

## **LBD Groups, YouTube series, and Podcasts:**

- **LBD Caring Spouses:**

A support group for those whose spouse is living with Dementia with Lewy bodies (DLB/LBD) or Parkinson's Disease Dementia (PDD).

<https://groups.io/g/LBDCaringSpouses>

To subscribe: [LBDcaringspouses+subscribe@groups.io](mailto:LBDcaringspouses+subscribe@groups.io)

- **LBDA Care Partner Facebook Support Group:**

A place to find support and guidance as well as share information and resources. Membership is limited to care partners of those living with Lewy body dementia.

<https://www.facebook.com/groups/LBDACarePartnerSupportGroup/>

- **Living with Lewy Facebook Support Group:**

This group is intended only for those living with LBD.

<https://www.facebook.com/groups/LBDALivingwithLewy/>

\*\*Care partners are welcome to join the LBDA Care Partner Facebook Support Group.

- **LBDA's Newly Lewy Facebook Group** - For those who have been newly diagnosed with LBD along with their caregivers.

- **LBDA Beyond Lewy Facebook Group** – For former caregivers who have lost someone due to LBD.

- **LBD Friends Meet Up** – A Zoom chat group for those with LBD. Meetings are every Wednesday at 11am. Email [info@lewybodycaregivers.com](mailto:info@lewybodycaregivers.com) to join.

- **LBDAtv YouTube Series** “Navigating the Twilight”

- **Lewy Body and Mindful Caregiving** – an Apple podcast hosted by Krystal Jakosky