



# ThriveAlliance

Enhancing lives. Building communities.



## DEMENTIA CARE PROGRAM

### RESOURCE GUIDE

#### What is Dementia?

**DEMENTIA IS AN UMBRELLA TERM THAT DESCRIBES A WIDE RANGE OF SYMPTOMS ASSOCIATED WITH A DECLINE IN MEMORY, PROBLEM-SOLVING, OR OTHER THINKING SKILLS. THESE DECLINES ARE SIGNIFICANT ENOUGH TO REDUCE A PERSON'S ABILITY TO PERFORM EVERYDAY TASKS.**

**SOME TYPES OF DEMENTIA ARE, AT TIMES, IRREVERSIBLE. ALZHEIMER'S DISEASE, FRONTOTEMPORAL DEMENTIA, LEWY BODY DEMENTIA, VASCULAR DEMENTIA, AND MIXED DEMENTIA ARE MEDICAL TERMS FOR THESE IRREVERSIBLE DEMENTIA CONDITIONS.**



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# 10 WARNING SIGNS & SYMPTOMS



1. Memory loss that disrupts daily life
2. Challenges in planning or problem-solving
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking and writing
7. Misplacing things and losing the ability to retrace steps
8. Poor or decreased judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

**\*\*If you or someone you know has two or more of these warning signs, please seek a medical evaluation from a qualified physician.**



# Facts about Dementia

Over 57 million people worldwide have dementia, with this number expected to rise to 152 million by 2050.

Age is the biggest risk factor for dementia, but other factors include family history, heart disease, high blood pressure, high cholesterol and diabetes.

Dementia is typically diagnosed based on a physical exam, medical history, cognitive tests and imaging studies.

There is no cure for dementia but medications and therapies can help manage symptoms and improve quality of life.



FACTS



~~MYTHS~~



# CAREGIVER RESOURCES

## Today's Caregiver

They provide an online home for caregivers including tips sections, discussion lists, breaking news, topic specific channels, expert answers and email newsletters.

Contact Information: 1900 West Oakland Park Blvd,  
PO Box 101147, Oakland Park, FL 33310  
[www.caregiver.com](http://www.caregiver.com)

## Family Caregiver Alliance

They provide services including assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers.

Contact Information: 235 Montgomery Street Suite  
930, San Francisco, CA 94104  
800.445.8106/415.434.3388 [www.caregiver.org](http://www.caregiver.org)

## Caregiver Action Network

This is a nonprofit organization providing education, peer support and resources to family caregivers across the country free of charge.

Contact information: 1150 Connecticut Ave NW  
Suite 501, Washington, DC 20036 202.454.3970  
[info@caregiveraction.org](mailto:info@caregiveraction.org)  
[www.caregiveraction.org](http://www.caregiveraction.org)



## The Well Spouse Association

They provide services including online support groups, reading rooms, resource directory, members' stories and connecting caregiver programs. The Well Spouse Association is a nonprofit organization. Well Spouse Association provides support and resources to people of all ages who care for partners with chronic illness or disability.

Contact information: 63 West Main St Suite H,  
Freehold, NJ 07728 732.577.8899  
[info@wellspouse.org](mailto:info@wellspouse.org)  
<https://wellspouse.org/>

## Caregiver Resources & Long-Care

They provide resources to help older adults continue to live in their homes and participate in their communities. The resources include caregiver resources, information assistance, planning for long-term care, veteran services and end-of-life care.

HHS The US Department of Health & Human Services, Hubert H. Humphrey Building, 200 Independence Avenue SW, Washington, DC 20201

Toll Free Call Center: 877.696.6775

<https://www.hhs.gov/about/contact-us/index.html>



## Caregiver Nation

A group for family caregivers and the people who love and support them. In the group, they share information, understanding, empathy and resources, so caregivers never feel alone or unsupported in their efforts.

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

## Centers for Medicare & Medicaid Services (CMS)

CMS is the federal agency that provides health coverage to more than 160 million through Medicare, Medicaid, the Children's Health Insurance Program and the Health Insurance Marketplace. CMS works in partnership with the entire healthcare community to improve quality, equity and outcomes in the healthcare system.

Contact information:

Medicare Service Center 800.633.4227

Social Security 800.772.1213

<https://www.cms.gov/>

## Arch National Respite Network

The website helps caregivers locate respite providers, provides resources for respite providers and programs and advocate for quality, accessible respite care.

Contact Information: 703.256.2084

4220 NC-55 Suite 330, Durham, NC 27713

<https://archrespite.org/contact/>

## State Health Insurance Assistance Program

The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth and nonbiased insurance counseling and assistance to Medicare-eligible individuals, their families and caregivers.

Contact Information: 800.452.4800  
<http://www.medicare.in.gov/>

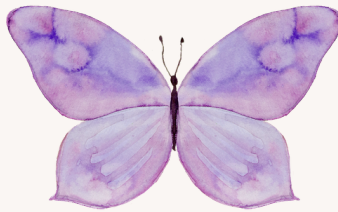
Thrive Alliance SHIP Counselors  
812.372.6918



## Social Security Administration

They administer retirement, disability, survivor and family benefits and enroll individuals in Medicare. They also provide Social Security Numbers, which are unique identifiers needed to work, handle financial transactions and determine eligibility for certain government services.

Contact information: Social Security Administration  
Office of Public Inquiries and Communications  
Support, 1100 West High Rise, 6401 Security Blvd,  
Baltimore, MD 21235 800.772.1213  
<https://www.ssa.gov>



## Social Security Disability

The Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) programs aid people with disabilities. They also provide Compassionate Allowance. This is a way to quickly identify diseases and other medical conditions. Extra Help helps pay monthly premiums, annual deductions and co-payments related to Medicare prescription drug costs.

Representative Payee provides benefit payment management for our beneficiaries who are incapable of managing their social security or SSI payments.

Contact information:

<https://www.ssa.gov/benefits/disability/>

<http://www.ssa.gov/compassionateallowance/>

<http://www.ssa.gov/benefits/medicare/prescriptionhelp.html>

<http://www.ssa.gov/payee/>

## Older Americans Act/Family Caregiver Support

The Older Americans Act provides community-based services and opportunities for older individuals and their families. Supportive services and senior center programs are provided through Indiana's Area Agencies on Aging.

INconnect Alliance member 800.713.9023

Contact information: 800.713.9023  
[www.INconnectAlliance.org](http://www.INconnectAlliance.org)



## No Wrong Door (NWD) Systems

No Wrong Door (NWD) Systems empowers individuals to make informed decisions, exercise control over their long-term care needs and achieve their personal goals and preferences.

Contact information:  
Indiana 800.713.9023  
INconnect Alliance

## National Alliance for Caregivers

They have information/resources on Alzheimer's & Dementia, The Association for Frontotemporal Degeneration (AFTD) Caregiving, The Lewy Body Dementia Association (LBDA), National Institute on Aging: Alzheimer's Disease Education and Referral Center, U.S. Department of Veterans Affairs: Dementia Care (including Alzheimer's) and more.

Contact information: 1730 Rhode Island Ave NW  
Suite #812, Washington, DC 20036  
202.918.1013

[info@caregiving.org](mailto:info@caregiving.org)

<https://www.caregiving.org/resources/>

## Federal Resources for Caregivers

Some government programs pay family or friends of people with disabilities to help with daily activities, including personal care, dispensing medications, cooking, cleaning and more.

Contact information:

<https://www.usa.gov/disability-caregiver>

## National Eldercare Locator

The Eldercare Locator is a nationwide service that connects older Americans and their caregivers with trustworthy local support resources.

Contact information:

800.677.1116

<https://eldercare.acl.gov/Public/About/Index.aspx>



## Fisher Center For Alzheimer's Research Foundation

The Fisher Center for Alzheimer's Research Foundation is an organization that provides millions of dollars for novel Alzheimer's research all over the world to investigate the latest, most promising research available.

They provide resources, news, a memory wall and more.

Contact information:

FDR Station, PO Box 220, New York, NY 10150

212.915.1328

[info@alzinfo.org](mailto:info@alzinfo.org)

<https://www.alzinfo.org/>

## Dementia Action Alliance

A nonprofit organization that provides hope and helps individuals and families living with dementia. It provides information about how to live proactively with dementia. They offer services and peer support, including three weekly online discussion groups, two monthly podcasts, an online resource center, a national Speakers Bureau and other services.

Contact information: 935 Westchester Rd,  
Grosse Pointe Park, MI 48230  
[info@daanow.org](mailto:info@daanow.org) OR <https://daanow.org/>



## Assisted Living Resources

They provide resource guides for all types of diversity for assisted living options and needs. The assisted living checklist can be found here:

<https://assets.aarp.org/externalsites/caregiving/checklists/checklistassistedLiving.html>

Contact information:

<https://www.assistedliving.org/about-us/>

# Resources for Children

## What is Dementia?

This is a group of staff from the pharmaceutical company, who chose to dedicate their time to helping children understand dementia. They provide resources for age groups from young kids to teens.

Contact Information: Dementia Research Infoline, Alzheimer's Research UK, 3 Riverside, Granta Park, Cambridge CB21 6AD, phone number: 0300 111 5 111, [infoline@alzheimersresearchuk.org](mailto:infoline@alzheimersresearchuk.org) OR <https://www.alzheimersresearchuk.org/>

## Young Caregiver Connect

This website is for young caregivers who are taking care of an individual. There are online support groups and peer groups. A 24/7 helpline and resources are available on this website for various diseases.

Contact information: Helpline: 833.416.2273  
<https://youngcaregiversconnect.ca/alzheimers-and-dementia/>

## Alzheimer's Association for Kids

Provides links to videos that help explain dementia to children and teens. Along with activities and brain facts to help educate the children and teens about dementia.

Contact information: 225 N. Michigan Ave Floor 17, Chicago, IL 60601, or 24/7 Helpline at 800.272.3900 OR [https://www.alz.org/help-support/resources/kids-teens/for\\_kids](https://www.alz.org/help-support/resources/kids-teens/for_kids)

## Kids Helpline

We provide free support and counseling (talking through problems) to people aged 5-25. You can chat to us about ANYTHING big or small, serious or silly, easy or complicated, long or short, bad or good, in the past, future or now...

Contact information: <https://kidshelpline.com.au/>

## Books for Kids

- The Secret Life of Lincoln Jones  
By Wendelin Van Draanen
- Weeds in Nana's Garden  
By Kathryn Harrison
- Grandpa's Magical Mind  
By Bre'annaWilson
- Grandma, It's Me!  
By Y.Y. Chan





## Medical/ Mental Health Resources



### Brain & Life

They have a range of products from a free website and print magazines to books and a podcast that connects you with stories of people living with brain disease, the latest research and perspectives on neurologic disorders and brain health.

Contact information: 201 Chicago Avenue, Minneapolis, MN 55415 800.879.1960 OR <https://www.brainandlife.org/>

### Move Your Way

The Move Your Way® tools, videos and fact sheets on this page have tips that make it easier to get a little more active. Small changes can add up to big health benefits!

Contact information: US Department of Health & Human Services, 200 Independence Avenue SW, Washington, DC 20201  
<https://health.gov/moveyourway>

### National Institute of Neurological Disorders and Stroke (NINDS)

NINDS provides patient & caregiver education, public education. The mission of NINDS is to seek fundamental knowledge about the brain and nervous system and to use that knowledge to reduce the burden of neurological disease for all people.

Contact information: National Institutes of Health (NIH), 9000 Rockville Pike, Bethesda, MD 20892  
<https://www.ninds.nih.gov/>

### My Health Finder

This is a tool to find healthcare for any age, gender or condition. The website also has helpful tips for healthy living and caregiver stress, which can be found here:

<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-support-if-youre-caregiver>

Contact information: <https://health.gov/myhealthfinder>

### Pathways Phone Numbers

Pathways: 877.284.9294

Anthem: 844.533.1995

United Health Care: 877.610.9785

Humana: 866.274.5888

### Military One Source

Military One Source is your 24/7 connection to information, answers and support to help you reach your goals, overcome challenges and thrive. They provide services such as counseling, elder care, education, health & wellness coaching and more.

Contact information: 800.342.9647 OR <https://www.militaryonesource.mil/about-us/>

### American Association for Marriage and Family Therapy

Provides a chance to find a marriage and family therapist that meets the individual's needs.

Contact information: American Association for Marriage and Family Therapy, 277 S Washington Street Suite 210, Alexandria, VA 22314 703.838.9808 Fax: 703.838.9805

<https://www.aamft.org/>

### Cleveland Clinic Healthy Brains Initiative

The Healthy Brains Initiative is an online resource center where you can access information and manage your brain health. The Healthy Brains interactive website provides you with innovative technology tools and much more.

Contact information: 888 W Bonneville Avenue, Las Vegas, NV 89106  
[healthybrains@ccf.org](mailto:healthybrains@ccf.org) OR <https://healthybrains.org/healthy-brains-initiative/>

### USA Gov

Get information about health insurance, various health conditions and help with medical bills.

Contact Information: 844.U.S.A.GOV1 (844.872.4681) OR <https://www.usa.gov/health>

### Long-Term Care Cost Calculator

<https://www.aarp.org/caregiving/financial-legal/long-term-care-cost-calculator/>

### Department of Veterans Affairs

VA offers benefits that can help Veterans buy, retain or modify a home, earn a degree, start a career, stay healthy and do much more in life after the military.

Contact Information: U.S. Department of Veterans Affairs, 810 Vermont Ave NW, Washington, DC 20420  
800.698.2411

<https://department.va.gov/about/>

### Cleveland Clinic Healthy Brains: 6 Pillars of Brain Health

Lifestyle has a profound impact on your brain health. What you eat and drink, how much you exercise, how well you sleep, the way you socialize and how you manage stress are all critically important to your brain health. The Cleveland Clinic; 6 Pillars of Brain Health will help navigate your journey to brain health.

Contact information: 888 W Bonneville Ave, Las Vegas, NV 89106  
[healthybrains@ccf.org](mailto:healthybrains@ccf.org) OR <https://healthybrains.org/pillars/>

### **Files of Life**

The Files of Life believes that everyone should receive prompt, quality medical care, especially when it matters most, in an emergency. Their product is designed to make the difference between life and death by providing vital information to first responders.

Contact Information: PO Box G, West Suffield, CT 06093 800.814.1788  
[support@thefileoflife.org](mailto:support@thefileoflife.org) OR <https://www.thefileoflife.org/>

### **Give an Hour**

They specifically provide mental health support to people impacted by human-made trauma through an innovative approach that empowers those we help to actively take part in their own mental health journey. They have crisis support, mental health tools & training, peer support, rare disease community and more.

Contact information: Give an Hour, PO Box 1532, Clarksburg, MD 20871, Text line 741741

### **AARP**

AARP empowers people to choose how they live as they age. Retirement planning, Medicare, long-term care, lowering prescription drug prices and more. There is also a care guide located at <https://www.aarp.org/content/dam/aarp/caregiving/pdf/family-caregiving-guide/english.pdf?intcomp=AE-CAR-P2CGD-ENG>

Contact information: 888.687.2277 OR text 833.259.2277 <https://www.aarp.org/>

### **Hilarity for Charity (HFC)**

HFC is a national nonprofit on a mission to care for families impacted by Alzheimer's disease, activate the next generation of Alzheimer's advocates and be a leader in brain health research and education. HCF also has a respite care grant. Guidelines and eligibility can be viewed on their website.

Contact information: HFC, 9301 Wilshire Blvd Suite 516, Beverly Hills, CA 90210  
[info@wearehfc.org](mailto:info@wearehfc.org) OR <https://www.wearehfc.org/>

### **Medicare**

Medicare is health insurance for people 65 or older. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD) or ALS (also called Lou Gehrig's disease). More than 66 million people in the U.S. get their health coverage from Medicare.

Contact information: 800.633.4227 <https://www.medicare.gov/>

### **PREPARE**

PREPARE is a program that can help you make medical decisions for yourself and others, and talk with your doctors to get the medical care that is right for you.

Contact information: [info@prepareforyourcare.org](mailto:info@prepareforyourcare.org) OR <https://prepareforyourcare.org/en/welcome>

### **The Conversation Project**

The Conversation Project® is a public engagement initiative of the Institute for Healthcare Improvement (IHI). They provide free guides on conversation starters, talking with a healthcare team, what matters to me workbook and more.

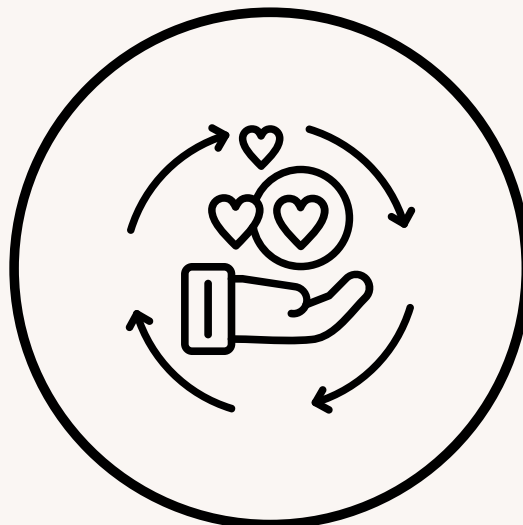
Contact information: Shubhi Tandon at 617.391.9939

<https://theconversationproject.org/> OR [conversationproject@IHI.org](mailto:conversationproject@IHI.org)

### **IndiAide**

IndiAide helps you organize key information, stay on top of your health and daily tasks and keep caregivers and providers informed all in one place.

Contact information: <https://www.indiaide.com/contact>



## **Disease-Specific Support**

### **Lewy Body Dementia Association**

The Association's purposes are charitable, educational, and scientific. They provide resources, information and support.

Contact information: Lewy Body Dementia Association, Inc. 912 Killian Hill Road S.W., Lilburn, GA 30047  
404.935.6444 OR <https://www.lbda.org/>

### **Lorenzo's House**

Lorenzo's House is a nonprofit organization for youth and families that are living with younger-onset dementia. They offer virtual and in-person youth initiatives, support groups and healing spaces.

Contact information: [info@lorenzoshouse.org](mailto:info@lorenzoshouse.org) OR <https://lorenzoshouse.org/>

### **The Association for Frontotemporal Degeneration AFTD**

AFTD provides resources such as helpline, diagnostic checklist, Comstock grants, awareness cards, provider letters, publications, recommended readings, and other resources, recommendations and more.

Contact information: Frontotemporal Degeneration, 2700 Horizon Drive Suite 120, King of Prussia, PA 19406  
866.507.7222 OR <https://www.theaftd.org/>

### **Parkinson's Foundation**

The Parkinson's Foundation offers helplines, resources & support, online education, webinars and more.

Contact information: 5757 Waterford District Drive Suite 310, Miami, FL 33126  
800.473.4636 OR <https://www.parkinson.org/>

### **The Alzheimer's Association**

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. They provide services such as helplines, training, resources and more.

Contact information: 225 N Michigan Ave Floor 17, Chicago, IL 60601  
24/7 Helpline at 800.272.3900 OR <https://www.alz.org/>

### **Wernicke-Korsakoff Syndrome**

Family Caregiver Alliance has information about Wernicke-Korsakoff such as what is Wernicke-Korsakoff, how does it diagnose, how is it treated and so on.

Contact information: 235 Montgomery Street Suite 930, San Francisco, CA 94104  
800.445.8106 OR 415.434.3388 OR <https://www.caregiver.org/resource/wernicke-korsakoff-syndrome/>

### **The Up-Street Project**

They are supporting clients with Alcohol-Related Brain Damage, Korsakoff's Syndrome, and other forms of brain damage and organic mental health issues. There are resources on their website for Korsakoff's Syndrome and Alcohol-Related Brain Damage.

Contact information: [team@korsakoffs.org](mailto:team@korsakoffs.org) OR <https://korsakoffs.org/>

### **National Organization for Rare Disorders**

NORD was the first national nonprofit to represent all individuals and families affected by rare diseases. Today they're the only organization working at the intersection of care, research, policy and community for all rare diseases. They provide resources and support for anyone living with a rare disease.

Contact information: National Organization for Rare Disorders (NORD), 1900 Crown Colony Drive Suite 310, Quincy, MA 02169 Phone: 617.249.7300 OR <https://rarediseases.org/>

### **American Stroke Association**

The American Stroke Association provides information such as life after stroke, healthy living, resources such as help and support, and ways to get involved.

Contact information: National Center, 7272 Greenville Ave, Dallas, TX 75231 800.242.8721 OR Stroke Family Warmline - Mondays-Fridays 8:30 am-5:00 pm CST 888.478.7653 OR <https://www.stroke.org/en>

### **Rare Dementia Support**

RDS supports people affected by 7 of the rare dementias including carers and bereaved carers. These are: Familial Alzheimer's Disease (FAD), frontotemporal dementia (FTD), familial frontotemporal dementia (FTD), posterior cortical atrophy (PCA), primary progressive aphasia (PPA), Lewy body dementia (LBD) and Young-onset Alzheimer's disease (YOAD).

Contact information: [contact@raredementiasupport.org](mailto:contact@raredementiasupport.org)  
OR <https://www.raredementiasupport.org/>

## Legal Services



### **Indianapolis Bar Association**

Has information about the Court guide, family law resource guide, the Indiana code and ways to find a lawyer. Legal Line: occurs on the 2nd Tuesday ONLY at 6:00-8:00 pm 317.269.2000  
Contact information: 140 N Illinois St, Indianapolis, IN 46204  
317.269.2000 [iba@indybar.org](mailto:iba@indybar.org) OR <https://www.indybar.org/>

### **Indiana Legal Services Inc. (ILS)**

Indiana Legal Services, Inc. (ILS) is a nonprofit law firm that provides free civil legal assistance to eligible low-income residents throughout the state of Indiana. They help with family law, landlord/tenant law, end of life/estate planning and more.  
Contact information: 317.631.9410 OR <https://www.indianalegalservices.org/>

### **Neighborhood Christian Legal Clinic**

Neighborhood Christian Legal Clinic is a 501(c)(3) organization that provides free legal services and education statewide to those who can't afford them. Hours are from 9:00 am to 5:00 pm Monday through Friday.  
Contact information: 3333 N Meridian St Suite 201, Indianapolis, IN 46208  
317.429.4131

### **National Academy of Elder Law Attorneys**

The National Academy of Elder Law Attorneys (NAELA) provides resources, education, help finding a lawyer and more.  
Contact information: [naela@naela.org](mailto:naela@naela.org) OR <https://www.naela.org/>

### **Elder Rights**

U.S. Department of Health and Human Services, Administration for Community Living,  
Washington, DC 20201  
202.619.0724 Fax: 202.357.3555  
[ACLinfo@acl.hhs.gov](mailto:ACLinfo@acl.hhs.gov) OR <http://www.aoa.gov>

### **Long-Term Care Ombudsman**

A long-term care Ombudsmen helps residents of nursing homes and assisted living facilities, as well as their relatives and friends. They can help with issues such as care problems, violations of rights, and problems with transfers and discharges.

Contact Information: Office of the Long-Term Care Ombudsman  
402 West Washington St Room W451, PO Box 7083 MS 27,  
Indianapolis, IN 46207-7083

Information/complaint line: 800.622.4484 OR 317.232.7134

<https://www.in.gov/ombudsman/long-term-care-ombudsman/contact-information/>

### **Clarity**

This resource can help patients and caregivers alike find the legal and financial resources they need for care planning.

Contact information: [inquiry@planforclarity.org](mailto:inquiry@planforclarity.org) OR <https://planforclarity.org/en/welcome>



## **Apps & Websites**

### **Roon-Answers from Doctors**

Roon is a tool to access healthcare knowledge. Roon was built by an interdisciplinary team of doctors, patients, caregivers, public health experts, designers, engineers and content producers. It can be accessed by a website or an app store.

Contact information: <https://www.roon.com/>

### **Dabble Sack**

Dabble Sack's mission is to provide a curated collection of engaging and purposeful activities for seniors, including those living with dementia/Alzheimer's.

Contact Information: [contactus@dabblesack.com](mailto:contactus@dabblesack.com) OR <https://dabblesack.com/>

### **Memory Café Directory**

Allows you to search any Memory Café alliance nationwide.

Contact information: <https://www.memorycafedirectory.com/>

### **Project Lifesaver**

A community-based, public safety, nonprofit organization that provides law enforcement, fire/rescue and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life-threatening behavior of wandering. They provide resources such as wandering prevention and other resources.

Contact information: Project Lifesaver International Headquarters & Special Projects Division, 201 SW Port St. Lucie Blvd Suite 203, Port St. Lucie, FL 34984 877.580.LIFE (5433) OR <https://projectlifesaver.org/>

### **The Alzheimer's Store**

The Alzheimer's Store provides a collection of engaging and purposeful activities for seniors.

Contact information: 800.752.3238

[contact@alzstore.com](mailto:contact@alzstore.com) OR <https://www.alzstore.com/Default.asp>

### **Angel Sense**

Angel Sense is designed for individuals with autism, special needs, Alzheimer's and dementia. It includes an AI-powered monitoring & alerting system, an app for multiple caregivers and a device of your choice, with an auto-pickup speakerphone. Key Features include lifesaving alerts, Live GPS tracking, an Assistive Speakerphone, safe ride monitoring, an emergency search tool and a late arrival and departure tool.

Contact information: 30 Chapin Road Unit 1201, Pine Brook, New Jersey 07058  
646.770.2950

[support@angelsense.com](mailto:support@angelsense.com) OR <https://www.angelsense.com/>

### **Day By Day Project**

They envision a world where moments of joy, remembrance and connection are ordinary for care partners through the power of music.

Contact information: <https://www.daybydayproject.org/contactus>

### **Giving Voice Chorus**

Giving Voice initiative inspires and equips organizations to bring together people with Alzheimer's and their care partners to sing in choruses that foster joy, well-being, purpose and community understanding.

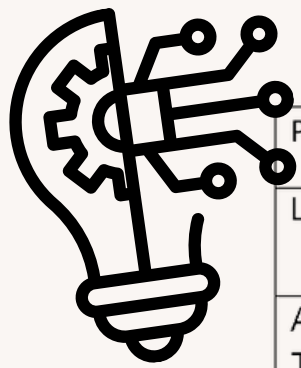
Contact information: Giving Voice Initiative, 7400 Metro Blvd Ste 255, Minneapolis, MN, 55439

[info@givingvoicechorus.org](mailto:info@givingvoicechorus.org) OR <https://www.givingvoicechorus.org/>

### **Brain Foundation**

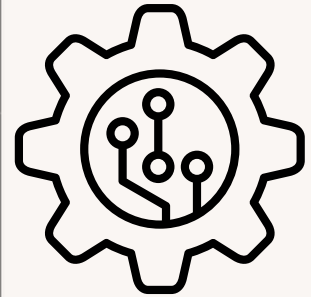
The website has brain game booklets to help challenge your brain, along with information for a healthier brain.

Contact information: [info@brainfoundation.org](mailto:info@brainfoundation.org) OR <https://brainfoundation.org>



## Wandering Tech

Product	Purpose	Major retailers
Life 360	Remote monitoring on a smartphone	App on the phone
Apple Air Tag	Small Bluetooth tracking device used with the Find My app on Apple devices	Target, Wal-Mart, Best Buy, and Amazon
<u>Trackimo</u> GPS Tracker	Pocket-size GPS tracker to view location online or on a cellphone	It can be found on Amazon
Smart Caregiver	Anti-wandering door alarm system	It can be found at <a href="https://smartcaregiver.com/">https://smartcaregiver.com/</a>
<u>SmartSole</u> Shoes insert device.	Shoe sole with location monitoring.	It can be found by searching on Google.
Door handles or knob guards	Prevent a person from leaving the building independently	Walmart, Target, Home Depot, & Lowe's
Entrance alert chime	Plays a tone to alert the caregiver if the person living with dementia has walked out of the house	Home Depot & Lowe's



## Safety Monitoring

Amazon Echo Show 5	Use as a monitor and check in via video calls	Wal-Mart, Target, Best Buy & Amazon	Amazon Echo	It can be used to call for help, operate in-home technology such as thermostats and televisions, stream music, and search the web.	It can be found on Amazon, Wal-Mart, Best Buy, & Target.
Arlo Q Nanny Cam	Use as a monitor, it can be viewed through a smartphone application	It can be found on Amazon or Arlo.com	Google Home	It can be used to call for help, operate in-home technology such as thermostats and televisions, stream music, and search the web.	It can be found on Amazon, Wal-Mart, Best Buy, & Target.
Nest Cam	Use as a monitor, it can be viewed through a smartphone application	It can be found on Amazon, Google Store, or nest.com			

## **Educational/Training Resources**

### **Dementia Friendly America**

Dementia Friendly America is committed to fostering community support for people living with dementia and their essential care partners so they can safely remain and continue to engage in the community.

Contact information: 1100 New Jersey Avenue SE Suite 350, Washington, DC 20003  
202.872.0888 OR <https://dfamerica.org/>

### **Bright Focus Foundation - Alzheimer's Disease**

Bright Focus funds exceptional scientific research worldwide to defeat Alzheimer's disease, macular degeneration and glaucoma and provides expert information on these heartbreaking diseases.

They also provide educational resources.

Contact information: 800.437.2423 Fax: 301.258.9454  
[info@brightfocus.org](mailto:info@brightfocus.org) OR <https://www.brightfocus.org/Alzheimer's>

### **Alzheimer's Prevention Registry**

APR is focused on evaluating the most promising therapies in cognitively normal people who, based on their age and genetic background, are at the highest imminent risk of developing Alzheimer's disease symptoms.

Contact information: 888.STOPALZ  
[info@endALZnow.org](mailto:info@endALZnow.org) OR <https://www.endalznow.org/>

### **Alzheimer's Foundation of America**

The mission of the Alzheimer's Foundation of America (AFA) is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide and fund research for better treatment and a cure. They provide Helpline, Caregiver Support groups, webinar series, The AFA Teal Room and more.

Contact information: 866.232.8484  
[info@alzfdn.org](mailto:info@alzfdn.org) OR <https://alzfdn.org/>

### **Alzheimer's & Related Dem**

The ADEAR Center is a service of the National Institute on Aging (NIA), one of the Federal Government's National Institutes of Health and part of the US Department of Health and Human Services. The NIA conducts and supports research about health issues for older people and is the primary Federal agency for Alzheimer's disease research.

Contact Information: 800.438.4380  
[adear@nia.nih.gov](mailto:adear@nia.nih.gov) OR <https://www.nia.nih.gov/health/alzheimers-and-dementia/about-adear-center>

### **National Institute on Aging**

The National Institute on Aging (NIA) provides information about Dementia and NIA-supported breakthroughs in understanding Alzheimer's disease and related dementias and working towards an effective treatment or cure.

Contact information: 800.222.2225.  
[niaic@nia.nih.gov](mailto:niaic@nia.nih.gov) OR <https://www.nia.nih.gov/>

### **Alzheimer's Association**

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection and maximizing quality care and support. They provide a helpline, support groups, educational training and resources.

Contact Information: 225 N Michigan Ave Floor 17, Chicago, IL 60601.  
Helpline 800.272.3900 OR <https://www.alz.org/>

### **Powerful Tools for Caregivers**

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. The caregiver class is available online or in-person, depending on location.

Contact information: Iowa State University, Attn: Dr. Jeongeun Lee, 2356 Palmer Bldg, 2222 Osborn Drive, Ames, Iowa 50011-1078 [ptcaregivers@iastate.edu](mailto:ptcaregivers@iastate.edu) OR <https://www.powerfultoolsforcaregivers.org/>

Thrive Alliance Caregiver Coordinator 812.372.6918



### **Timeslips**

Timeslips' mission is to bring meaning & purpose into the lives of elders through creative engagement.

Contact Information: <https://www.timeslips.org/>

### **Senior Lifestyles**

Senior Lifestyles provides resource guides on senior housing, health & wellness and healthcare costs.

Contact information: 303 East Wacker Drive 24th Floor, Chicago, IL 60601 OR <https://www.seniorlifestyle.com/>

### **The Public Health Center of Excellence on Dementia Caregiving**

They provide resources & tools for public health, expert assistance in guidance to public health agencies and partnership among public health, service organizations, healthcare providers and care partners.

Contact information: D351 Mayo Memorial Building (MMC 729) 420 Delaware Street SE, Minneapolis, MN 55455 OR <https://bolddementiacaregiving.org/resource-hub/>

### **Positive Approach to Care**

Positive Approach to Care® enhances the lives and relationships of those living with brain change by fostering an inclusive global community. They provide training and educational resources on the website at

[https://www.youtube.com/results?search\\_query=Teepa+Snow+PAC](https://www.youtube.com/results?search_query=Teepa+Snow+PAC)

Contact Information: 877.877.1671

[info@teepasnow.com](mailto:info@teepasnow.com) OR <https://teepasnow.com/>

### **Indy Hunger Network**

The Federal Nutrition Programs Toolkit is a document that is designed to help people find information and resources on what programs are available through the federal government and administered by the state of Indiana.

Contact Information: 32 E 32nd Street, Indianapolis, IN 46205

317.510.9530 OR <https://www.indyhunger.org/federal-nutrition-programs-toolkit/>

### **National Center on Elder Abuse (NCEA)**

The NCEA's Mission Statement is to improve the national response to elder abuse, neglect and exploitation by gathering, housing, disseminating and stimulating innovative, validated methods of practice, education, research and policy.

Contact information: 855.500.3537 [ncea-info@acl.hhs.gov](mailto:ncea-info@acl.hhs.gov) OR [ncea.acl.gov](http://ncea.acl.gov)

### **Nursing Home Abuse Center**

The Nursing Home Abuse Center is a dedicated resource for nursing home abuse victims and their families. They provide resources and legal options.

Contact information: 1330 Boylston St Suite 400, Chestnut Hill, MA 02467 877.978.3170

[help@nursinghomeabusecenter.com](mailto:help@nursinghomeabusecenter.com) OR <https://www.nursinghomeabusecenter.com/>

### **Make the Connection**

Make the Connection aims to reduce barriers and stigma associated with mental health challenges that may prevent Veterans from seeking mental healthcare. Make the Connection provides resources, life event & experiences, stories of connection and more.

Contact information: <https://www.maketheconnection.net/>

### **National Alzheimer's & Dementia Resources Center (NADRC)**

The NADRC is dedicating resources for states and community organizations with proven capability in the provision of both services and training to target special populations.

Contact information: [erin.long@acl.hhs.gov](mailto:erin.long@acl.hhs.gov) OR <https://nadrc.acl.gov/supportedprogram>



## Local Resources

### Thrive Alliance

Thrive Alliance is a local non-profit agency based in South Central Indiana that serves as an Area Agency on Aging. Thrive Alliance provides many programs with one being the Dementia Care program which can provide anyone with training, educational information and referrals if needed.

Contact information: 2158 Cottage Ave, Columbus, IN 47201 812.372.6918  
[jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org) OR <https://thrive-alliance.org/>

### **Available Programs at Thrive Alliance:**

Dementia Friendly America is a national network of communities, organizations and individuals seeking to ensure that communities across the US are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the ability of people living with dementia to remain in the community and engage and thrive in day-to-day living. Dementia Friendly America is administered by USAging. Dementia Friendly America offers certification for businesses that would like to show their customers and clients that they are friendly to those in their communities who live with dementia.

### **Dementia Friends**

Utilizing the prescribed protocols of Dementia Friendly Indiana, Thrive Alliance is collaborating with community partners to assist in joining communities across the nation now actively preparing for the increasing numbers of people who will have dementia as the general population ages. The Dementia Friends program raises awareness of and develops respect and inclusion of individuals with dementia.

### **Music and Memory**

Thrive Alliance is certified as an In-Home Music and Memory provider. Grounded in extensive research, Music and Memory helps individuals living with a wide range of cognitive challenges and chronic pain, with benefits such as a reduction in depression and anxiety, reducing the need for pain medication, a lessening of caregiver stress and an increase in family engagement.

### **Robotic Pet Program**

Thrive Alliance offers a robotic pet program for individuals living at home with dementia in all five counties that are served by the agency. The robots respond to touch and motion by purring, barking, and rolling over. These lifelike features mimic pet therapy for individuals affected by dementia and encourages interaction, thereby helping reduce the anxiety, depression, irritability, and loneliness associated with dementia.

### **Dementia Care Coach**

This position interacts directly with individuals who have been diagnosed with dementia, along with their caregivers, to implement the optimum plan of care for those individuals. The offerings of this program include conducting caregiving counseling, education and referral, developing a crisis plan, encouraging eight hours of weekly respite care and connecting to monthly support groups.

### **Virtual Dementia Tour**

The Virtual Dementia Tour (VDT) is an evidence-based program simulating changes associated with cognitive decline. The VDT builds sensitivity and awareness in individuals caring for those with dementia by temporarily altering participants' physical and sensory abilities. It builds a greater understanding of dementia through experiential learning and post-tour instruction. Tours last approximately 30 minutes.

### **Caregiving.com**

Thrive Alliance has teamed up with caregiving.com to enhance support for caregivers in our community, from resources to connection and everything in between.

<https://www.caregiving.com/partner/thrive/alliance>

## **Additional Local Resources**

### **Community Finder**

Get easy access to resources, community programs and services. Resources such as care at home, community services, housing options, medical services and more.

Contact information: <https://www.communityresourcefinder.org/>

### **Dementia Friendly**

Provides dementia friendly resources.

<https://www.dfindiana.org/>

### **Indiana 211**

For immediate help and access to essential community resources, dial 2-1-1

Contact information: 2-1-1 OR <https://in211.communityos.org/>



### **Thrive Alliance**

2158 Cottage Ave; Columbus, IN 47201  
812.372.6918 <https://thrive-alliance.org/>

Dementia Outreach Specialists:

Jane Ferril, [jferril@thrive-alliance.org](mailto:jferril@thrive-alliance.org)  
Tonya Carlock, [tcarlock@thrive-alliance.org](mailto:tcarlock@thrive-alliance.org)