## Petal "Resilience in Aging" Conference

More than just forgetting: Alzheimer's and Dementia

## **Caregiver Resources:**

Alzheimer's Association free 24/7 Helpline (800.272.3900), staffed by master's-level clinicians and specialists, provides confidential support and information to all those affected in over 200 languages.

<u>ALZConnected®</u>, an online community where people with Alzheimer's and their caregivers can ask questions and find support.

<u>Community Resource Finder</u>, a comprehensive database of programs and services, housing and care services, and legal experts, allows people to locate resources in their communities.

<u>Alzheimer's Navigator</u> helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

Navigating Alzheimer's and Related Dementia: A Roadmap for Families

<u>Mississippi State Agency Services for Older Adults</u> is a document that has over 40 pages of local resources including respite care, financial assistance programs, legal services and more.

<u>Caregiver University</u> - is a multiple-session training program for family caregivers, focused on a variety of topics surrounding care delivery and support for individuals with Alzheimer's disease and related dementias.

**Dementia Care Navigation Service** 

Respite grants: <u>Lifespan Respite</u> <u>Hilarity for Charity</u> <u>Respite Innovation</u>

## **Support Groups:**

Hattiesburg
Senior Helpers
4009 O'Ferral St.
1st Wednesday 11am-12:30pm
Kelsea Weldon 601.909-0409

South Central Place 2260 MS 15 Laurel, MS 39440

Laurel

Last Friday of each month at 11:00am Aubree Middleton 601.399.610

## For professionals:

Alzheimer's Impact Movement

Primary Care: Project ECHO, Care planning tool kit, Cognitive screening & Assessment

State of Mississippi Strategic Plan for Alzheimer's Disease and Related Dementias

Public Health / Healthy Brain Initiative

**Direct Care Staff / Senior Living**