

Diagnosis: Dementia

A Caregiver's Guide



**Local, regional, and national
resources for caregivers in
Brazoria County**

4rd Edition September 2020

**Brazoria County Gathering Place
Interfaith Ministries, Inc.**

Information in this booklet is based on the author's experience with hundreds of caregivers and is not medical advice. Much of the information is drawn from the Alzheimer's Association, Alzheimer's Foundation, Mayo Clinic, and National Institutes of Health Alzheimer's Disease Education and Referral (ADEAR) literature and websites.

**Alzheimer's Foundation National Caregiver Helpline
866-232-8484**

Staffed by licensed social workers who are specially trained in dementia care. Provides support, counsel, educational materials, and referral to local resources.

Staffed 9-9 M-F and 9-5 Sat. and Sun.



**Brazoria County Gathering Place Interfaith Ministries, Inc.
979-308-4525**

200 E. Mulberry Angleton, TX 77515

P.O. Box 2050 Angleton, TX 77516

Office hours Angleton: 10 am to 3 pm Mon. through Thurs.

1212 S. Durant Alvin, TX 77511 Open by appointment

www.gatheringplacebrazoria.org

**Early Stage Coaches, Inc. meets clients by appointment at
Gathering Place offices; call 979-849-5051.**

**Brazoria County Gathering Place Interfaith Ministries
(EIN 47-1456707) and Early Stage Coaches (EIN 81-5012592)
are 501c3 non-profit charitable organizations devoted
to serving individuals and families affected by dementia.**

Dear Caregiver,

Over the last 12 years, I have met with several hundred people in Brazoria County who have just been told that their loved ones had some form of dementia.

All of them were very emotional. Most did not know where to turn. Many didn't know enough about dementia to know where to start.

If you have just been told that a loved one has Alzheimer's or a related dementia, and you are going to be the primary caregiver, I hope this booklet makes it a little easier for you. It is a starting place for your journey. The Gathering Place provides programs that will be with you every step of the way.

Our Brain Camp, Meta Camp, CompU.Talk and the Alzheimer's Awareness Project offer education about prevention, diagnosis, and treatment at classes, conferences, memory screenings, community presentations, and special events.

You may drop off your family member at nine 4-hour Gathering Place socials each month where trained and compassionate volunteers see that they have a wonderful time! Take that opportunity for recreation or rest.

If your family member is in the earliest stage of a memory disorder, he may qualify for our Early Stage coaching program where we work intensively 1:1 to create new neural pathways to slow the progression of the disease.

Of course, all our services are free.

Brenda Maust, *Founder*

**Brazoria County Gathering Place Interfaith Ministries, Inc.
Early Stage Coaches, Inc.**

The News

The doctor has just said that your mom or dad has vascular dementia or that your spouse has Alzheimer's disease. Family members had noticed for some time that your loved one had some problems remembering and that she had begun to repeat stories.

There had been some unexplained personality changes also. You had hoped so much that the cause had been a vitamin deficiency or a thyroid problem. But it wasn't. The doctor has ruled out everything else.

Your heart may be racing, or you may feel numb and cold as fear and apprehension settle over you.

Later, you won't recall how you responded, how you felt as your emotions overwhelmed you. You have entered a new world: you are now a caregiver.

But you are NOT alone. There are resources in Brazoria County to help you and that's what we will talk about in this guide.

If you live long enough, chances are you will become a caregiver or one who is being cared for. At age 85, there is almost a 50-50 chance that you will have Alzheimer's disease.

Women are hardest hit by Alzheimer's disease: they are more apt to be caregivers and since they live longer, they are more likely to eventually get the disease.

Types of Dementia

Dementia is the deterioration of mental functions that affect memory, thinking, mood, judgment, and ability to concentrate. The earliest signs usually include confusion, memory problems, and changes in behavior. Other early symptoms may be a change in gait or a loss of smell.

There are more than 100 different types of dementia and in the past five years researchers have

identified subtypes. Alzheimer's disease accounts for about 60% and about 20% of persons with dementia have the vascular type.

Frontotemporal dementias are a group of diseases most doctors hadn't heard of 10 years ago. At that time doctors indicated a person had "dementia of an unspecified type." It is common to have "mixed dementia," which means that the person has more than one type.

Many dementias are reversible. When they are a result of high fever, medications, anesthesia, vitamin deficiencies, or infections, they may frequently be totally reversed. It's not uncommon for the elderly to have chronic low-grade urinary infections with no symptoms other than dementia. Treatment includes antibiotics, which should provide total reversal of symptoms.

One type of dementia, normal pressure hydrocephalus, is caused by buildup of fluid in the brain and can sometimes be corrected by surgical installation of a shunt in the brain.

It is very important that your family member receives an early and accurate diagnosis, which will determine the type of treatment.

Because a correct diagnosis is critical, your family physician may refer you to a neurologist for further testing and treatment.

Take a Deep Breath

Men and women approach caregiving differently, so their challenges will be different. Men generally want to "fix" their family member with dementia, and the frustration they feel before they realize that they just can't "fix" this problem can be particularly devastating to them.

Women who have been accustomed to deferring to parents and spouses will face difficult challenges as they struggle to assume control of their circumstances.

Children who are caring for an aging parent may

still have their own children at home and many are still working.

Retirees who had looked forward to traveling and enjoying their golden years frequently find themselves spending those years caring for a parent with dementia. Many report that the opportunity to give care to an aging parent proved to be a meaningful experience for them.

Less frequently, an elderly parent cares for a child with dementia who may need to move back home. In Brazoria County, we have worked with three Alzheimer's patients in the past 12 years who were younger than age 50.

Before you start to look for resources and information, take a deep breath. You may not realize it, but you may have started grieving. You may have already begun to feel the loss in your life of the role your family member had played.

Perhaps your mom had also been your best friend, or your dad had always been there to help with his grandkids or fix a broken appliance. Your husband or wife had been the love of your life; that has been changing, and now you are beginning to realize that things will never be the way they were.

You are hurting, and you may become depressed. Give yourself a little time to come to terms with your new life before you make any plans. During this time, do not quit your job, put your house up for sale, or make decisions about living arrangements (except in an emergency) for your family member.

Go to *Your Doctor*

There is a reason that you are instructed on airplanes to grab the oxygen mask first before you place it on your child. You must be able to care for yourself if you are responsible for the care of a loved one who has dementia.

This concept may be more difficult for female

caregivers because many have been encouraged to put their families' needs before their own, but many husbands also feel guilty if they acknowledge that they, too, have needs that must be met during caregiving.

It's really very simple: you **MUST** make your own plan of care while you are developing a plan for your loved one. If you don't, at some point in the future, you may be physically exhausted and emotionally spent.

Worst of all, you may have forgotten the wonderful things about the relationship you once had with the person you are caring for. If you take care of yourself — the lunch with friends, the regular golf game, the massage, the mani-pedi, the occasional getaway — you will be able to retain and cherish your memories, and indeed, you will be able to cherish the time you still have.

Get a thorough physical checkup. You may need to start a vitamin regimen or an exercise routine to minimize stress. Start taking a walk every day. Learn to meditate and live in the moment. Many caregivers say that taking up Yoga or Tai Chi has helped them deal with stress and avoid depression. If there is a hobby you have always wanted to take up, now is the time to do it. Identify the sources of spiritual and emotional replenishment that you will call on during the time you will be giving care.

Assess your social situation. If you are taking care of a spouse, you may have noticed that your friends have started moving on. Good friends, of course, will be there for you. But casual acquaintances frequently disappear, or you, the caregiver, may be reluctant to accept or offer invitations. Do not become isolated - continue spending time with your friends; do not give up your volunteerism or the groups you belong to. People who have large support systems are better able to handle the responsibilities of giving care.

Include your loved one in her plan of care

In planning for your loved one's care, be sure to include her in decisions if she is capable of participating. Your family member may need to talk with you about her feelings and what she wants. Even with an Alzheimer's diagnosis, a family member may be able to convey her wishes.

Address Financial Issues

If you are the caregiver of a parent, you will need a Power of Attorney for Health Care, and you or someone that you can work with needs a Power of Attorney for finances. If you are a spouse and your partner has children by a previous marriage, you may also need those documents. No matter how small the estate, see your attorney as soon as possible after the diagnosis to make sure that Powers of Attorney, wills, and advance directives are up-to-date and in order.

Taking Away the Car Keys

One of the toughest decisions a caregiver must make is when to stop her family member from driving. Sixty percent of Alzheimer's patients will wander. Many times, a person with a diagnosis of Alzheimer's will simply hand the keys over and stop driving. But most caregivers must become creative. A child caring for a parent may need to disable the car. You may have the family doctor tell your family member that she cannot drive because of a health condition. If you are caring for your spouse, start slipping into the driver's seat.

Addressing this issue may be one of the most difficult situations that you will face as a caregiver. The loss of independence can be terrifying for the person who has Alzheimer's, and the caregiver can be just as frightened of angering her loved one. When your family member is still able to live alone, it also means that you are now responsible for his transportation, picking up groceries and medications, and seeing to it that he is still

engaged with his world socially.

Reach Out for Respite and Support

Talk with your siblings or children about helping with your family member. If you are a child caring for a parent, the tone you set with other family members in the early days after diagnosis will have far-reaching implications. It is not unreasonable to expect your siblings to help with a parent who has dementia. Ideally, you may be able to involve your siblings early and plan a course of care together.

In many instances, however, one child becomes the sole caregiver and may become resentful after years of care if siblings offer nothing more than advice. It isn't uncommon for siblings who live out of town to feel like they are contributing by offering criticism.

To avoid that, make your expectations known. If siblings live out of town, perhaps they can plan to take several long weekends a year to stay with your parent while you take a break.

Asking children to help may be harder; most children who live nearby, however, find some way to assist. When they offer, tell them absolutely that you appreciate the offer and then allow them to help on a regular basis.

Your family member may be able to manage being alone for several years but make your plan now for the time that she cannot stay by herself.

Many exceptional companies in Brazoria County offer companion care for a fee. If your family member is not on Medicaid, Texas Health and Human Services offer limited free respite, called Community Attendant Services (713-692-1635). Gathering Place Interfaith Ministries (979-308-4525) offer 42 hours of free respite each month at congregations in Angleton, Lake Jackson, Clute, and Alvin.

Medicaid may provide a respite option for those who qualify (call 211).

Monthly Alzheimer's Caregiver Support Groups are available at the Gathering Place office, 200 E. Mulberry in Angleton and at First Christian Church, 1212 S. Durant in Alvin. Plan to attend a Support Group — you can learn so much from other caregivers. Many caregivers who have attended Support Groups over the last 12 years have become good friends.

Communicating with Your Family Member

Brazoria County libraries carry many excellent books on communication with a person with a memory disorder. **Read one or two as soon as possible.** Some of the most user-friendly books on Alzheimer's disease are the *36-Hour Day*, *Learning to Speak Alzheimer's*, and *Alzheimer's for Dummies*.

One of the most important things you will learn is that trying to reason with your family member may become impossible at some point, sometimes very early in the disease process.

Correcting, reminding, and scolding your family member for not remembering something is frequently very hurtful to her. Reminding your mom that her husband has been dead for 10 years may break her heart each time she hears it. It will also make your job as caregiver much harder because of the confusion and agitation it will cause her.

Reality for your loved one is different from yours. You cannot change that. Learn to go into "her world" where you will never need to say "no."

When Your Parent Is Living Alone

When your parent has been diagnosed with dementia and she is living alone, you will need to begin an assessment of her living conditions when you visit. Is the food in the refrigerator spoiled? Is the home as clean as she has always kept it? Is the oven on? Is she safe?

The person with dementia deserves to keep her

independence as long as possible, but at some point, she may need some companion care with house cleaning, cooking, maintenance, or assistance with bathing and dressing.

Assisted Living May Be the Answer

If you are a child caring for a single parent who is no longer able to live alone, investigate assisted living as an option. Assisted living offers socialization with peers, appropriate activities, and outings in an environment that is safe. There are a variety of attractive, excellent assisted living facilities in Brazoria County. They vary widely in amenities, activities, and cognitive abilities of their residents.

If you decide to move your family member into your home, remember that socializing with her peers will always be important to her mental, emotional, and physical health.

Just as your family member cannot meet all your needs, you cannot meet all of hers.

Generally, if your family member has the means, they are happier in their “own place” in an assisted living facility with age mates and friends than they are living with a family member. It’s important that family visit often and pick up the relative for Sunday dinners and family occasions.

Promised Mom That Dad Could Stay at Home?

Before my Mom passed away, I promised her that Dad would be able to stay in the home they’d shared for 40 years. He was disabled, had vascular dementia and early stage Alzheimer’s, and required round the clock care.

With 10 daughters and grandkids, someone visited with Dad everyday for two years and his nurses were companionable. Nevertheless, he declined and had to be admitted against his will to a rehabilitation hospital. After three weeks of rehab, his geriatrician ordered a

stay in a skilled unit at a nearby nursing facility.

There, his roommate was also wheelchair bound and a World War II veteran. They shared their stories and became fast friends. At lunch, Dad was placed with three ladies his age who vied for his attention. He flourished in that environment and gained back all the weight he had lost at home. The last six months of his life were very happy ones.

Keeping Your Family Member Connected

I learned from that experience that keeping your loved one connected to the outside world is critical. Interaction with his peers becomes even more important as the disease progresses. Memories from the distant past are usually intact and your loved one is eager to share his stories.

Early in the process, he may benefit from participation in the Actions program or a senior ministry at your church.

As soon as possible, enroll them in the Gathering Place program where they will participate in activities that include music, dance, arts and crafts, reminiscing, exercise, games, and Bingo. Experienced volunteers are trained to make your loved one feel good about *who they are right now*. They usually return home more confident, happier, and much easier to care for.

Wandering

Keeping your family member safe is one of your most important jobs. Up to 60% of people with dementia have a tendency to wander away from their caregivers or from home, and then be unable to find their way home.

If your family member is ambulatory, get a letter from your doctor stating that she is being treated for Alzheimer's disease or a related dementia. To be on the safe side, call the Brazoria County Sheriff's Office (979-864-2392) and obtain the paperwork for a Silver

Alert in case you need it.

Your town may also have a voluntary registry so that local police can quickly find your family member if they get lost. To activate the Silver Alert, you must provide a doctor's letter with your family member's diagnosis.

Caregivers can also take photos with their telephone regularly so that a recent photograph can be provided immediately to the Sheriff's office.

Hearing Problem?

One out of every three people 65 to 74 and almost half of people over age 75 have some hearing loss. It has been described as a silent epidemic. Loss of hearing can be devastating to your family member with a memory disorder. Over time, the brain will lose the ability to process information and cognitive abilities will decline rapidly. Look into assistive devices recommended by an audiologist.

One of Your Best Allies: The Internet

If you are not computer savvy, consider taking classes at the Brazoria County Center for Independent Living in Angleton or at Brazosport College or Alvin Community College. You will be able to access up-to-the minute information about Alzheimer's disease, caregiving issues, and online support organizations. You can compare Texas Department Health and Human Services ratings of nursing homes and access resources that are not available any other way. There's no need to purchase a computer if you don't want to; your local library has computers that you may use free.

Slowing Cognitive Decline

As people age, many choose to start limiting their exposure to novelty and challenge, preferring the comfortable and familiar. Nothing could be worse for people who have Alzheimer's disease. Keep your family member engaged in social activities, exercise 45 minutes

each day (3 15-minute segments work), enjoy a Mediterranean or low-carb diet, watch PBS documentaries, and listen to music. Encourage her to read biographies and discuss the books. Play word games. Have family members pitch in with those activities—they build new neural pathways in the brain and the companionship will decrease stress hormones and increase oxytocin. Discuss the merits of a monthly B¹² shot and supplements with your family member's doctor.

Coping as a Caregiver

You will probably have many different feelings as you care for a loved one with Alzheimer's disease or related dementia. There are times that you will be very happy to be providing love and comfort. In fact, you may feel that way most of the time.

At other times, you may be physically exhausted or overwhelmed. You may be frightened by the changes you see in your family member and unsure of your ability to continue providing care. You may be faced with problem behaviors, or tired from dealing with the same problems daily. It is critical that you take care of yourself while you are caregiving.

Take short breaks every day. Go for a daily walk and pay attention to the beauties of nature. Read a chapter from a book. Make a list of the small things that you can do every day for yourself.

Accept help. A friend or relative may be glad to take your family member for a walk several times a week or work a puzzle with her while you go to the beauty or barber shop. When people offer help, they usually mean it, but they may not know what to do unless you tell them.

Get informed. Take classes or attend seminars and support groups on caregiving. Information will empower you.

Stay connected. Try to stay in touch with family and friends. Make plans to get out of the house and set aside time for socializing.

Maintain healthy habits. Eat a healthy diet and get a good night's rest. See your doctor and be sure to tell your doctor that you are a caregiver.

Exercise. Structure an exercise program for yourself. In Angleton, join UTMB Angleton Danbury's Wellness Center or the Angleton Recreation Center for classes. The Lake Jackson area has several private exercise facilities as well as the Lake Jackson Recreation Center. Tai Chi and yoga are often recommended as stress busters. Alvin has excellent exercise opportunities at the Senior Center, YMCA, and four private facilities. Pearland has a variety of options. A joyful life-affirming session in a Zumba class burns calories and makes you glad to be alive.

Practice mindfulness. Learn to live in the moment. That's a matter of practice. Stop worrying about what you are going to say or do next, or tomorrow. Stop trying to multitask.

Signs of Caregiver Stress

As a caregiver, you may be so concerned with taking good care of your loved one that you don't notice that your own health may be suffering. The Mayo Clinic warns that signs of caregiver stress include:

- Losing interest in activities you once enjoyed
- Feeling tired most of the time
- Feeling irritable
- Feeling overwhelmed
- Gaining or losing weight
- Sleeping too much or too little

AREA CAREGIVER RESOURCES

2-1-1 Texas Information and Referral Network: 24/7 information from an area-wide United Way database; register for emergency evacuation. You may dial 211 or 877-541-7905. www.211texas.org

Alzheimer's Association Southeast Texas Chapter and **24-Hour Information Helpline: 800-272-3900**
Education, support, referral www.alz.org

Brain Camp: A 4-week, 8-hour program that teaches the theory of Cognitive Reserve which may prevent or delay symptoms of Alzheimer's disease. Exercise, diet, effective stress management, adequate sleep, therapeutic mental challenges, and socialization are stressed. Free. A Gathering Place program.
979-235-9195

Brazoria County Center for Independent Living: Barrier-free living information and referral; peer support; life skills training; coordination of services. 1104 East Mulberry, Suite D, Angleton 77515, 979-849-7060.
www.coalitionforbarrierfreeliving.com

Brazoria County Community Action Agency: Provides rent and utility assistance to individuals on Social Security or disability. 1216 N. Velasco, Angleton 77515, 979-849-2928

Brazoria County Counselling Center Inc: BCCC assures and provides access to mental health needs of all ages. We are in Angleton and Pearland, P.O. Box 702, Angleton, TX 77515, 979-997-0051

Brazoria County Sheriff's Office: Issues Silver Alert: 979-864-2392

Care Connection Aging and Disability Resource Center, Harris County Area Agency on Aging: Specializes in locating private and public services for older adults. 4802 Lockwood Dr., Houston 77026. 877-393-1090

Community Attendant Services:

Vouchers may be obtained to pay for free respite if qualified. For free respite, family member may not be on Medicaid. Call 713-692-1635.

CompU.Talk: Classes are offered in 6-week sessions,, on Monday, Tuesday, and Thursday from 10 am until noon. Goals are to enhance memory, delay disease progression, and improve mood. Memory retrieval games that participants enjoy, Qi Gong and chair exercise, art and crafts, music and bingo. Doctor's diagnosis required. Free. A Gathering Place Program. 979-849-5051

Connect Transit: Provides fixed-route and on-demand transportation services in southern Brazoria County and to medical services in the Houston Medical Center. 123 Rosenberg St., Suite 6, Galveston 77550. 800-266-2320.

www.gcmhmr.com/connecttransportation.aspx

Early Stage Coaches, Inc. 10-week individualized coaching for people with early stage Alzheimer's or MCI and their caregivers. The goal is slowing disease progression by increasing neuronal activity and reducing stress. Patients must be ambulatory, able to read and write, and have a motivated partner who can provide reminders or assist with daily homework. Free, 979-849-5051.

Faith in Action: Junior high and high school students participate in camps four times each year and provide minor repairs, build wheel chair ramps and hand rails, and provide yard work for the elderly and frail.

P.O. Box 285, Lake Jackson, 979-415-4522

www.faithinactionofbrazosport.org

Galveston County Community Action Council, Inc.:

Struggling families from Galveston, Fort Bend, Brazoria and Wharton Counties in Texas can get help such as CEAP, energy bill assistance, Head Start and weatherization for low income, senior, disabled, and other in the community. 200 Mulberry St., Angleton, TX. 713-992-0532

Gathering Place Interfaith Ministries: Provide 42 hours of free respite each month at 10 socials for participants with Alzheimer's disease or related disorders. Caregivers may drop off family members and take that time to rest. Gatherings are held at churches in Angleton, Clute, Lake Jackson, and Alvin. Free. Participants must have a written diagnosis of dementia. 979-308-4525.

www.gatheringplacebrazoria.org

Gulf Coast Center: Provides mental health services to Galveston and Brazoria Counties. 24-Hour Crisis Hotline, 866-729-3848 www.gulfcoastcenter.org

Houston-Galveston Area Agency on Aging Caregiver Support Services: The AAA coordinates a network of community-based service providers who offer an array of services to older persons and their families. Services include respite, personal assistance, homemaker help, accessibility modification, hearing, vision, minor home repair, prescriptions, and emergency response.

Call Charlotte Talley, Client Care Manager, at 281-633-0157 or 800-437-7396. www.h-gac.com

Lighthouse of Houston: Private non-profit providing skills and assistive aids for the blind and visually impaired.

3602 West Dallas, Houston 77019, 713-527-9561

Lone Star Legal Aid: Provides free legal services to income-eligible clients for civil cases primarily in the areas of family law, spousal abuse, social security, consumer problems, AFDC/Food Stamps, bankruptcy and housing issues. 102 Oak Park Dr., Clute, 979-849-6464. www.lonestarlegal.org.

Meta Camp: Is a multimodal, holistic approach to losing weight and reducing dependence on medications. Meta Camp 2-hour lectures alternate with 1-hour support groups over 7 weeks. Free. A \$15 materials fee is waived for returning students. Meta Camp is a Gathering Place program. 979-308-4525

The National Alliance on Mental Illness (NAMI):

Is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. namigc@namigulfcoast.org or call 281-585-3100

Salvation Army: Thrift shop provides clothing and household furnishings for sale at or below market prices. Provides emergency food, utilities, and prescription assistance. 1618 N. Avenue J, P.O. Box 2029, Freeport 77542, 979-233-5420.

www.salvationarmysouth.org

Social Security Administration: 2921 N. Valderas, Angleton, 866-338-2940; 2835 Gulf Fwy. South, League City, 866-299-3254 www.socialsecurity.gov 800-772-1213.

St. Thomas Center: Services include food pantry, resale shop, rental assistance, and utility assistance. Open Tues.- Wed.-Thurs. 9 am to 11:30 am. 415 S. Erskine, Angleton. 979-849-9458.

Sweeny United: Congregation-based annual volunteer clean-up, paint-up benefiting elderly or disabled homeowners in Sweeny ISD. 979-548-3508 sweenyunited.org

Community Attendant Services:

Vouchers may be obtained to pay for free respite if

Taping for the Blind: Provides free radios and audio descriptions of news and special events. 713-622-2767

Texas Health and Human Services Department of Aging and Disabilities Services Enrollment for services including respite and assistive devices; offices Pearland 713-692-1635; West Columbia 1-800-881-3006

University of Houston Hearing Services Program

Diagnostic services and recommendations for hearing devices. Partially funded by United Way, sliding payment scale. 713-743-0915

United Way of Brazoria County: The United Way works closely with local and regional social service agencies and provides information and referral to resources in the community. 979-864-1500 or 979-849-9402

VA Outpatient Clinic, Lake Jackson: Provides primary, mental, and women's care as well as Telehealth, Teleretinal, homeless veteran, phlebotomy, x-ray, and laboratory services for veterans in this area. Emergency medication needs are met on a local contract basis. 208 Oak Drive South, Suite 700, Lake Jackson, 979-230-4852

Veteran's Services, Brazoria County: Provides information to all veterans and their families about benefits. 451 N. Velasco, Suite 120, 979-864-1289. www.brazoria-county.com/veterans

Youth and Family Counselling: Our mission is to strengthen and support County families to prevent child abuse, neglect and delinquency through counselling case management and education services. 801 Buchta Rd., Angleton, TX. 979-849-7751

CONGREGATE AND HOMEBOUND MEALS

Actions, Inc. of Brazoria County: 1524 E. Mulberry, Suite 125, Angleton 77515. Provides meals-on-wheels, nutrition sites, information, and referral. 979-849-6132. brea.knape@actionsinc.org

Blessing in a Bowl: Provides monthly weekend meals to homebound seniors to augment Meals on Wheels program in southern Brazoria County. 979-217-1222 www.twentyvision.org

West Columbia Meals on Wheels/ Christian Senior Citizens Center: Congregate and homebound meals; social, transportation for East and West Columbia and Columbia Lakes residents. 629 East Bernard, 979-345-5955

HEALTHCARE AND CLINICS

Alvin Pharmacy:

204 House St., Alvin, TX, 281-519-7030

AnyLabTest Now:

2802 Business Center Dr., Ste. 110, Pearland, TX, 832-230-8792

Brazoria County Counseling Center:

Angleton, TX, 979-549-0889

Balanced Body Functional Medicine:

Dr. Julie Ward M.D., 3533 Town Center Blvd., Ste 200,
Sugar Land, TX, 280-710-3380

Brazosport Neurology Associates

Dr. Krell, 214 Parking Way, Lake Jackson, TX,
979-299-3376

CHIRO Source Wellness Center

1816 Broadway St., Ste. 102, Pearland, TX
281-996-9355

Community Healthcare Network

905 Gulf Blvd., Freeport, TX,
979-871-9553

Community Health Network

Provides affordable medical and dental care for all families and individuals. Medicare, Medicaid, and some private insurance is accepted. In addition, affordable prices are available for the uninsured. 1111 W. Adoue, Alvin, 281-824-1497. Pearland Family Health Center, 2552 E. Broadway, Ste. 102; Freeport Community Health Center, 905 N. Gulf, 979-871-9553. www.sfachc.org. ble Adoue, Alvin, 281-824-1497. Center, 2552 E. Broadway; Health Center, 905 www.sfachc.org.

Diabetes Self-Management Education Texas A&M

Healthy South Texas: Individualized support and education to manage diabetes. Free A1C, blood pressure. Weight, blood glucose, and BMI screenings. CHI St. Luke's Brazosport, 100 Medical Dr., Healthy Communities Annex Bldg., Lake Jackson 979-285-1990

Family Care Center

215 W. Blackstone Ln., Alvin, TX, 281-331-5253

Firstpoint Psychiatry

201 Oak Dr., Ste. 102, Lake Jackson, TX, 979-266-9776

Functional Medicine of Houston

4299 San Felipe St., 235, Houston, TX 713-667-6656

Kale Functional Medicine

Miiko Rowley M.D., 720 Rusk St., Ste. 235, Houston, TX, 832-310-2577

Live Oak Clinic of Brazosport: Provides non-urgent primary health care; care of diabetes and hypertension; lab work and imaging; nutrition education; and social services resources several days each month. See website. 102 Yaupon, side door at Covenant Evangelical Presbyterian, Lake Jackson. 979-388-0809; when closed call 979-388-0280.
www.liveoakclinic.org

Medic Lane Physicians

1100 Smith Dr., Alvin, TX, 281-331-0085

Methodist Primary Care Group

8520 Broadway St., Ste. 200, Pearland, TX 281-485-4050

Mind and Body Solutions

106 Pecan Dr., Friendswood, TX, 346-385-0148

Shadow Creek Family Physicians

10970 Shadow Ck. Pkw., Pearland, TX, 713-436-3697

Total Neurology of the Gulf Coast

135 Oyster Creek Dr., Lake Jackson, TX, 979-480-0990

West Columbia Health Clinic

668 W. Brazos Ave., West Columbia, TX, 979-345-2525

Winstrom, Margit MD

2211 Norfolk St., Ste. 105, Houston, TX, 713-572-7540

Yes To Home Care

2734 Sunrise Blvd., Pearland, TX, 832-674-0423

PRESCRIPTION ASSISTANCE

FamilyWize Prescription Drug Discount Card:

Distributed free. Discounts are provided by participating pharmacies. For information, contact United Way, 4005 Technology Dr., Ste. 1020, Angleton, 979-849-9402. www.familywize.org

Good Rx: Finds the lowest prices at every pharmacy in your area. 1-855-216-5163

OATH (Open Arms and Thankful Hearts): A

prescription assistance program that partners with pharmaceutical companies to provide medications at little or no cost to individuals who have no insurance. Available at:

- Brazosport Medical Center, Freeport, Monday, Wednesday 10-5 p.m., 979-239-1633
- Brazoria County Health Department, Angleton, Tuesday and Thursday 10-5 p.m., 979-848-8090
- Brazoria County Health Department, Alvin, Tuesday, Wednesday and Friday 8:30-5 p.m., 281-388-2699

Brazoria County Indigent Healthcare Program:

Medical and prescription assistance for qualifying persons. 260 George, Ste.200, Alvin 281-585-3024 and 434 E. Mulberry, Angleton, 979-864-1884

Texas A&M Healthy South Texas: Provides

prescription assistance to persons struggling to pay for maintenance medication (no narcotics). CHI St. Luke's Brazosport, 100 Medical Drive Healthy Communities Annex Bldg., Lake Jackson. 979-285-1990

SUPPORT GROUPS:

Alzheimer's Caregiver Support Groups:

Gathering Place, 200 E. Mulberry, Angleton, first Thursday at 6:00 p.m. - Younger onset group, Dale Libby 979-236-5393

- Brazosport Medical Center, Freeport, Monday, Wednesday 10-5 p.m., 979-239-1633
- Brazoria County Health Department, Angleton, Tuesday and Thursday 10-5 p.m., 979-848-8090
- Brazoria County Health Department, Alvin, Tuesday, Wednesday and Friday 8:30-5 p.m., 281-388-2699

Brazoria County Indigent Healthcare Program:

Medical and prescription assistance for qualifying persons. 260 George, Ste.200, Alvin 281-585-3024 and 434 E. Mulberry, Angleton, 979-864-1884

Texas A&M Healthy South Texas: Provides

prescription assistance to persons struggling to pay for maintenance medication (no narcotics). CHI St. Luke's Brazosport, 100 Medical Drive Healthy Communities Annex Bldg., Lake Jackson. 979-285-1990

IN-HOME SERVICES AND FACILITIES

Adult Daycare

Lula's Place Adult Day Facility, LLC

2336 N. Texas Ave. Suite 100, Pearland, 281-485-5557

Outpatient Mental Health Program

Senior Horizons Program, Sweeny Community

Hospital, 305 N. McKinney, Sweeny, 979-548-1550

Companion and Personal Care Services

Companion and personal care aides provide an array of services individualized to meet non-medical needs of the client. Transportation to doctors, meal preparation, light housekeeping, assistance with bathing or dressing, medication reminders, care of plants and pets, laundry, and companionship are a few of the services agencies offer. Several agencies have dementia programs with aides who have special training in communication and care.

- Angleton Visiting Nurses, Angleton, 979-848-0219
- CareBuilders at Home, 101 Oyster Dr., Suite 1, Lake Jackson, 979-258-6728
- Caring Senior Services, Lake Jackson, 979-316-2965
- Help, Inc., 127 Circle Way, Lake Jackson, 979-480-0197
- Home Instead, 600 Gulf Fwy. Ste. 105, Texas City, 409-762-0444
- House Calls Home Health, Alvin, 281-331-1516
- Right at Home, 110 Heather Lane, Lake Jackson 979-480-0703
- Silver Linings Home Care, 2834 Love Lane, Friendswood, 832-489-6960
- Visiting Angels of Lake Jackson, 4005 Technology Dr., Angleton, 979-472-6435.

Home Health Services

Medicare.gov defines home health care as a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF). Skilled home health services include:

- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

There are 51 home health providers certified to provide care in Brazoria County listed on the Texas Health and Human Services website. The following companies have served as Community Partners with the Brazoria County Alzheimer's Awareness Project:

- A-Med Home Health, Angleton, 979-848-8925
- Angels Care Home Health, Alvin, 281-585-3335
- Angleton Visiting Nurses, Angleton, 979-848-0219
- Coastal Staff Relief, Clute, 979-299-3006
- Gulf Coast Primary Home Care, 979-529-2525
- House Calls Home Health, Alvin, 281-331-1516
- IPH Home Health, Lake Jackson, 979-848-8151
- Texas Home Health, Lake Jackson, 979-297-6726
- Yes To Home Care, 2734 Sunrise Blvd., Pearland, 832-674-0423

Assisted Living Facilities—Types A and B Licenses

Medicaid and Medicare do not pay for assisted living costs, although in Texas, there are waiver programs that help low-income residents pay for assisted living. In Texas, the Community Based Alternatives Waiver will help pay for assisted living costs, as well as the STAR Plus Waiver, which is active in select areas of the state.

Type A License — Residents must be able to evacuate the building unassisted, are able to follow instructions under emergency conditions, and do not require routine night-time attendance.

- Baywood Crossing, 5020 Space Center, Pasadena, 713-578-1800 (Clear Lake) 124 Beds
- Brookdale Pearland, 2121 Scarsdale, Pearland, 281-464-8740 84 beds
- Colonial Oaks, 2940 Cullen Blvd., Pearland 281-997-2500 108 Beds
- Country Village, 721 W. Mulberry, Angleton, 979-849-8281 32 beds
- Elmcroft, 206 Oak Dr. S., Lake Jackson 979-297-5577 108 Beds
- Kozy Korners, 1501 Pkwy Dr., Alvin 281-331-1289 6 Beds
- Orchard Park at Southfork, 3151 Southfork Pkwy, Manvel 713-960-4727 136 Beds

- Trinity Oaks of Pearland, 3033 Pearland Pkwy, 281-997-8880 80 apartments
- White's Cottage, 332 Marshall Alley, Angleton, 979-849-4744 16 beds

Type B License — May accept residents who do not qualify for Type A facilities but are not bedbound.

- Autumn Grove, 3403 Southfork, Pearland, 281-489-1505 16 Alzheimer's beds
- Autumn Leaves of Pearland, 11200 Discovery Bay, Pearland, 713-436-3941 45 Alzheimer's beds
- Baywood Crossing, 5020 Space Center, Pasadena, 713-578-1800 (Clear Lake) 194 beds 70 Alzheimer's beds
- Brookdale Pearland, 2121 Scarsdale, Pearland, 281-464-8740 19 Alzheimer's beds
- Carriage Inn, 130 Lake Rd., Lake Jackson, 979-285-0300
- Colonial Oaks, 2940 Cullen Blvd., Pearland 281-997-2500 108 beds, 20 Alzheimer's beds
- Country Village, 721 W. Mulberry, Angleton, 979-849-8281 32 Alzheimer's beds
- Desire to Live, 2220 CR 144, Alvin, 832-512-3863 9 beds
- Elmcroft, 206 Oak Dr. S., Lake Jackson, 979-297-5577 108 beds
- Evening Star Personal Care Home, 2960 Rowan Burton Rd., Alvin, 281-331-6753 15 Alzheimer's beds
- The Fountains, 1101 E. 2nd, Sweeny, 979-548-1524 46 beds
- K's Corner Personal Care, 25806 CR 46, Angleton, 979-922-1800 12 Alzheimer's beds
- Kozy Korner, 1501 Parkway, Alvin. 281-331-1289 6 beds
- Laboring with Loved Ones, 6911 CR 171, Alvin, 281-581-9991 8 beds
- Lakehouse on Dixie, 3504 Dixie Farm, Pearland, 281-992-2650 13 Alzheimer's beds

- Light Heart Memory Care, 6923 Amie Lane, Pearland, 281-282-0770 8 Alzheimer's beds
- Orchard Park at Southfork, 3151 Southfork Pkwy, Manvel, 713-960-4727 136 beds 75 Alzheimer's beds
- Proverbial Care, 464 W. Walnut, Pearland, 281-412-4444 16 beds
- Revered Texan Hearth and Home, 1005 Sycamore, Lake Jackson, 979-266-9982 13 beds
- Six Palms, 5409 Croix Rd., Manvel, 281-692-9226 15 beds

License Pending:

- A Place of Serenity, 1218 S. Johnson, Alvin, 281-331-4215

Nursing Homes

The following accept Medicaid and/or Medicare as well as private pay:

- Baywood Crossing, 5020 Space Center, Pasadena, 713-578-1800 (Clear Lake) Colonnades at Reflection Bay, 12001 Shadow Creek Pkwy, Pearland, 713-434-3800
- Country Village Care, 721 W. Mulberry, Angleton, 979-849-8281
- Creekside Village Healthcare, 914 N. Brazosport Blvd., Clute, 979-265-4794
- Cypress Woods Care Center, 135½ E. Hospital Drive, Angleton, 979-849-8221
- Lake Jackson Healthcare Center, 413 Garland Dr., Lake Jackson, 979-297-3266
- Laurel Court, 3830 Mustang Rd., Alvin, 281-824-0070
- Medical Resort at Pearland, 3406 Business Center, Pearland, 346-570-2284 devices. Partially funded by United Way, sliding payment scale. 713-743-0915

United Way of Brazoria County: The United Way works closely with local and regional social service agencies and provides information and referral to resources in the community. 979-864-1500 or 979-849-9402

VA Outpatient Clinic, Lake Jackson: Provides primary, mental, and women's care as well as Telehealth, Teleretinal, homeless veteran, phlebotomy, x-ray, and laboratory services for veterans in this area. Emergency medication needs are met on a local contract basis. 208 Oak Drive South, Suite 700, Lake Jackson, 979-230-4852

Veteran's Services, Brazoria County: Provides information to all veterans and their families about benefits. 451 N. Velasco, Suite 120, 979-864-1289. www.brazoria-county.com/veterans

Youth and Family Counselling: Our mission is to strengthen and support County families to prevent child abuse, neglect and delinquency through counselling case management and education services. 801 Buchta Rd., Angleton, TX. 979-849-7751

- Medical Resort at Pearland, 3406 Business Center, Pearland, 346-570-2284
- Oak Village Healthcare, 204 Oak Drive South, Lake Jackson, 979-297-0425
- Sweeny House, 109 N. McKinney, Sweeny 979-548-3383
- Tuscany Village, 2750 Miller Ranch Road, Pearland, 713-770-5300
- Winchester Lodge, 1112 Smith Dr., Alvin, 281-331-6125
- Windsong Care Center, 3400 E. Walnut, Pearland 281-485-2776
- Woodlake Nursing Home, 603 E. Plantation, Clute, 979- 265-4221

Hospice

Hospice provides care for a person who is near the end of life in the home or a nursing facility and keeps the person who is dying as pain-free as possible. Medicare or Medicaid may cover costs. Many caregivers wait until the last few weeks or days to call hospice in to help.

Your family members would benefit from the loving, caring relationships they form with hospice providers and so will you. Call them as early as possible

This is not a complete list of hospices in Brazoria County—there are 41 certified to serve zip code 77581, just one zip code in Pearland! A complete list may be found on the Texas Health and Human Services website.

The following hospice organizations have served as Community Partners with the Brazoria County Alzheimer's Awareness Project:

- Altus Hospice, Pearland, 281-493-9744
- A-Med Community Hospice, 979-848-8925
- Essential Hospice, 832-240-4226
- Harbor Hospice, 713-413-5200
- Heart to Heart Hospice, 979-480-0303
- IPH Hospice Care, 979-848-8151

Reference Books

“The 36 Hour Day” – Nancy L. Mace, MA and Peter V. Rabins, MD, MPH. Publisher: John Hopkins University Press - 2017. A family guide to caring for people who have Alzheimer’s Disease, Other Dementias, and Memory Loss.

“100 Simple Things You Can Do To Prevent Alzheimer’s” – Jean Carper. Publisher: Little, Brown and Company - 2010. A book of hope to protect yourself from Alzheimer’s Disease.

“A Mind Of Your Own” – Kelly Brogan, MD. Publisher: Harper Wave – 2016. The truth about depression and how women can heal their bodies to reclaim their lives.

“Aging With Grace” – David Snowdon, Ph.D. Publisher: Bantam - 2001. What the nun study teaches us about leading longer, healthier, and more meaningful lives. One of the most innovative efforts to answer questions about who gets Alzheimer’s Disease and why.

“The Alzheimer’s Solution” – Dean & Ayesha Sherzai, M.D. Publisher: HarperCollins – 2017. Reveals how the brain is a living universe, directly influenced by nutrition, exercise, stress, sleep and engagement.

“Brain Maker” – David Perlmutter, MD. Publisher: Yellow Kite – 2015. The power of gut microbes to heal and protect your body. Information so empowering, so enlightening and presented so clearly and concisely that the reader emerges far better off.

“Brain Wash” – David Perlmutter, MD. Publisher: Little, Brown and Company – 2020. Detox your brain for clearer thinking, deeper relationships and lasting happiness.

“Disease Delusion” – Jeffery Bland, MD. Publisher: HarperCollins – 2014. Conquering the causes of chronic illness for a healthier, longer and happier life.

“The End Of Alzheimer’s” – Dale Bredesen, M.D. Publisher: Bredesen Publisher – 2017. He explains ways to rebalance mechanisms by adjusting lifestyles, including micronutrients, hormone levels, stress and sleep quality.

“Fast Food – Good Food” – Andrew Weil, MD. Publisher: Little Brown & Company – 2015. There are more than 150 quick and easy recipes to put healthy, delicious food on the table.

“Food Can Fix It” – Mehmet C. Oz, MD. Publisher: Simon & Schuster – 2017. Explains how to harness the healing power of food in this informative, accessible book filled with anecdotes, science, recipes and guidelines for cooking, shopping, and eating out.

“Food (What The Heck Should I Eat?)” – Mark Hyman M.D. Publisher: Little, Brown & Company – 2018. Explains food’s role as powerful medicine capable of reversing chronic disease and shows how our food system and policies impact our bodies.

“Grain Brain” – David Perlmutter M.D. Publisher: Little, Brown & Company – 2013. The surprising truth about wheat, carbs, and sugar - your brain’s silent killers.

“Learning to Speak Alzheimer’s” – Robert N. Butler, M.D. Publisher: Permissions, Houghton Mifflin Harcourt Publishing Company – 2003. A groundbreaking approach for everyone dealing with the disease. A true godsend to anyone caring for those with dementia (from) the definitive voice on dealing with loved ones that have Alzheimer’s disease.

“Living Your Best With Early-Stage Alzheimer’s” – Lisa Snyder, MSW, LCSW. Publisher: Sunrise River Press – 2010. A sensitive and practical guide for people with early-stage Alzheimer’s is empowering and full of answers and solutions to day to day questions and challenges.

Regional and national resources

Websites and 1-800 numbers

- AoA Administration for Community Living
www.acl.gov 800-677-1116
- Agingcare.com: www.agingcare.com
- ADEAR Alzheimer’s Disease Education and Referral is the government’s consumer information center about Alzheimer’s disease. The website offers free publications in English and Spanish on aspects of Alzheimer’s disease, related dementias, and caregiving issues. 800-438-4380.
www.nia.nih.gov/alzheimers
- Alzheimer’s Foundation: National resource and referral network; education and counseling. 866-AFA-8484. www.alzfdn.org
- Alzheimer’s Reading Room:
www.alzheimersreadingroom.com
- Caring.com: www.caring.com, 866-824-8174
- Family Caregiver Alliance: www.caregiver.org
800-445-8106
- Family Caregivers Online:
www.familycaregiversonline.net
- Fisher Center for Alzheimer’s Research Foundation:
www.alzinfo.org, 800-259-4636
- Help for Alzheimer’s Families:
helpforalzheimer’sfamilies.com, 888-734-8645

- Legal Hotline for Older Texans: 512-477-6000 Texas Legal Services Center Free legal advice for Medicare beneficiaries, veterans, and people 60+ who are low-income
- Mayo Clinic: www.mayoclinic.org
- Medicare Basics: www.medicare.gov
- MedlinePlus: www.nlm.nih.gov/medlineplus/alzheimerscaregivers
- National Alzheimer's Plan: www.alfa.org
- National Council on Aging: www.ncoa.org, 202-479-1200
- National Council on Aging Benefits Check Up: www.benefitscheckup.org
- National Institute on Aging: www.nihseniorhealth.gov
- National Institutes of Health Institute on Aging: www.nia.nih.gov
- Talking Book Program: A free library service providing books and magazines to eligible Texans. 800-252-9605. www.texastalkingbooks.org
- Texas Department of Aging and Disability Services (DADS): 800-252-9240. www.dads.state.tx.us

Gathering Place Free Respite Care

Gathering Place Interfaith Ministries offer 10 socials each month. Caregivers may leave family members for 4 hours and use that time to rest or do chores.

Games, exercises, crafts, music, reminiscing activities, bingo, and dance are offered. Gatherings include a hot, nutritious lunch.

An assessment and doctor's diagnosis are required. Call 979-308-4525 for more information.

Gathering Places meet from 10 am to 2 pm.

Clute:

- St. Jerome Catholic Church, 1st Tuesday

Alvin:

- Alvin Lutheran, Rosharon Road, 1st Wednesday
- First Presbyterian, 302 S. Johnson, 2nd Wednesday
- First Christian, 1212 S. Durant, 3rd Wednesday
- Heights Baptist Church, 1591 CR 144, 5th Wednesday
- St. John the Baptist Catholic Church, 4th Wednesday

Angleton:

- First United Methodist, 209 N. Arcola, 1st Thursday
- First Presbyterian, 130 S. Arcola, 4th Thursday

Lake Jackson:

- Chapelwood United Methodist, 300 Willow, 2nd Thursday
- Covenant Evangelical Presbyterian, 102 Yaupon, 3rd Tuesday

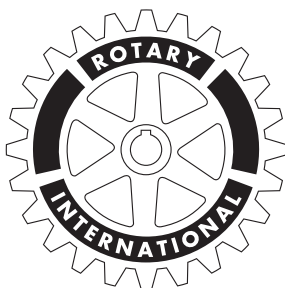
Brazoria County Alzheimer's Awareness Project

The Brazoria County Alzheimer's Awareness Project is a partnership of the Brazoria County Health Department and Gathering Place Interfaith Ministries. The group sponsors county-wide memory screenings each November at area libraries and retirement communities, partnering with the Alzheimer's Foundation. For the past eight years, they have held the largest community-based memory screening initiative in the United States right here in Brazoria County!

Working with the Alzheimer's Association, BCAAP offers two annual Caregiver Conferences where healthcare professionals provide information that caregivers can use.

BCAAP also works with the Sheriff's Office to provide regular training to Brazoria County First Responders and sponsors educational programs for special populations throughout the year. For more information about the Alzheimer's Awareness Project, contact Dale Libby, Coordinator, at djjalibby@hotmail.com or call 979-236-5393.

Printing of this publication was funded
entirely by a grant from the Brazosport
Rotary Foundation.





Gathering Place Leadership 2007-2017
honored at the
Gathering Place 10th Anniversary Aug. 24, 2017

STANDING FROM LEFT:

Mary Nell Boyd, 9-year volunteer with 2,000+ hours; Peggy Krampota, Team Leader and Advisory Council Chair; Lorenda Baldwin, CDBG Liaison; Rev. Craig King, Alvin Gatherings' organizer; Hattie Belt, 10-year volunteer with 2,000+ hours; Marge Berry, 10-year volunteer; and Norma Taylor, special event stylist.

SITTING FROM LEFT:

Erika Longoria, Educational Outreach Coordinator, Board member; Dale Libby, CEO, Board Chairman, Coordinator BCAAP; Brenda Maust, Founder, CEO 2007-2017; Eva King, Coordinator Gathering Places, Board member; and Pat Williams, Team Leader, Christmas Party Chair, volunteer with 2000+ hours.

200 E. Mulberry, Angleton, TX 77515

P. O. Box 2050 • Angleton, TX 77516

979-308-4525

www.gatheringplacebrazoria.org

**The
Gathering
Place**
Interfaith Ministries