



*helping you solve your puzzle
so all the pieces fall into place*

Resources for family caregivers of people with dementia

Doctors/providers

Your loved one's primary care provider can bill Medicare for time spent with you to get a diagnosis, provide education about the diagnosis and prognosis, and to help you to plan for care needs. They would also refer to Medicare-covered in-home health services such as PT, OT, palliative care, hospice. They may also have a social worker or care manager that can help you coordinate services/resources.

Referral Placement Specialists

At no charge to you, these professionals help guide you through the process of looking at and choosing a place for residential care. Their fees are paid by the facilities. See www.asrpwa.org.

Care consultation and care managers

Free care consultation is available through the Alzheimer's Association – see www.alz.org/wa – and the King County Caregiver Program – see <http://www.kccaregiver.org/what-we-do/free-consultations/>

As private-pay service (you would pay a fee, typically hourly), geriatric care managers or Aging Life Care professionals can help you plan for care needs and coordinate services including in-home care, moving to residential care, etc. See regional senior service directories or www.aginglifecare.org.

Support groups

Talking, or just listening, to a group of people in your same situation can be very empowering. It helps to know that you're not alone. See www.alz.org/wa and your local senior center for information.

Coaching/counseling

Powerful Tools for Caregivers – this 6-class series is available for family caregivers at no charge to them. Series are offered throughout the country. See www.powerfultoolsforcaregivers.org/

Family Caregiver Counseling Program in King County – this is available to unpaid family caregivers who are helping someone at home (not in care services). Up to 6 free visits at your location to help you take care of yourself in the caregiving role. Call Community Living Connections at 206-962-8467 to sign up.

Counselors may be available through your health insurance, your employer's human resources department (Employee Assistance Program, or EAP), or through faith communities.

more – over

Education

Read whatever information you can to learn about your loved one's diagnosis and prognosis.

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center

1-800-438-4380 (toll-free) www.nia.nih.gov/alzheimers

Alzheimer's Association (*has information on all types of dementia, not just Alzheimer's*)

1-800-272-3900 (toll-free, 24/7) www.alz.org

National Institute of Neurological Disorders and Stroke

1-800-352-9424 (toll-free) www.ninds.nih.gov

Association for Frontotemporal Degeneration

1-866-507-7222 (toll-free) www.theaftd.org

Pages on Pick's Disease, aphasias, etc.

Lewy Body Dementia Association

1-844-311-0587 (toll-free) www.lbda.org

National Association for Rare Disorders

1-800-999-6673 (toll-free) www.rarediseases.org

National Parkinson Foundation

1-877-980-7500 (toll-free) <http://parkinson.org>

Also see the Alzheimer's Association information on PD dementia:

<https://www.alz.org/dementia/parkinsons-disease-symptoms.asp>