



Central New York Chapter

FALL 2024

Programs and Services Catalog



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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UPCOMING COMMUNITY FORUM

Join us for a listening session on Alzheimer's disease, dementia and memory loss. We want to hear from you! Attend this 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. This Community Forum is presented in partnership with Oswego County Opportunities (OCO).

Oswego County Community Forum

Wednesday, October 9 | 10:30 a.m.-Noon
Cayuga Community College – Fulton Campus
11 River Glen Drive | Fulton, NY 13069

Please stay afterwards for a **FREE** networking luncheon from Noon-1 p.m. Registration is highly recommended, call 315.472.4201 or visit alz.org/crf.

**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.



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:

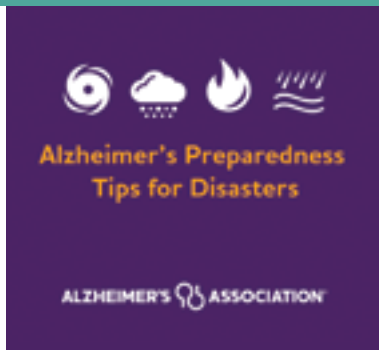
- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

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.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

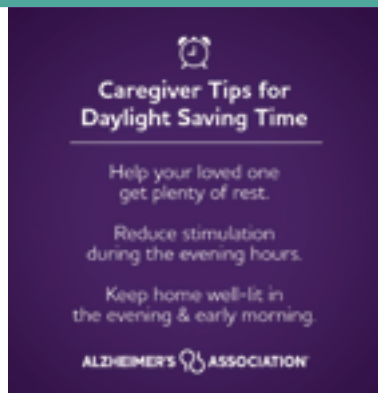


Emergency situations, such as hurricanes, tornadoes, heat waves, blizzards or fires, can be especially upsetting and confusing for people living with Alzheimer's or other dementia, and poses a greater burden on caregivers. Take these steps to plan ahead.

- ✓ **Prepare an emergency kit** in a watertight container and store it in an easily accessible location. Include copies of important documents, extra clothing, supplies of medication, identification items, etc. and, if possible, store a backup of important documents in a secure electronic file.
- ✓ **Consider enrolling the person living with dementia in a wandering response service**, such as MedicAlert®, which facilitates the safe return of people with dementia who wander or have a medical emergency.
- ✓ **Purchase extra medication** and keep other supplies well stocked. Provide copies of the person's medical history, a list of medications, physician information and family contacts to people other than the primary caregiver.
- ✓ **Take specific needs into account.** For example, if the person with Alzheimer's or other dementia uses a walker or portable oxygen, be sure your emergency evacuation plans accommodate these needs.
- ✓ **Find out residential setting disaster plans.** If an individual lives in a residential setting, learn about its disaster/evacuation plans. Find out who is responsible for evacuating the person in the event of an emergency.
- ✓ **Identify those who could help you if needed.** Are there friends or relatives you can stay with if you have to evacuate? If the person receives routine health procedures at a clinic or with home health, who are the back-up service providers? Have contact information easily accessible.

NOVEMBER IS DAYLIGHT SAVINGS MONTH

For most people, the arrival of Daylight Savings Time on November 3 means an extra hour of sleep. But for people living with Alzheimer's disease or other dementia, it may accelerate the disorientation that comes with "sundowning" that can last through the winter months. Due to the time change and prolonged hours of darkness, caregivers may see behavioral changes in their loved ones in the weeks and months ahead.





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, October 7
Monday, October 14
Monday, October 21
Monday, October 28
Monday, November 4
Monday, November 11
Monday, November 18

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

Wednesday, October 9
Wednesday, October 16
Wednesday, October 23
Wednesday, October 30
Wednesday, November 6
Wednesday, November 13
Wednesday, November 20

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 Wednesday evenings, beginning September 4 and ending September 25, from 7-8 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 August 27 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."

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® 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.

Stand up to the darkness of Alzheimer's by creating your own fundraising page or event to move this mission forward. Together, the strength of our light will outshine the darkness of Alzheimer's. Start now, select your activity at alz.org/thelongestday

You're invited to a walk near you!

Syracuse
Onondaga CC
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 CC
10/05/2024





ALZTogether: JOINT SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. **ALZTogether social engagement programs offer a FREE, 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.**

Friday, September 6, 11 a.m.-12:30 p.m

Side Hill Acres Goat Farm Tour, 79 Spencer Road, Candor

Join us for a tour of Side Hill Acres Goat Farm for a tasting of goat cheese and fudge followed by a tour of the cheese plant, milk house, and goat barn.

Tuesday, September 10, 2-3 p.m.

Fort Stanwix Tour, 100 N. James Street, Rome

Tour the Fort Stanwix National Monument. Known as “the fort that never surrendered”, Fort Stanwix was first built in the 1750s to guard the Oneida Carry. Join us in a tour of this National Monument and learn more about its significance in American history.

Wednesday, October 2, 10-11:30 a.m.

Connecting Through the Power of Music at William Michael Center for the Arts, 4 Harold Drive, Fulton

For some, music can enrich lives, for others it allows for self-expression and engagement. Please join us at the William Michael Center for the Arts to tap to a beat or sing lyrics to a song from childhood. This will be a live interactive music class geared towards meeting the needs of the group.

Thursday, October 17, 2-3 p.m.

All Things Oz Museum Tour, 219 Genesee Street, Chittenango

Join us for a tour of the All Things Oz Museum located in Chittenango, birthplace of L. Frank Baum, author of “The Wonderful Wizard of Oz.” We will take a guided tour of the museum, viewing the curation of memorabilia honoring the famous story of Oz.

Thursday, November 7, 11a.m.-Noon

Shako:wi Cultural Center Tour, 5 Territory Road, Oneida

Join us for a tour of the Shako:wi Cultural Center. This guided tour will offer us an opportunity to learn more about the Haudenosaunee Confederacy as well as the history of The Oneida Nation and their culture.

Friday, November 8, 10-11 a.m.

Exploring the Five Senses Through the Seasons at Liverpool Public Library, 310 Tulip Street, Liverpool

Join us as we explore the Fall season through sight, sound, smell, taste, and touch. Observing the world with our senses bolsters our cognitive function and mental health!

Tuesday, December 10, 2-3 p.m.

Create A Mixed Media Seasonal Landscape with SJFS, 4101 E Genesee Street, Syracuse

How do you picture winter? Do you imagine snow-covered hills, a frozen pond – or maybe a sunny beach in the tropics? Staff from Syracuse Jewish Family Service will lead you through a creative mixed-media art project to explore what your personal winter landscape looks like. No prior art experience is necessary. All materials will be provided.

What some participants are saying about our ALZTogether programs:

“Thank you for such a wonderful evening. We really enjoyed spending some time with my dad. He really enjoyed being at the park. It has been awhile.”

“Thank you for all of your efforts in today’s activity. It was very well done and it provided lots of action and support for all of us. You do a great job in providing for us in many ways.”

“I thoroughly enjoyed yesterday’s program. I love meeting new people.”

“This is just so great, I wish more people would come out to this because it’s just been so fun. We really don’t get out of the house much anymore; our kids live in different states and many of our friends have moved away, so we really feel isolated at times. This has been such a great experience and I really would love to attend more in the future!”

ALL PROGRAMS ARE FREE TO ATTEND!



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.

Understanding Alzheimer's and Dementia

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

10 Warning Signs of Alzheimer's

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Healthy Living for Your Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Incorporate these recommendations into building a plan for aging.

New Advances in Alzheimer's Treatments

This course will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

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

This course gives caregivers tips and strategies for having difficult - but important - conversations about driving, visiting the doctor, and legal and financial planning.

Building Foundations of Caregiving: The Empowered Caregiver

This course explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence: The Empowered Caregiver

This course focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

Communicating Effectively: The Empowered Caregiver

This course teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors: The Empowered Caregiver

This course details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services: The Empowered Caregiver

This course examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. It teaches caregivers how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Approaching Alzheimer's: First Responder Training

MAKE YOUR FIRST RESPONSE THE RIGHT RESPONSE.

If you encounter a person living with dementia in the community, would you know how to appropriately adjust your approach? As a first responder, it's critical to understand how to best approach situations involving someone living with dementia. Approaching Alzheimer's: First Responder Training is a free program that will help prepare paramedics, police, firefighters and other emergency personnel to respond to common calls involving a person living with dementia. If you are interested in scheduling a training call 315.472.4201 ext. 227.

Choosing a Residential Care Setting

Choosing a residential care setting may seem like an overwhelming task, but asking the right questions and knowing what to look for in a long-term care setting can make it more manageable. Because residential care is available in a variety of settings, it's important to understand the needs of the person with dementia so you can choose the best care.

Questions to Ask

When choosing a care community, there are a number of factors to consider, including the staff, the environment, the programs and the type of treatment provided. Consider asking the following:

Family Involvement

- Are families encouraged to participate in care planning?
- How are families informed of changes in resident's condition and care needs?
- Are families encouraged to communicate with staff?



Residents

- Is personal care (e.g., bathing, grooming, toileting) done with respect and dignity?
- Is there flexibility in personal care times based on an individual's schedule?
- Are residents comfortable, relaxed and involved in activities?
- Are residents well-groomed, clean and dressed appropriately?
- What is the rate of falls?
- Are residents with psychiatric illness as their primary diagnosis on the same unit as residents with dementia?

Staffing

- Is medical care provided? How often are physicians and nurses or nurse practitioners on premises?
- Is there a registered nurse on site at all times?
- Is personal care and assistance provided?
- Is care personalized to meet specific needs, abilities and interests?
- Are staff trained in dementia care?
- How long is the training and what topics are covered?
- On average, how long have workers been on staff?
- How does staff handle challenging behaviors?
- What is the ratio of residents to staff?



Environment

- Is the facility free of unpleasant odors?
- Do indoor spaces allow freedom of movement and promote independence?
- Are indoor and outdoor areas safe and secure? Are they monitored?
- Is the facility easy to navigate?
- Is there a designated family visiting area or a private place to have visitors?
- Are resident rooms clean and spacious?
- Are residents allowed to bring familiar items (e.g., photos, bedding, a chair)?



Choosing a Residential Care Setting

Meals

- Are there regular meal and snack times?
- Is food appetizing? (Ask to see the weekly menu and come for a meal.)
- Is there flexibility in meal times based on the individual's personal schedule?
- Is the dining environment pleasant and comfortable?
- Are family and friends able to join mealtime?
- Is there a plan for monitoring adequate nutrition (food and fluid)?
- Is staff able to accommodate special dietary needs (e.g., low sodium, diabetic)?
- Do staff provide appropriate assistance based on person's abilities (e.g., encouragement during meals or assisted feeding if needed)?
- Are there any environmental distractions during mealtime (e.g., noisy TV)?



Programs and Services

- Are appropriate services and programming available based on specific care needs? (e.g., small groups, quiet rooms, dementia specific)
- Do planned activities take place? (Ask to see an activity schedule; was the activity on time?)
- Are activities available on weekends or evenings?
- Are activities designed to meet specific needs, interests and abilities?
- Is transportation available for medical appointments and shopping?
- Are care planning sessions held regularly? Are times flexible/convenient?
- Which therapies (e.g., physical, occupational, speech, recreational) are offered?
- Is there a dementia-specific (special care) unit?
- Are religious services and celebrations available to residents?



Policies and Procedures

- Can family and friends participate in care?
- Do visiting hours work for your family?
- Has the discharge policy been discussed? What situations/conditions lead to a discharge (such as change in behavior or financial circumstances)?
- Is continuing care available as a resident's needs change?
- Is there an "aging in place" policy where residents remain in the community — even the same room — throughout the course of the disease?
- Does the community provide an escort to the emergency room if a visit is required?
- Does the community provide end-of-life care? Is hospice care available if needed?



For more information, visit alz.org/residentialfacilities.

Visit the Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF) to access a database of dementia and aging-related resources in your area, including residential care facilities.

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

alz.org/cny

NON-PROFIT
ORGANIZATION
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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