



Central New York Chapter

SPRING/SUMMER 2024

Programs and Services Catalog

#ENDALZ



CONTACT US

Reach us at:

Alzheimer's Association
5015 Campuswood Dr.
Suite 102
East Syracuse, NY
13057

Office Phone

315.472.4201

24-Hour Helpline

800.272.3900

On the Web

alz.org/cny

On Social Media



[facebook.com/
alzcny](https://facebook.com/alzcny)



[twitter.com/
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Join the fight to end Alzheimer's.

STAY UP TO DATE WITH OUR WEEKLY E-NEWSLETTER

The Alzheimer's Association's E-News combines stories of nationwide interest with stories that have local focus. Every Wednesday, you'll receive the latest information on Alzheimer's care and support, advances in research, as well as inspirational stories and resources for people living with the disease and their caregivers. Sign up takes less than a minute at alz.org/e-news.

Dementia Care Conference 2024



Wednesday, May 22
8 a.m. - 4 p.m.

The Oncenter
800 S. State Street, Syracuse NY

- Network with others facing the same challenges
- Learn about the latest breakthroughs in drugs and treatments for dementia
- Explore alternative therapies and innovative approaches to dementia care
- Visit our Resource Expo featuring 40+ vendors that support caregivers and individuals living with dementia
- Breakfast & Lunch provided with registration



Registration open
through May 12th
Tickets - \$80

Register by calling
315.472.4201
or scan QR Code





Care Consultations

High quality dementia care requires planning. Let our experts be your guide.

Care Consultations are not just a meeting with a care professional. We work with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4201 ext. 227 or email cny-programs@alz.org.

Respite Care

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's or other dementia continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. Respite care can help caregivers by providing time to relax, run errands, or go to appointments. Caregivers can receive respite funds from their county's Office for the Aging (OFA), made possible by a grant to the Alzheimer's Association. Interested caregivers must meet eligibility requirements of their county's respite program. The Central New York Chapter maintains relationships with OFAs in its 14-county service area, providing caregivers a direct connection to the resources each OFA provides. For more information, please contact 315.472.4201 ext. 227.

MAY IS ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



Asian Americans and Pacific Islanders and Alzheimer's Disease



46% of Asian Americans say that they are concerned about developing Alzheimer's or dementia.



56% believe that significant loss of memory or cognitive abilities is a "normal part of aging."



45% believe medical research is biased against people of color.

ALZHEIMER'S ASSOCIATION

JUNE IS PRIDE MONTH

LGBTQ Americans and Alzheimer's Disease

LGBTQ older adults living with dementia are significantly more likely to live alone, not be partnered or married, not have children, and not have a caregiver.



They face unique challenges in accessing support:



40% report that their support networks have become smaller over time.



Up to **30%** experience lower rates of access to care.



ALZHEIMER'S ASSOCIATION



Support Groups

OPEN TO ALL DEMENTIA CAREGIVERS

Advance screening and registration is required for ALL support groups before attending. Please call 315.472.4201 ext. 227 to be screened and obtain Zoom link and/or location information.

VIRTUAL

Group

Chapterwide Support Group #1
Chapterwide Support Group #2
Clinton Caregiver Support Group
Lowville Caregiver Support Group
Norwich Caregiver Support Group
Owego Caregiver Support Group

Day of Month and Time

2nd Wednesday at 1:30 p.m.
4th Monday at 5 p.m.
Last Wednesday at 1 p.m.
3rd Thursday at 10 a.m.
3rd Thursday at 6 p.m.
3rd Tuesday at 1:30 p.m.

IN-PERSON

Group

Auburn Caregiver Support Group
Baldwinsville Caregiver Support Group
Canton Caregiver Support Group
Cortland Caregiver Support Group
Ithaca Caregiver Support Group
Johnson City Caregiver Support Group
North Syracuse Caregiver Support Group
Oswego Caregiver Support Group
Rome Caregiver Support Group
Skaneateles Caregiver Support Group
Syracuse Caregiver Support Group
Watertown Caregiver Support Group

Day of Month and Time

1st Thursday at 1:30 p.m.
2nd Tuesday at 6:30 p.m.
1st Tuesday at 6:30 p.m.
3rd Wednesday at 12:30 p.m.
1st Wednesday at 5:30 p.m.
3rd Wednesday at 4 p.m.
3rd Tuesday at 3 p.m.
4th Wednesday at 6 p.m.
2nd Tuesday at 5 p.m.
Last Thursday at 2 p.m.
1st Thursday at 1 p.m.
4th Tuesday at 4:30 p.m.

Specialty Caregiver Groups

Group

Day of Month and Time

African American Caregiver Support Group (In-Person)	2nd Thursday at 4:30 p.m.
Support group for Black/African American caregivers of people living with dementia.	
Long Term Care Caregiver Support Group (Virtual)	2nd Wednesday at 10 a.m.
Support group for family caregivers of people living with dementia in a long-term care residence.	
Partner/Spousal Caregiver Support Group (Virtual)	4th Thursday at 3 p.m.
Support group for partners/spouses of people living with dementia.	
Younger-Onset Caregiver Support Group (Virtual)	2nd Wednesday at 5:30 p.m.
Support group for caregivers of people living with younger-onset (under 65 years old) Alzheimer's disease or other dementia.	

Don't see what you need? The Alzheimer's Association offers a variety of specialty support groups virtually nationwide. For example:

- IDD/Down Syndrome with Alzheimer's
- LGBTQ+ Caregivers
- Recently Bereaved Caregivers
- Groups in languages other than English (i.e. Spanish, Arabic, Mandarin-Chinese, Haitian-Creole)

Please call 800.272.3900 or visit alz.org/crf to get a full listing.

Early Stage/Caregiver Time-Limited Support Group

The Alzheimer's Association, Central New York Chapter is pleased to offer an early stage support group designed specifically for those in the early stage of the disease and their care partner. During this seven-week group, participants will have an opportunity for emotional, educational, and social support with peers in a safe and confidential space.

Virtual (via Zoom) 10-11 a.m.

Monday, July 8
Monday, July 15
Monday, July 22
Monday, July 29
Monday, August 5
Monday, August 12
Monday, August 19

In-Person (Syracuse) 4:30-5:30 p.m.

Wednesday, July 10
Wednesday, July 17
Wednesday, July 24
Wednesday, July 31
Wednesday, August 7
Wednesday, August 14
Wednesday, August 21

Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: My Two Elaines by Martin J. Schreiber. This group will meet on four consecutive Monday afternoons, beginning June 3 and ending June 24, from 1-2 p.m. The book will be provided at no cost to registrants. Space is limited to 10 participants. **Advance screening and registration are required before May 20 to allow for mailing of book/materials.**



WANDERING SUPPORT



Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It is common for a person living with dementia to wander or become lost or confused about their location, and it can happen at any stage of the disease. **Six in 10 people living with dementia will wander at least once;** many do so repeatedly. Although common, wandering can be dangerous — even life threatening — and the stress of this risk weighs heavily on caregivers and family.

The MedicAlert® Foundation is a nationwide emergency response service that facilitates the safe return of individuals living with Alzheimer's disease or other dementia who wander or have a medical emergency. A MedicAlert® membership plan with 24/7 Wandering Support also provides peace of mind to dementia caregivers in the event that an unexpected incident, such as an automobile accident or sudden hospitalization, affects their immediate ability to fulfill caregiving duties.

Families residing in Central New York (Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins counties) are eligible for new and renewal enrollments at no cost to the person living with dementia and their caregiver, courtesy of a grant from the New York State Department of Health Caregiver Support Initiative.

To take advantage of this free program, scan the QR code above or remove the included application, complete form and return to the Central New York Chapter office by mail (5015 Campuswood Dr. Suite 102 East Syracuse, NY 13057) or email (cny-programs@alz.org). Please note that an application must be completed for both the person living with dementia and their caregiver. If you have any questions, please call our office at 315.472.4201 ext. 227.



MEDICALERT NEW ENROLLMENT FORM

Please complete one form for the caregiver and one form for the person living with dementia

RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

PERSON WEARING THE MEDICAL ID (All fields required)

FIRST NAME _____

LAST NAME _____

PHONE _____

MOBILE / HOME (CIRCLE ONE)

ADDRESS _____

APT # _____

CITY _____

STATE _____

ZIP CODE _____

EMAIL ADDRESS _____

BIRTHDATE (MM/DD/YYYY) _____

GENDER (CHECK ONE)

FEMALE MALE Prefer not to say

Prefer to self-describe: _____

ENROLLEE IS (CHECK ONE):

Person Living With Dementia

*Caregiver for: _____

FULL NAME _____

DATE OF BIRTH _____

INFORMATION FOR YOUR EMERGENCY HEALTH RECORD

***All fields must be completed**

*MEDICAL CONDITIONS & DEVICES

For example: Alzheimer's, memory impaired, diabetes, insulin pump, pacemaker
If this does not apply, please write "None."

*ALLERGIES

List all known food, drug or other allergies
If this does not apply, please write "None."

IDENTIFYING INFORMATION

HEIGHT (FT.-IN.) _____ WEIGHT (LBS.) _____

EYE COLOR: Blue Brown Black Green Hazel Other

HAIR COLOR: Bald Black Blonde Brown Gray Other Red

OTHER IDENTIFYING FEATURES:

Hearing Aid Contacts Beard Mustache Wig Dentures
 Glasses Cane Mole* Scar* Tattoo Birthmark*

If you selected a choice with an asterisk, please list its/their location(s) here:

RACE: American Indian/Native Alaskan Asian or Pacific Islander Black
 Hispanic White Other Not Specified

ETHNICITY: African American Asian Caucasian Chinese
 Hispanic Indian Japanese Jewish Korean
 Other Portuguese Russian Vietnamese

LANGUAGE/ACCENT: English (US/Canada) English (UK) Spanish French
 Italian Korean Chinese Vietnamese Portuguese
 Polish Russian Hindi Arabic

WHAT IS INCLUDED WITH YOUR FREE MEMBERSHIP*

- 24/7 Emergency Response Team
- Emergency Health Profile
- Emergency Contact Notification
- Personalized Jewelry
- 24/7 Wandering Support
- Personal Profile for Each Enrollee
- Portrait Photo (selfie) for Emergency Identification
- Printable Health Profile

*ALL MEMBERSHIPS ARE PAID FOR IN FULL THROUGH A GRANT BY THE NEW YORK STATE DEPARTMENT OF HEALTH CAREGIVER SUPPORT INITIATIVE. CAREGIVERS AND THEIR LOVED ONE LIVING WITH DEMENTIA LIVING IN THE CENTRAL NEW YORK AREA MAY BOTH BE ENROLLED AND RENEWED AT NO COST ON A YEARLY BASIS IN PERPETUITY DEPENDENT ON AVAILABILITY OF GRANT FUNDING

USE THIS SPACE TO PROVIDE ADDITIONAL NECESSARY INFORMATION

RELEASE - SIGN & DATE BELOW

Important: By accepting membership in MedicAlert Foundation, for yourself as a member or caregiver and/or as caregiver on behalf of the member named above (collectively, "you"), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. Read the full consent at www.medicalert.org/consent.

SIGNATURE OF MEMBER OR REPRESENTATIVE DATE

PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org

***NOTE:** If the person you are a caregiver for is enrolled in MedicalAlert, your ID will include "Caregiver for" and the member ID of that person.

EMERGENCY CONTACT

FIRST AND LAST NAME _____

RELATIONSHIP TO ENROLLEE _____

PHONE (MOBILE / HOME (CIRCLE ONE)) _____

SECONDARY PHONE (MOBILE / HOME (CIRCLE ONE)) _____

***MEDICATIONS**
List all medications, including inhalers
If this does not apply, please write "None."

***Please use provided area on second page if additional space is needed for this section, or attach additional documentation*

SELECT YOUR PREFERRED JEWELRY BELOW

***SELECT ONE JEWELRY OPTION PER ENROLLMENT FORM**

CLASSIC STEEL BRACELET WITH COLOR

Purple (A659)



Sizes available: 4" - 10" in 1/2" increments

Size needed: _____

SPORT SILICONE BRACELET

Violet (A013)



Sizes available: Sm: 5" - 6", Med: 6" - 7", Lg: 7" - 8"

Size needed: _____

CLASSIC STEEL NECKLACE WITH CURB CHAIN

Purple (A720)



Comes on a 26" or 30" curb chain

Size needed: _____

LARGE CLASSIC STEEL BRACELET WITH COLOR

Purple (A729)

Sizes available: 4" - 10" in 1/2" increments

Size needed: _____

LACED UP SHOE TAG

Steel/Red (A661)



SIZING INFORMATION

It's important your MedicalAlert® emblem fits comfortably around your wrist. To determine your size, snugly wrap a tape measure around your wrist. Note the measurement, then add half an inch. This is the size MedicalAlert bracelet you'll need.

PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or cny-programs@alz.org



THE LONGEST DAY

ALZHEIMER'S ASSOCIATION



The Longest Day® is the day with the most light - the summer solstice. The Longest Day participants fight the darkness of Alzheimer's and all other dementia through a fundraising activity of their choice on a day that works for them. With sports tournaments, card games, parties, baking and more, participants raise funds to advance the care, support and research efforts of the Alzheimer's Association.

On June 20, stand up to the darkness of Alzheimer's. Together, the strength of our light will outshine the darkness of Alzheimer's. Start now. Select your activity at alz.org/thelongestday.

SAVE THE DATE FOR A WALK NEAR YOU



Syracuse:
Onondaga Community College
09/08/2024

Ithaca/Cortland:
Ithaca College
09/14/2024

North Country:
Thompson Park
09/21/2024

Southern Tier:
Hickories Park
09/28/2024

Utica/Rome:
Mohawk Valley Community College
10/05/2024

Register at www.alz.org/cnywalk

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION



ALZTogether: SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. **ALZTogether social engagement programs offer a fun and comfortable way for both a person**

living in the early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. **Please call 315.472.4201 ext. 227 for screening and registration to obtain location/joining information.**

Tuesday, May 2, 2-3:30 p.m.

Harriet Tubman National Historical Park Tour, 180 South Street, Auburn

The Harriet Tubman Home, Inc. is an independent non-profit established by the African Methodist Episcopal Zion Church to manage and operate the homestead of Ms. Tubman. Join us in learning Harriet Tubman's core values with a guided tour of the property.

Thursday, May 16, 2-3:30 p.m.

Antique Boat Museum, 750 Mary Street, Clayton

Join us to explore the Antique Boat Museum located in the 1000 Islands on the St. Lawrence River. It is the premier freshwater boating museum in North America. They have collections of over 320 unique boats and thousands of related artifacts and archives.

Tuesday, June 4, 2-3 p.m.

H. Lee White Maritime Museum, 1 West 1st Street, Oswego

Tour the H. Lee White Maritime Museum and historic vessels to learn about the First Nations Peoples use of local waterways, regional naval warfare, local U.S. Coast Guard history, regional shipwrecks, Oswego's lighthouse history and fishing. Explore the National Historic Landmark WWII Tugboat.

Some limitations for those with mobility issues.

Thursday, June 20, 2-3 p.m.

International Boxing Hall of Fame Tour, 360 N. Peterboro Street, Canastota

Join us in a visit to the International Boxing Hall of Fame where we will learn about boxing's history and the achievements of those who have excelled in the sport, including the Class of 2024 Inductees.

Tuesday, July 9, Noon-1 p.m.

View Arts Center Tour and Stepping Stone Activity, 3273 State Route 28, Old Forge
Join us as we take a tour of the View Arts Center and explore their current exhibits. Inspired by the artwork displayed, we will then take some time to tap into our artistic side by creating our own glass bead stepping stones.

Thursday, July 18, 2-3 p.m.

Cooking Demonstration at Brady Market, 307 Gifford Street, Syracuse
Join us as Chef Cooks prepares Mediterranean dip and pita chips for all to enjoy. Brady Market is a grocery store with retail, deli/catering, wholesale grocery operations, job training, and wrap-around healing support services. Unlike national grocery chains, every dollar spent in Brady Market increases programming in our community. Please mention any food allergies when registering.

Tuesday, July 23, 10-11 a.m.

Mindful Botany at Cornell Botanic Gardens, 124 Comstock Knoll Drive, Ithaca
Join us on a walking tour to observe the beauty and drama of nature unfolding in the Cornell Botanic Gardens. While exploring various paths and plant collections, we will practice mindfulness by dedicating our attention to the present moment and fully observing and appreciating the amazing plant transformations taking place.

Thursday, August 8, 10-11 a.m.

Dragonfly Presentation and Nature Walk at Sterling Nature Center, 15730 Jensvold Road, Sterling
Join Naturalist Jim D'Angelo of Sterling Nature Center for an indoor presentation and discussion on dragonfly natural history and identification. We will then take a nature walk for an outdoor exploration of these insect masters of the sky to observe and identify these amazing creatures.

Thursday, August 22, 10-11 a.m.

Wild Foraging Workshop with Heartbeet Gardenscapes at Green Lakes State Park, 7900 Green Lakes Road, Fayetteville
Join us for a wild foraging adventure to enjoy the beauty of nature and forage for edible, wild plants, led by Heartbeet Gardenscapes. We will meet at Green Lakes State Park to take a walk on the wild side of food for this beginner-friendly foraging exploration. No prior knowledge of foraging is required.

EDUCATION PROGRAMS

Alzheimer's and dementia don't come with an instruction manual, but there are resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future. **Please call 800.272.3900, scan the QR code with your phone or visit alz.org/crf to get dates and location information.** You can also access education programs online, 24 hours a day, through the Alzheimer's Association Education Center by visiting www.training.alz.org.



Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

This program offers helpful tips on how to have honest and caring conversations about common concerns when someone begins to show signs of dementia. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Understanding Alzheimer's and Dementia

This program defines the difference between Alzheimer's and dementia, covers the stages and risk factors, current research and treatments available for symptoms. Intended for those interested in learning more about Alzheimer's disease and other dementia.

Understanding and Responding to Dementia Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Effective Communication Strategies

This program explores strategies to decode the verbal and behavioral messages delivered by the person living with dementia, and ways to connect and communicate at each stage of the disease. Intended for anyone who cares for someone living with Alzheimer's disease or other dementia.

Managing Money: A Caregiver's Guide to Finances

This program offers tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. It is never too early to put financial plans in place. Intended for anyone who provides care for someone living with Alzheimer's disease, other dementia or any chronic illness.

New Advances in Alzheimer's Treatments

Learn about new advancements in Alzheimer's treatments. This program will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more. Intended for anyone interested in learning more about treatment options.



UPCOMING COMMUNITY FORUMS

Join us for a listening session on Alzheimer's disease, dementia and memory loss. We want to hear from you! Attend a community forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

Jefferson County Community Forum

Tuesday, April 30 | 12:30-2 p.m.

Jefferson County Office for the Aging

175 Arsenal Street | Watertown, NY 13601

Onondaga County Community Forum

Offered in partnership with Velocity Clinical Research

Wednesday, June 5 | 11:30 a.m.-1 p.m.

Upstate Oasis

6333 Route 298 | East Syracuse, NY 13057

Registration is preferred, call 315.472.4201 or visit alz.org/crf.

Refreshments will be served.

TRAVELING

Living with Alzheimer's or another dementia does not mean it's necessary to stop participating in meaningful activities such as travel. However, it does require planning to ensure safety, comfort and enjoyment for everyone. For all travel, regardless of distance or duration, it's important to consider the specific needs, abilities and preferences of everyone involved. For example, if you have always gone to Florida in the winter, you can continue the tradition until the trip becomes too difficult or is no longer relaxing for the person living with dementia or the caregiver.

Tips for a calm traveling experience:

- Plan ahead.
- Learn to recognize the warning signs of anxiety and agitation and identify strategies to reduce them. Discuss this plan with the person living with dementia.
- Try not to overload the person with a lot of directions or too much information.

General travel considerations:

- Environmental changes can trigger wandering or confusion. Consider enrolling in a wandering response service.
- It may be helpful to stick with the familiar. Travel to known destinations that involve as few changes in daily routine as possible.
- Evaluate options for the best mode of travel. Based on needs, abilities, safety and preferences, decide what would provide the most comfort and the least anxiety.
- When selecting destinations, consider those that have easy access to emergency health services and pharmacies.
- Consider everyone's needs and desires as you plan your trip; elaborate sightseeing trips or complicated tours may cause anxiety and confusion.
- If you will be staying in a hotel, consider informing the staff ahead of time of your specific needs so they can be prepared to assist you.
- Have a backup plan in case your trip needs to change unexpectedly. This may mean purchasing travel insurance if you have booked flights or hotels.
- Carry with you an itinerary that includes details about each destination. Give copies to family members or friends you will be visiting or to emergency contacts at home.
- Travel during the time of day that is best for the person. For example, if he or she becomes tired or more agitated in the late afternoon, avoid traveling at this time.
- Have a bag of essentials with you at all times that includes medications, your travel itinerary, a comfortable change of clothes, water, snacks and activities.
- Remember to pack necessary medications, up-to-date medical information, a list of emergency contacts and photocopies of important legal documents.
- Allow plenty of time for rest. Don't over-schedule.

What to keep in mind for visits to family and friends:

Prepare friends or family members for the visit by explaining dementia and any changes it has caused. Go over any special needs and explain that the visit could be short or that you may need to change activities on short notice. Some additional considerations:

- It may be helpful to stay as close to your normal routine as possible. For example, keep meal and bed times on a similar schedule to that followed at home. Eating in may be a better choice than at a crowded restaurant.
- Be realistic about abilities and limitations. Allow extra time when scheduling activities.

Suggestions for air travel:

Moving through an airport requires focus and attention, as the level of activity can be distracting, overwhelming and difficult to understand. Consider the following for air travel:

- Make your reservation through a travel agency or by working with the airline directly. Doing so allows you to add notes or instructions to the reservation for special needs such as wheelchair assistance or in-flight meals.
- Avoid scheduling flights that require tight connections.
- If traveling through an unfamiliar airport, review a map of the facility to plan for distance between connecting flights, locations where security re-entry may be required and locate convenient locations such as restrooms.
- If walking is difficult, consider requesting a wheelchair or motorized cart so that an airport employee is assigned to help you get from place to place. Most airlines ask for at least 48 hours of notice.
- Even if the passenger does not require support for mobility, consider requesting wheelchair assistance to help with navigation through security checkpoints. This support may help expedite the process and reduce stress.
- If you think the TSA screening process may be confusing for the person living with dementia, inform the TSA agents about the person's diagnosis. Do not hesitate to ask for assistance from airport employees and in-flight crew.
- If the person needs help using the restroom, look for companion care bathrooms so you can more easily assist.
- Stay with your travel companion at all times as it can be easy to get confused or lost in a busy airport.

The Alzheimer's Association, Central New York Chapter offers two types of cards as a discreet tool to advise others of the diagnosis. See sample of one to the right. To request, call 315.472.4201 ext. 227.

**PLEASE PARDON MY COMPANION
WHO HAS
DEMENTIA**

Any unusual behavior from my companion is due to this. I appreciate your patience and understanding.

For more about dementia, see the back of this card.

Return address:
5015 Campuswood Dr.
Suite 102
East Syracuse, NY 13057

alz.org/cny

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SYRACUSE, NY
PERMIT NO. 1773

MAKE A DIFFERENCE: VOLUNTEER WITH THE ALZHEIMER'S ASSOCIATION



Join the fight against Alzheimer's disease by becoming an Alzheimer's Association volunteer. We are looking for individuals inspired by our mission. To get started sign up at alz.org/volunteer, email cny-volunteer@alz.org or call 315.472.4201. As a volunteer you can:

- Advocate for those affected by Alzheimer's and other dementia
- Raise awareness, provide education, and expand educational offerings in the community
- Facilitate support groups in a safe environment
- Connect members of your community with free resources
- Support fundraising through recruitment, planning, coaching and collaboration
- Invite others to join the cause