its normal course; two 90-day periods, then unlimited 60-day periods

Medicare.gov. "Hospice Care."

[medicare.gov/coverage/hospice-care](https://www.medicare.gov/coverage/hospice-care)

Code of Federal Regulations. "42 CFR Part 418, Subpart B, Eligibility, Election, and Duration of Benefits," sections 418.20, 418.21, 418.22(b)(1), and 418.26. [ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-418/subpart-B](https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-418/subpart-B)

Hospice discharge when a person is no longer terminally ill, and electing hospice again later

Code of Federal Regulations. "42 CFR Part 418, Subpart B, Eligibility, Election, and Duration of Benefits," sections 418.20, 418.21, 418.22(b)(1), and 418.26. [ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-418/subpart-B](https://www.ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-418/subpart-B)

Under hospice, Medicare does not cover treatment to cure the terminal illness, still covers unrelated conditions, and does not pay room and board except short inpatient or respite stays

Medicare.gov. "Hospice Care."

[medicare.gov/coverage/hospice-care](https://www.medicare.gov/coverage/hospice-care)

988 for anyone in distress

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Out-of-hospital do-not-resuscitate orders and POLST forms

Georgia Department of Public Health. "Physician Orders for Life-Sustaining Treatment (POLST)." dph.georgia.gov/POLST

Feeding tubes in advanced dementia

American Geriatrics Society Ethics Committee and Clinical Practice and Models of Care Committee. "American Geriatrics Society Feeding Tubes in Advanced Dementia Position Statement." Journal of the American Geriatrics Society 62, no. 8 (2014): 1590-1593. pubmed.ncbi.nlm.nih.gov/25039796

Hospice bereavement support for up to a year after the death

Code of Federal Regulations. "42 CFR 418.64, Condition of participation: Core services," paragraph (d)(1), bereavement counseling. ecfr.gov/current/title-42/chapter-IV/subchapter-B/part-418/subpart-C/section-418.64

Quotation on the notes page

The Holy Bible, King James Version. Psalm 23:4.
kingjamesbibleonline.org

12. What the Care Partner Carries, and What You Carry

Quotation on the notes page

The Holy Bible, King James Version. Romans 12:15.
kingjamesbibleonline.org

13. Taking Part of It

What long-distance caregivers can do

National Institute on Aging. "Long-Distance Caregiving: How Can I Help if I'm Far Away?" nia.nih.gov/health/long-distance-caregiving/long-distance-caregiving-how-can-i-help-if-im-far-away

Medicare talks with a family member when the person has signed form CMS-10106 naming them

Centers for Medicare & Medicaid Services. "CMS-10106: 1-800-MEDICARE Authorization to Disclose Personal Health Information." cms.gov/cms10106-authorization-disclose-personal-health-information

The Alzheimer's Association Helpline and 988

Alzheimer's Association. "24/7 Helpline."
alz.org/help-support/resources/helpline
988 Suicide and Crisis Lifeline. "Get Help."
988lifeline.org/get-help

Quotation on the notes page

The Holy Bible, King James Version. Ecclesiastes 4:12.
kingjamesbibleonline.org