



California Central Coast Chapter

Santa Barbara County
1528 Chapala St., #204
Santa Barbara, CA 93101
Tel: 805.892.4259

120 E. Jones St, #113
Santa Maria, CA 93454
Tel: 805.636.6432

San Luis Obispo County
71 Zaca Ln Suite 110
San Luis Obispo, CA 93401
Tel: 805.547.3830

Ventura County
2580 E. Main St Suite 201
Ventura, CA 93003
Tel: 805.494.5200

24-Hour Helpline:
800.272.3900

alz.org/CaCentral

Alzheimer's Association: Education, Care and Support for All Affected with Dementia

*By Marcy Maler, MMFT, Art Therapy
Education & Care Specialist*

Alzheimer's disease is the sixth leading cause of death in the United States—and the only cause of death among the top 10 that cannot be prevented, cured, or even slowed. Learning as much as you can about dementia is the first step towards empowering yourself to take control of your life and make decisions that will help you live well with a diagnosis for as long as possible. It is normal to be hesitant or resistant to learn how the disease will progress and impact your life, but there are benefits. Knowledge about dementia can provide confidence in making important decisions about how to choose to live life and plan for the future. In addition, education may increase a family's connection to emotions and identity.

With a vision of a world without Alzheimer's, the Association's mission is to eliminate the disease through the advancement of research; provide and enhance care and support for all affected; and reduce the risk of dementia through the promotion of brain health. The Alzheimer's Association provides programs and services designed to raise awareness about the disease, as well as practical strategies for care and support. These programs help participants develop coping methods and encourage caregivers to maintain their own physical and emotional well being. The Association's program focus is on education and prevention to reach families early in the disease process. **This model has reduced the number of families in crisis.**

As you begin learning about dementia, there will be information that is difficult to deal with and that's OK. It is helpful to set realistic expectations about the information you are able to process. There are many ways to obtain the knowledge you desire. Learn about the disease and how it will impact you and your family at your own pace.



By educating yourself on dementia you are better able to:

- Come to terms with a diagnosis
- Be an active participant in making legal, financial, and long-term care plans
- Re-evaluate priorities; set goals you would like to accomplish while you are still able
- Share the diagnosis with others
- Educate others about the disease and reduce stigma
- Discuss available treatments and medications with your doctor
- Recognize the symptoms of the disease to adapt to necessary changes and develop appropriate coping strategies
- Build a care team that understands current and future needs and wishes
- Make decisions about participating in clinical trials

The Alzheimer's Association has many services that support both the caregiver and the person with the disease. Services include information and referrals, safety, education, support groups, and care consultations. Care planning is done in partnership with the family and is based on the information presented by the family in the care consultation.

Tools



Gain awareness about the disease. Get connected. Get the support you need.

Information & Referrals

24/7 Helpline

1 800.272.3900

Green-Field Library, located at the national office of the Alzheimer's Association in Chicago, IL, is the nation's largest library and resource center devoted to increasing knowledge about Alzheimer's disease and related dementias.

www.alz.org/library/

Education

24/7 Helpline

1 800.272.3900

Call to register for a Savvy Caregiver and Confident Caregiver series or

To take class online visit

<http://bit.ly/alzonlineclasses>

Support Groups

24/7 Helpline

1 800.272.3900

To find support groups in your area visit www.alz.org

Care Consultation

24/7 Helpline

1 800.272.3900

To find individual face-to-face support navigating through the difficulties associated with dementia visit www.alz.org

Safety MedicAlert®

Call 1.888.572.8566

The cost is \$49.95 and includes ID jewelry, personalized emergency wallet card, 24 hour emergency response, Personal health record, Six Steps to a Safe Return magnet.

www.medicalert.org/safereturn and register online.

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Information and Referrals

The association has local chapters across the nation providing services within each community to impart information and advice. Family Resource Directories are available to families affected by a loved one's dementia providing information on the resources and services that are available. In addition, there is a professionally staffed 24/7 Helpline with information in English and in Spanish. The Association houses the Green-Field Library, a virtual library that can answer next-level Helpline questions on specific research, statistics, and complimentary medicine. It also will provide background information and literature searches, suggest books and viewing materials, and resource lists such as activities, primary care resources, ethical issues, and related dementias.

Education

The Association offers on going workshops for caregivers of those living with dementia.

The Confident Caregiver is a comprehensive educational series offering a free monthly workshop for family caregivers interested in resources and strategies to provide quality care for their loved ones. Each class offered in-person locally can also be accessed online.

The Savvy Caregiver is professional-level dementia care training for the **non-professional caregiver**. The Savvy Caregiver is a 4-week program for family caregivers offering 12 hours of face-to-face training with dementia experts. This is an opportunity to go beyond introductory education offerings. The series is offered throughout the year; registration is required.

Support Groups

Support Groups are regularly scheduled in-person or through virtual gatherings for family, friends, or caregivers of persons living with dementia. Groups can have social, educational and or support components and are facilitated by trained volunteers. Support groups

create a safe, confidential, supportive community in a calm environment, giving participants an opportunity to develop informal mutual support and social relationships among people undergoing the same difficulties. These groups also serve to educate and inform participants about dementia and help participants develop strategies to solve problems.

Care Consultations

Families may need help navigating the difficult decisions, challenges, and uncertainties that each stage of the disease provides. Care Consultants, trained to conduct assessments of family needs and concerns, can create an effective action plan to assist families with planning and problem solving, and provide support for all who are impacted by the disease.

The consultation may be conducted over the telephone through a Helpline call, however, an in-person face-to-face meeting at your local chapter may be more beneficial and may include other family members. All consultations are confidential.

Safety Services

Six of every 10 people with dementia will wander and become lost. You cannot know when it will happen, but must know what to do when it does. It is essential for the patient to wear identification. Wandering can be dangerous—even life threatening. The stress of losing your loved one can weigh heavily on you as a caregiver.

MedicAlert + Alzheimer's Association Safe Return is a 24-hour nationwide emergency response service for individuals with dementia who wander or have a medical emergency.

If an individual with dementia wanders, the caregiver can call the emergency response line to report it. A community support network will be activated, including local Association chapters and law enforcement agencies, to help locate and reunite the caregiver and his charge. When found, a citizen or emergency personnel can call the toll-free number listed on the wanderer's ID jewelry.

Knowledge about dementia can enhance confidence in making important decisions about how to choose to live life and plan for the future.