

Chapter 15

Neurological disorders

ADDITIONAL RESOURCES

YouTube, as usual, has range of relevant and thoughtful videos. Here are some interesting highlights.

Alzheimer's Disease:

- Keeping Memories alive: big set of playlists related to a range of chronic neurological disorders which result in memory loss. One playlist involves patient and family stories, but there are many others of relevance:
<https://www.youtube.com/c/KeepmemoryaliveOrg/playlists>

Videos of therapies with people who have dementia are actually quite difficult to find online, (perhaps reflecting the problems of gaining consent from participants), but here is:

- An introduction to RO, with a talk and role play:
<https://www.youtube.com/watch?v=6uzKi2atUMU>
- An engaging TedTalk by Naomi Feil, the originator of Validation Therapy:
https://www.youtube.com/watch?v=ESqfW_kyZq8

Traumatic Brain Injury:

- Attitude: a series of videos from a NZ rehabilitation centre following the lives of a number of patients in rehabilitation and immediately following their discharge. The music is mawkish and annoying at times, but the stories are profound and full of insight; <https://www.youtube.com/watch?v=qbzd7Zp70UU>
- More specific patient accounts of memory loss following traumatic brain injury, with medical commentary on strategies to improve functional memory:
<https://www.youtube.com/watch?v=l8eqal2q-uY>

Multiple Sclerosis:

- A TEDx talk by a person with MS. As with other TED talks, it has the danger of being the story of the able and confident, but it provides a moving story of her experiences: <https://www.youtube.com/watch?v=BwfgBBeQSQ0>

Try also reading...

Watkin, G. (2020) *Heal Your TBI: The 7-Step Approach for Recovering from a Traumatic Brain Injury*. Difference Press.

- A self-help book which gets good reviews and is written by someone who experienced a TBI.

Moller, M. (2019) *Alzheimer's Through the Stages: A Caregiver's Guide*. Althea Press.

- Another 'insider' view of living with someone who has AD.

Jelinek, G. (2016). *Overcoming Multiple Sclerosis: The Evidence-Based 7 Step Recovery Program*. Allen & Unwin.

- Important book by the leading 'self-care' advocate in MS.