



GPS* for Early-Stage Alzheimer's and Other Dementias

***GPS: Guide to Proactive Steps**

**A Resource Curated by
Center for BrainHealth®**

**DFW Area and Online Resources
2026**

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AWARE provides funding and support to programs, projects, and research provided by nonprofit organizations.

In recognition of AWARE's assistance in providing varied resources throughout the Dallas area, resources marked with "AWARE" alongside them have received funding and support from AWARE.

PREFACE

We are pleased to present the **2026 Guide to Proactive Steps (GPS)** for Alzheimer’s and other dementias. This guide supports individuals, families, caregivers, and healthcare professionals with a practical, easy-to-use tool to help families navigate what can often feel like an overwhelming journey. The GPS now includes expanded resources for individuals living with **Young Age Onset** dementia, alongside guidance relevant to people of all ages affected by dementia. Our goal is to transform complex information into clear, actionable steps that help families move forward with confidence.

This year's GPS introduces two core tools: **Checklists** and **Action Lists**. The **Checklists** highlights key areas to address – such as obtaining a diagnosis, planning for care, and connecting to support – while the **Action Lists** complements this by providing practical guidance and context to help families understand what to do, why it matters, and how to take steps.

Whether you are newly navigating a new diagnosis, living with Young Age Onset dementia, supporting a loved one, or planning ahead, the GPS is designed to meet you where you are with timely, compassionate guidance.

Look for the “**NEW**” label to identify expanded or newly added content. These updates reflect information new to this version.

Most printed copies of the GPS will be distributed through healthcare providers. Providers – and families – are encouraged to print and share [the flyer on the inside back cover](#) to help connect others to trusted resources.

For the most current information and live links to helpful websites, visit the online version of the GPS, which offers easy navigation and ongoing updates.



DISCLAIMER: The content herein is not intended to be medical advice, diagnosis, or treatment, nor a substitute thereof. The Center for BrainHealth makes no representations as to the accuracy, completeness, suitability, or validity of any of the content included herein, which is provided on an “as is” basis. Links to articles or other resources are provided for information purposes only and the views and opinions expressed in those articles and resources do not necessarily reflect those of The Center for BrainHealth.

ACKNOWLEDGEMENTS

The ***Guide to Proactive Steps (GPS)*** is the result of a deeply collaborative effort, and it simply wouldn't exist without the dedication, insight, and generosity of so many individuals and organizations.

A special thanks goes out to **Karen Jennings (Alzheimer's Association at Baylor Memory Center)** as well as **Tina Lott (Caring with Grace)** for their contributions to this initiative. These individuals volunteered their time to provide insights that shaped this Guide to become a resource that truly addresses both the professional standards regarding dementia care and the very practical issues faced by families.

A huge thank you to an array of other professionals who offered their expertise to the creation of information in this document as well as all the organizations and programs featured in the GPS for the valuable services offered to families living with a diagnosis of dementia. With your participation, the GPS provides a more comprehensive list of options for families and information on how to access the services.

We are also greatly appreciative of the generous support we receive from AWARE, whose investment has made the development of this GPS a possibility. Since 1989, AWARE has promoted resources, education, and programs for North Texas families and caregivers impacted by Alzheimer's disease. This GPS' goal of assisting families in navigating the dementia journey with care and confidence is directly aligned with AWARE's mission to offer clear guidance and support.

Together, the GPS has transformed far beyond a booklet, but into a true community resource formed through collaboration, care, and a shared vision to assist families in moving forward with confidence.

Dear Reader,

No one wants a diagnosis of Alzheimer's or other dementia. At the Center for BrainHealth®, we understand the stark reality of this diagnosis, but we also recognize the potential that still exists and can be nurtured in the years ahead. We believe individuals and families are empowered when they learn what they can do, and this guide is designed to help illuminate that path.

This edition of the *Guide to Proactive Steps* introduces two new tools – **Checklists** and **Action Lists** – to help you get started. The Checklist offers a high-level overview of key areas to address, while the Action Lists provides a deeper context and practical advice for each step. Together, they are designed to help you take meaningful action now, while also preparing for what may lie ahead.

We also invite healthcare professionals – including doctors, neurologists, and care teams – to share this guide with their patients. **On the [last page of the GPS](#), you'll find a flyer that can be copied or downloaded online, making it easy to connect families to the digital version of this guide.** Your recommendation can be the bridge that connects a family to hope, clarity, and support.

And to families: if you find this guide helpful, please consider sharing it with your doctors and care providers. By spreading awareness of these resources, you help others access the support they need earlier in their journey.

Together, we can shift the narrative from fear to proactive engagement – and from isolation to community.

Warmly,

Audette Rackley, M.S., CCC/SLP
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Center for BrainHealth
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BRAINHEALTH[®]

Programs

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ALZHEIMER'S DISCOVERY PROGRAM

What is the Alzheimer's Discovery Program?

- The Alzheimer's Discovery Program includes resources developed at Center for BrainHealth to support families living with a diagnosis of Alzheimer's or other dementia.
- Go to [Alzheimer's Discovery](#) or see below for a summary of options.

Ask the Experts about Alzheimer's ^{AWARE}

- **Explore Commonly Asked Questions:** Gain wisdom on commonly asked questions about Alzheimer's or other forms of dementia from families living with a diagnosis.
- **Personal Stories of Alzheimer's:** Explore personal narratives from families living with a diagnosis of Alzheimer's or other dementia. Stories share insights into their journey and how they navigated towards a positive path despite a diagnosis.

Reason to Explore Alzheimer's Discovery Online Resources ^{AWARE}

- **Overcome isolation and overwhelm:** Hear from families with similar diagnoses to help you realize you are not alone in your journey.
- **Gain wisdom and insight:** Access valuable perspectives and advice from those who have walked similar paths.
- **Receive expert guidance:** Learn from dementia experts as well as families on a similar path on ways to navigate your journey with dementia.

Online Access to Guide to Proactive Steps (GPS) ^{AWARE}

- Link to an online version of the GPS with an option to print individual pages at [Guide to Proactive Steps](#) then click "Access the GPS".

BRAIN HEALTH RESEARCH

Participate in a BrainHealth Research Study

- Center for BrainHealth® studies may open and close at any time. For information on current studies, please check our website at [Participate in a Study](#).

"This is not the end of the world. This is just a journey that you'll take." – Caregiver

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CONCIERGE BRAINHEALTH® INDEX

What is it?

- The Concierge BrainHealth® Index is a non-diagnostic assessment of brain performance that identifies areas of strength and offers specific, easy to implement recommendations in areas for improvement based on the latest cognitive neuroscience.
- The Concierge BrainHealth® Index is conducted one-on-one with an experienced clinician who is able to adapt the assessment to suit a variety of specific concerns.

Who might benefit?

- Caregivers and healthy aging adults of all ages who want to be proactive in finding ways to maintain and even improve their brain performance through regular monitoring.

Why do it?

- A Concierge BrainHealth® Index establishes a baseline of function and provides an opportunity to speak with a clinician and get personalized, practical action items to strengthen brain function.

How do I schedule a Concierge BrainHealth Index?

- A Concierge BrainHealth® Index can be scheduled either for a morning or an afternoon appointment. Feedback sessions with personal recommendations typically occur two to three weeks later.
- Assessments are administered at the Brain Performance Institute, 2200 W. Mockingbird Lane, Dallas, TX 75235. Parking is free and easily accessible, and our building is ADA-compliant.
- For more information, visit [Brain Health Index](#) for more information.
- For pricing information and scheduling, contact the Concierge BrainHealth Index team at (972) 883-3300.

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iREST

Mindfulness is a science-based practice of managing stress by learning how to cultivate a sense of calm. Thanks to a special partnership with Warrior Spirit Project, the Brain Performance Institute is proud to offer weekly integrative restoration (iRest) classes focusing on this practice.

Who might benefit?

- Care partners who want to incorporate moments of calm into daily life.
- People who want to deal with the reality of changes in a positive manner.
- Diagnosed individuals who want to be proactive in moments of stress, fear, or frustration.

Why do it?

- A diagnosis of Alzheimer's can increase stress for the diagnosed person and for care partners.
- Knowing how to create (or regain) a sense of calm is an important habit to establish.
- It is important to be prepared for how to manage upcoming increases in stress.
- A calm perspective can decrease stress and improve the ability to visualize alternatives.

How do I participate in iRest at the Center for BrainHealth®?

- iRest is a guided, restorative, evidence-based relaxation practice.
- Guided classes are held on Wednesdays from 3:00 p.m. to 4:00 p.m.
- Cost is \$15 per session.
- Located at the Brain Performance Institute, 2200 W. Mockingbird Ln., Dallas, TX 75235
 - To register, visit www.centerforbrainhealth.org and search "iRest"



For more on stress management and mindfulness, see page 94.

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BRAINHEALTH® LECTURES

What is BrainHealth® Presents?

- Monthly lectures featuring top brain scientists, authors, inventors and futurists.
- Topics cover the latest advances in science, technology and real-world applications aimed at inspiring better brain health.

Who might benefit?

- Anyone interested in listening to engaging and informative talks on the latest scientific advancements.
- Anyone interested in learning how to advance their personal brain health.

Recommended Previous Speakers:

- The Alzheimer's Disease Drug Development Pipeline: What's New & What's Coming w/ Dr. Jeff Cummings
- Lifestyle Tips to Prevent Alzheimer's w/ Drs. Ayesha and Dean Sherzai
- Hormones' Impact on Cognitive Health & Alzheimer's w/ Dr. Lisa Mosconi
- These talks and more can be accessed on the Center for BrainHealth YouTube channel by searching "Center for BrainHealth" in YouTube search bar.

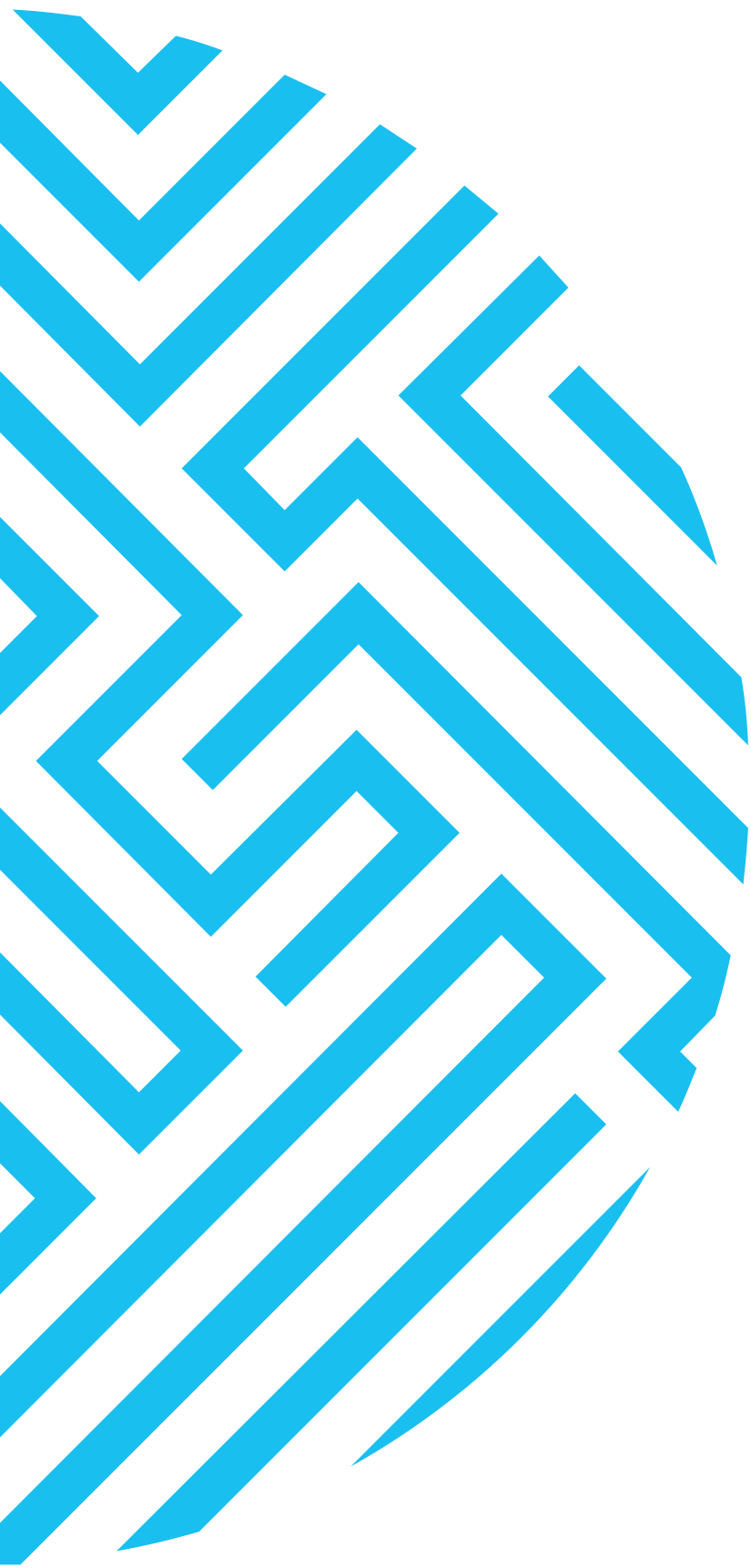
How to Attend

- Lectures are held at the Center for BrainHealth on select Thursday nights.
- Limited individual talk tickets are available. Registration will close when seats are full.
- Registration for attendance can be found at centerforbrainhealth.org by searching "BrainHealth Presents".

Questions?

- If there are any additional questions or issues pertaining to the Frontiers of BrainHealth Lecture Series, send an email to brainhealthevents@utdallas.edu or call (972) 883-3400.

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Make a Plan Checklists

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CHECKLIST: Alzheimer's and other Dementia's (any stage) ^{NEW}

No matter where you are, just noticing changes or already living with a diagnosis, this checklist offers clear, doable, and simple next steps.

(Topics are Hyperlinked)

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CHECKLIST: Young Age Onset ^{NEW} (Topics are Hyperlinked)

No matter where you are – just noticing changes or already living with a diagnosis – this checklist offers suggestions for simple next steps. While many items overlap with the general dementia checklist, this version includes resources specific to people diagnosed before the age of 65.

Get a Diagnosis

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Action Lists

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CHANGES IN MEMORY AND THINKING? ^{NEW}

If you're noticing changes in memory and thinking and wondering about next steps, this checklist can help guide you through the process of getting answers. Understanding the process—and knowing what to expect—can help you advocate for yourself or someone you care about.

1. Schedule an Appointment with your Primary Care Provider

Your doctor's first response will be to consider a treatable cause for change such as:

- Stress or burnout
- Sleep problems (like sleep apnea)
- Depression or anxiety
- Hormonal changes (e.g., perimenopause, thyroid issues)
- Medication side effects or drug interactions
- Vitamin deficiencies (like B12 or folate)

2. Keep a Log of the Changes

Prior to your appointment, make a list of changes you are noticing and be as specific as possible. Things to record include:

- Changes in your health including memory, behaviors, and mood.
- When changes began.
- How often you notice the changes (occasionally, periodically, frequently persistently)
- Whether changes occur at certain times of day.
- How impactful the change is on life (annoying, frustrating, concerning) (noticeable to self, spouse or others).

Help your doctor quickly focus on key concerns by summarizing your observations in 3–5 bullet points that include:

- Main symptom/problem/change.
- Duration (how long symptoms have occurred).
- Specific behaviors.

Example:

- For 3 months: unable to keep track of calendar, missing appointments.
- Unable to manage personal finances; susceptible to scams.
- Significant appetite changes: lost 12 pounds, now craving sweets, gained 12 pounds.

3. Preparing for your appointment.

- **Bring your notes** outlining changes you have noticed in your health, including mood, memory and behavior.
- **Medical History** - Make a list of past and current medical problems (e.g. surgeries, diagnoses, head injuries, etc.) and let your doctor know if other family members had illnesses that caused memory problems.
- **Review medications** – Bring a list of current prescriptions and over-the-counter medications (including vitamins or supplements) as some drugs can impact cognition.

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CHANGES IN MEMORY AND THINKING? (continued)

- **Write down questions** as they come to mind before your doctor's visit, so you're prepared when the time comes.
 - **Bring your spouse**, family member or friend with you to take notes.
 - Be prepared to **answer the doctor's questions honestly** and to the best of your ability.
4. **If symptoms persist or worsen, you have the right to advocate for answers.**
- Ask your doctor how familiar he or she is with diagnosing cognitive concerns and whether there are circumstances in which he or she would refer to a specialist. You can ask your doctor to:
- Order a **brain MRI** (to check for structural changes or abnormalities).
 - Refer for **neuropsychological testing** (to measure thinking, memory, and other cognitive functions). Establishing a **baseline** helps guide future care, especially if symptoms progress. The earlier you start, the more options you may have for support, treatment and planning.
 - **Check bloodwork** – to rule out vitamin deficiencies, thyroid problems, or other metabolic issues.
 - **Refer you to a specialist.** Some people with unclear symptoms may require evaluation by two or more specialists who combine their findings to reach a diagnosis. These specialists may include:
 - Neurologist, who specializes in diseases of the brain and nervous system.
 - Neuropsychologist, a specialist trained to perform detailed testing of thinking abilities such as memory, language, attention, reasoning, and problem-solving.
 - Neuropsychiatrist, a psychiatrist with additional training in how brain changes (injury, stroke, dementia, etc.) affect mood, thinking, and behavior.
 - Geriatric psychiatrist, a psychiatrist with specialized training in mental health issues in older adults, including depression, anxiety, and dementia.
 - Geriatrician, who specializes in the care of older adults and dementia.
- Blood tests and scans (MRI or CT) can help rule out other conditions. Getting them early can speed up the process if you go on to see a specialist.

Trust Your Instincts: You know yourself—and if something feels off, you deserve to be heard. Be persistent. Keep asking questions. Keep tracking changes. And don't stop until you get the answers and support you need.

This document was adapted from the Alzheimer's Association Website.
For more information and checklists go to: [Visiting Your Doctor](#)

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MEDICAL CHECKLIST FOR ONGOING CARE ^{NEW}

Whether you continue working with your primary care provider (PCP) or are referred to a specialist, staying organized can make a big difference. Use these tips to stay prepared throughout the process.

1. Prior to your Appointment

- **Create a binder** to help you organize medical information.
- **Request copies of previous testing** – Request copies of previous test results ordered by your PCP to be sent to the specialist prior to your appointment. Tests could include recent blood work, MRI, and any cognitive testing. Also be sure to bring a complete list of medications and supplements.
- **Medical History and Current Medications** – Create a document with the following information:
 - **Medical and Surgical History:** Include any significant medical conditions and past surgeries, such as pacemakers, metal implants, joint replacements, dental bridges or shunts, as these can affect MRI eligibility.
 - **Medication List:** Provide a complete list of current medications and supplements.
 - **Imaging History:** Note any previous MRI or CT scans of the head. Include the date, purpose, and location of each scan, if available.
- **Summarize concerns concisely** – Prepare for your visit by writing down specific examples of changes in memory, behavior, or daily function. (If you are concerned about dementia and need help identifying symptoms or organizing your list, visit: www.alz.org/alzheimers-dementia/10_signs.)
- **Recruit a support person** – Invite a family member to attend the appointment with you to help with remembering details, asking questions and taking notes.
- **Be patient.** It may take time to get an appointment with a specialist. Use your time to make notes of what you observe and clarify your concerns. Remember that any testing already completed will help move the process along.

2. Expectations for the Appointment.

- **If no previous testing has been completed**, expect referrals for:
 - **Complete cognitive testing** – (memory and thinking assessments).
 - **Lab tests and brain imaging** – Blood tests and scans (MRI or CT) can help rule out other conditions.
- **Build a Collaborative Relationship** – Bring a notebook for questions and notes. Request access to your patient portal.
- **Confirm understanding of next steps** – Before leaving, summarize key takeaways, clarify any confusion, and confirm time for the next appointment.

MEDICAL CHECKLIST FOR ONGOING CARE (continued)

3. Understanding and Processing the Diagnosis

- **Request a clear explanation** – Ask the doctor to explain the diagnosis, including type (e.g., Alzheimer’s, vascular dementia).
- **Discuss treatment options** – Learn about medications, lifestyle changes, and therapies that can help.
- **Ask about prognosis and follow-ups** – Understand what to expect and how often to check in.
- **Take notes during the appointment** – Record pertinent information from the meeting in your notebook for easy reference later.
- **Sign a release of information** – this is a good time to ask the person with dementia to sign a release of information so a family member can freely communicate with the doctor on the person’s behalf. Be sure every person listed as a medical power of attorney are listed on a HIPAA release with your provider.

GUIDE Program (CMS)

Nationwide program that provides coordinated dementia care and limited caregiving support services (approximately 80 hours annually).

- Available only to those with **traditional Medicare** (not Medicare Advantage).
- For more information, visit www.cms.gov and search “Guiding an Improved Dementia Experience (GUIDE) Model.”

GET YOUR AFFAIRS IN ORDER: *WHAT DOES THAT MEAN?* ^{NEW}

Estate Planning Checklist

A diagnosis of dementia can feel overwhelming—for both the person receiving it and their loved ones. When doctors advise someone to “get their affairs in order,” it means to take care of personal and financial matter such as legal documents, assets, and end-of-life planning. Find more help at [The Conversation Project](#) and [National Academy of Elder Law Attorneys](#).

1. Advance Directives

- Name a Healthcare Agent/Medical Power of Attorney (MPOA) to make medical decisions in case you’re incapacitated.
- Ensure that everyone named as a primary or alternate agent in your Medical Power of Attorney (MPOA) is also authorized on your HIPAA release form with your healthcare provider.
- Outline your medical wishes in a Living Will/Directive to Physicians.
- Talk with your loved ones about your wishes.
- Ensure your MPOA and DPOA (Durable Power of Attorney) coordinate decisions; if needed, care managers are available to help resolve disagreements (see page 21).
- Go to nia.nih.gov to learn more.

2. Financial POA

- Name an Agent to make legal or financial decisions in case you’re unavailable or incapacitated.
- Ensure your Financial Advisor and your Agent communicate with one another.

3. Last Will & Testament

- Name an Executor and Contingent Executors to probate your will.
- Create an inventory of your personal property, and document who should receive specific items.
- Document how you want your assets distributed.

4. Revocable or Irrevocable Living Trust

- Decide whether a Revocable or Irrevocable Trust best suits your needs—consult an estate planning attorney for guidance.
- Name a Trustee and Contingent Trustees to manage your trust.
- Work with your Financial Advisor to ensure your property and assets are transferred into the Trust.

5. Beneficiary Designations

- Ensure your Beneficiary Designations such as 401 (k), IRA accounts, life insurance policies are current.

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GET YOUR AFFAIRS IN ORDER: *WHAT DOES THAT MEAN?* (continued)

6. Identifying Documents

- Gather important documents such as your birth certificate, social security card, marriage certificate, divorce decree, military records.
- To view a list of general documents to organize, visit nia.hih.gov and search “Documents to prepare for the future”.

7. Insurance & Accounts

- Organize your medical, dental, prescription, life, homeowners, renters, and car insurance policies.
- Make a list of your financial accounts & advisors including account numbers, passwords, etc.
- Meet with your bank to review account setup, add fraud protections, and ensure your wishes are honored after you pass.
- Use the Legal and Financial Worksheet to organize everything in one place.
[Legal and Financial Worksheet](#)

8. Titles & Deeds

- Review the titles or deeds for your vehicles, home, boat, and property.
- If you have a Living Trust, make sure all the property has been retitled to the trust.

9. Funeral & Burial Plans

- Share any pre-arrangements with the person you named as Executor of your Estate.
- Share your preferences for your funeral service with your faith leaders and loved ones.

10. Digital Assets

- Consider using a Password Manager to keep track of your accounts—but be sure to share the master password with your Executor.
- Don’t forget email, social media, apps, & more.

What comes next? Now that your legal and financial plans are set, store them securely and share access with your Executor, Trustee, Agents, or trusted loved ones. Your Executor must submit the signed original Will to Probate Court, so keep it easy to find. Review everything regularly to keep it current.

Find more information at the National Institute of Aging Website: [Getting Your Affairs In Order Checklist](#).

*This document was adapted from the McNair Dallas Law Firm’s “Estate Planning Checklist.”
Original document available at McNair-DallasLaw.com*

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PLANNING FOR THE UNEXPECTED ^{NEW}

Emergencies don't wait for us to be ready – but a little planning can make a big difference. These are general recommendations not yet covered in this document. They are intended to help make your life easier in the moment. Remember: being prepared is not about expecting the worst, it is about feeling confident you can handle life's surprises when they happen.

1. Prepare Now for Life's "What-ifs"

Unexpected challenges like a sudden illness, a family emergency, a last-minute trip, or even something as simple as car trouble. Taking some time now to prepare for the 'what' if's" can reduce stress, ensure your loved one is supported, and give you peace of mind. Here are some key steps to help you feel more prepared:

- **Designate a Backup Care Partner** to step in temporarily if you're unavailable – even on short notice.
 - Talk with them in advance about routines, medications, and preferences
 - Make sure they know the location of the emergency binder. View the information periodically to be sure information is up to date.
 - Make sure they know how to access the home or facility and have keys or codes if needed.
- **Create a List of Important Contacts**
 - Primary doctor and specialists
 - Pharmacy
 - Emergency contacts/Back-up care partners
 - Insurance providers
 - Local hospital or urgent care
- **Prepare a "Go Folder" or Emergency Binder** with essential information that's easy to grab or share in an emergency. Keep one at home and a digital version (securely stored or shared). Include:
 - Medical and current medications (for both the person with dementia and the caregiver).
 - Include surgical history such as pacemakers, metal implants, joint replacements, bridges, or shunts, which may impact MRI decisions.
 - List any prior MRIs or CT scans, including the date, reason for the scan, and the facility where it was performed.
 - Health insurance cards.
 - Legal documents (healthcare proxy, power of attorney, DNR orders, etc.)
 - A brief daily routine, including exercise, diet and sleep.
 - Allergies or special needs.
 - Create a Hospital Go-Kit with personal items, entertainment, comfort items, and needed charging cords.

PLANNING FOR THE UNEXPECTED (continued)

- **Make sure the person with the diagnosis has an advocate.**
 - The person with the diagnosis should always have an advocate in the event they go to the hospital or other unfamiliar setting.
- **Talk about the Plan Before It's Needed.** It's not always easy to think about emergencies, but open conversations now can reduce confusion later.
 - Involve your loved one in the planning as much as possible.
 - Let family members and friends know what roles they might plan.
 - Update your plan as situations change (every 6-12 months is a good rule of thumb).

2. What if you don't have extended family or close support nearby?

Not everyone has close family or friends nearby to help in an emergency, and that's okay. You can still create a reliable plan by identifying local professionals who can step in to support your care needs. Consider connecting with an Aging Life Care Manager (also known as a geriatric care manager) to help with:

- Coordinating care and helping create or update a care plan
- Attending appointments or serving as a healthcare advocate
- Locating trusted home care or community support services
- Providing companionship or check-ins when you're unavailable
- Supporting transitions in housing or living arrangements

To find one near you:

- Visit www.aginglifecare.org and select “Find an Aging Life Care Expert”
- When contacting a provider, ask if they have experience working with individuals living with dementia and whether they are affiliated with the Aging Life Care Association, which upholds professional standards and ethical guidelines.

3. Update End-of-Life Preferences:

- **Having** a conversation around end-of-life preferences is an important conversation for everyone. If you need help starting the conversation, check out theconversationproject.org or [The Conversation Project Starter Guides](#)

4. Create the Plan You Need.

Think of planning as a form of self-care. You don't have to do it all at once—just take it one step at a time. The habit of asking “*What can I do next?*” is a powerful tool.

- **What action plan do you need to create?** Take a moment to reflect.
 - What's been keeping you up at night?
 - What's one decision you've been putting off?
 - What kind of support would help you move forward?

If you need help, talk it over with a trusted friend or professional. You don't have to do this alone—and you don't have to do it perfectly.

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PRACTICAL IDEAS TO PROTECT YOURSELF FROM SCAMS & FRAUDS ^{NEW}

Financial scams are becoming more sophisticated. Anyone can be targeted – especially older adults or those experiencing memory changes. Following are a few ideas to consider to protect yourself.

1. **Share Financial Tasks Early:** Start building a trusted team now.

- Choose someone you trust to help manage bills and accounts – a spouse, adult child, or legal representative.
- Discuss how you'd like decisions made and gradually share access or responsibilities.
- Consider legal tools like Power of Attorney or Trustee to support long-term planning.
- Keep communication open and transparent with other family members.

2. **Add Financial Safeguards:** Small actions today can prevent big problems tomorrow.

- **Work with Your Bank or Financial Institution**
 - Set up **account alerts** from your bank for large withdrawals or unusual spending and ask about **spending limits, and fraud detection** tools.
 - Designate a **trusted contact** to be notified of suspicious activity.
 - Choose a **bank with age-friendly services** and trained staff.
 - If online banking is confusing, opt for **in-person services** when possible.
 - **Consolidate accounts** to reduce complexity and simplify monitoring.
 - **Check for caregiver-friendly tools**, such as viewing access or dual authorization options.
 - Ask your bank if they offer the option to **enroll in a credit monitoring system**. If not, consider enrolling in a program such as Life Lock.
- **Set Up Systems to Simplify and Monitor Spending**
 - Create **separate accounts**:
 - One for **essential bills** (monitored by a trusted person).
 - One for **everyday spending** (limited balance and debit card access).
 - Set up **automatic bill payments** to avoid missed due dates.
 - Use **alerts for large withdrawals**, wire transfers, or unusual activity. Ask if your bank will suspend (or create safeguards with respect to) wire transfers if that is an option.
 - **Review accounts frequently** with a trusted support person.
- **Reduce Risk of Financial Exploitation**
 - **Freeze your credit** with the three major credit bureaus (Equifax, Experian, TransUnion) to prevent new accounts from being opened.
 - Limit access to **cash, credit cards, and checkbooks** to reduce risk of impulse purchases or fraud.
 - Remove important documents (e.g. social security card or multiple credit cards) from your wallet or purse to reduce worry and work in the event the wallet or purse is misplaced.

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PROTECT YOURSELF FROM SCAMS & FRAUDS (continued)

- **Consider a Prepaid Card with Safeguards:**
 - A helpful tool to promote safe, monitored spending is the [True Link Prepaid Visa Card](#). This card allows:
 - Spending limits and custom restrictions (e.g., block certain purchases or vendors).
 - Real-time transaction monitoring by caregivers or trusted contacts.
 - Independence for the cardholder with appropriate safeguards in place.

3. Reduce Scam Contact: Make it harder for scammers to reach you.

- **Protect Against Phone Scams**
 - Use a landline or simplified mobile phone with only key contacts saved.
 - **Activate your phone's spam filter.** Most smartphones have built-in tools to block suspected scam calls – check your settings and turn them on.
 - Set up Assistive Access on iPhone: Apple Support has detailed guidance for seniors or those who need simplified access at [Assistive Access User Guide for iPhone](#)
 - To silence unknown callers on an iPhone, follow these instructions: [Manage Unknown Callers on iPhone](#)
 - Contact your phone service provider to inquire about available scam-blocking tools and to request assistance in enabling those protections on your device.
 - **Sign up for call-blocking or spam-filtering services** from your phone provider (e.g. *Nomorobo, AT&T Call Protect, or Verizon Call Filter*).
 - **Consider a simplified phone with safety features.**
 - The **RAZ Memory Cell Phone** allows only pre-approved contacts to appear on the screen—ideal for individuals with memory loss. Learn more at [RAZ Mobility | Next Generation Assistive Technology](#)
 - **Telecalm is a phone service** that may help protect loved ones from scam calls. Learn more at [TeleCalm](#)
 - **Minimize Junk Mail and Unwanted Marketing**
 - Opt out of junk mail and telemarketing lists. Learn more at [www.DMAchoice.org](#) and [www.DoNotCall.gov](#)
 - Consider a **locking mailbox** or sending sensitive mail from the post office to avoid mail theft.
- **Monitor Incoming Mail and Communications**
 - Sign up with the **U.S. Postal Service's Informed Delivery**. This free service sends an email with scanned images of incoming mail, helpful for spotting important

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PROTECT YOURSELF FROM SCAMS & FRAUDS (continued)

- **Monitor Incoming Mail and Communications (continued)**
documents like property tax notices, bills, and other time-sensitive correspondence before it arrives.
 - **Review suspicious-looking mail** – especially sweepstakes, bills, donations requests, or anything marked ‘urgent.’
 - Keep a **“junk mail” folder** so you can review it with a trusted person before taking action.
 - Be cautious of emails or letters requesting personal or financial information – even if they appear to come from a known company.
- 4. **Create a Financial Emergency Plan:** Planning ahead can reduce stress and protect your future.
 - **Make a list of your accounts, bills and passwords** and store it in a secure but accessible place. Let a trusted person know how to access it if needed.
 - Make copies of the front and back of every card (debit, credit, insurance, ID) in case they are lost or stolen.
 - **Name a Power of Attorney** for financial matters – this legal document allows someone to step in if you become unable to manage finances yourself.
 - **Set up contingency plans:** What should happen if you are hospitalized or unable to manage bills for a short time? Who should step in, and what do they need to know? (See page 15)
 - **Review beneficiaries** on bank accounts, retirement plans, and insurance policies to be sure they reflect your current wishes.
 - Consider impact of diagnosis in the event you need to update your Power of Attorney. Be sure to **check with your attorney** for next steps as this decision impacts both the person with the diagnosis and their care partner.
 - **Discuss what “red flags” might look like**, so a trusted person knows when to intervene or check-in.
- 5. **Use Technology to Stay in Control:** Smart tools can make managing money safer and easier.
 - **Prepaid or limited-access debit cards** (like True Link) offer control over where and how money is spent, with real-time monitoring options.
 - **Bill Pay apps and reminders** can help you stay on track with due dates. Some banks offer automatic alerts or calendar integrations.
 - **Password managers** help keep login information safe and accessible, reducing the need to write passwords down.
 - **Account monitoring tools** (like EverSafe) can detect unusual activity and alert trusted contacts.
 - **Voice assistants and smart speakers** can help with reminders for bills, appointments, or check-ins if used carefully and securely.

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PROTECT YOURSELF FROM SCAMS & FRAUDS (continued)

6. **Monitor In-Home Help.** Most paid caregivers are trustworthy – but it’s smart to stay aware.
 - Lock up valuables like jewelry, credit cards, financial documents, and cash.
 - Keep a visitor log or install discreet cameras in shared areas. If you employ a home care agency, you can say you have cameras even if you don’t. The agency will add “cameras” to the client profile so all the caregivers will be alerted. This information can be a deterrent.
 - Watch for red flags like missing items or sudden changes to legal documents; inheritance hijacking.
7. **Important Contacts and Resources:** If you or someone you know experiences a scam or financial fraud, these resources can help you act quickly and effectively.
 - Contact your banks, credit card companies and investment firms right away to report that your personal information has been compromised.
 - If a Social Security number was given out, report it to the Federal Trade Commission at <https://reportfraud.ftc.gov/assistant>
 - If the victim is aged 60 or older, the National Elder Fraud Hotline offers support at 1-833-FRAUD-11 (1-833-372-8311). Staffed by professionals from the U.S. Department of Justice, the hotline provides personalized assistance and next steps.
 - Senior Source Elder Financial Safety Center (Dallas-area): Find more information on their website: [The Senior Source Frauds and Scam Prevention](#)

Special thanks to Steve Benton at The Senior Source for his contribution to this document and an acknowledgement to AI for help in expanding the content.

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UNDERSTANDING CARE OPTIONS FOR ALZHEIMER'S ^{NEW}

*This guide explains the main support services available to help you and your loved one. It tells you **what they do, when to use them, and how they're paid for.***

1. **Care Management:** A care manager is a trusted aging expert who helps plan, coordinate, and oversee care. They act as a guide, problem-solver, and advocate to ensure important details are not overlooked, reducing caregiver stress and improving outcomes.

When to use a Care Manager:

- Care feels complicated or overwhelming or you are aging alone.
- You need help finding the right services or housing.
- There is a hospital stay, sudden health change, or crisis.

What a Care Manager Does:

- Create and regularly update a personalized **care plan**.
- **Care coordination** such as medical appointments and support services.
- **Housing guidance** through assisting in choosing the most appropriate living arrangement.
- Provide on-site **crisis support** during emergencies.
- **Facilitate family discussions** and decision-making.
- Conduct **home safety evaluations**, suggesting changes for safety and cognitive memory queueing.
- **Problem-solving** around financial resources, location, and health needs.
- Provide **ongoing support** as needs change.

Payment:

- Typically, private pay.
- Some long-term care insurance policies may cover part of the cost.
- Many require signed contracts and HIPPA forms before starting services.

How to Access:

- <https://www.aginglifecare.org/>
- **Carelike - Provider Search** then search "Community Services" then "Geriatric Care Managers". Enter your zip code for a list of options near you.

2. **Home Care:** Home care helps with everyday tasks to support your loved one at home, focusing on daily living assistance rather than medical care. Caregivers provide hands-on support and may be trained as certified nurse aides (CNAs) to help ensure safety and comfort.

When to use Home Care:

- Your loved one needs help with bathing, dressing, or eating.
- You want them to stay at home longer.
- Your loved one would benefit from companionship and supervision.

UNDERSTANDING CARE OPTIONS FOR ALZHEIMER'S (continued)

Home Care (continued)

What they do:

- Assist with bathing, dressing, and meals.
- Helps with light cleaning, laundry, and shopping.
- Provide transportation to appointments.
- Offer companionship and supervision.

Payment:

- Usually, private pay or covered by long-term care insurance.
- Some Medicaid or Medicare Advantage programs may cover part of the cost.

How to Access:

- Find home care (and more) in your area at www.communityresourcefinder.org, click on "Care at Home", choose "Home Care", enter your zip code, and select "SEARCH"

- 3. Companion Care:** Companion care, also known as non-direct care or non-medical home care, focuses on providing companionship, emotional support, and assistance with daily activities to help individuals, primarily seniors and those with disabilities, maintain their independence and quality of life at home. Unlike personal care or skilled nursing, companion care **does not involve hands-on assistance** with activities of daily living (ADLs) such as bathing or dressing, or complex medical procedures.

When to use Companion Care:

- An individual is experiencing loneliness or isolation.
- Help is needed with light household tasks, errands, or meal preparation.
- Transportation is needed for appointments, shopping, or social activities.
- The individual would benefit from emotional support and regular social interaction.
- Safety supervision is needed, but hands-on personal or medical care is not required.

What Companion Care Does:

- Provide friendly companionship, engaging conversations, and participation in hobbies or activities.
- Assist with light housekeeping, laundry, and meal preparation to maintain a safe, comfortable home.
- Offer transportation for errands, appointments, and community or social events.
- Provide emotional support, encouragement, and help coping with challenges such as grief or loneliness.
- Monitor for potential safety hazards and provide supervision in case of emergencies.

UNDERSTANDING CARE OPTIONS FOR ALZHEIMER'S (continued)

Companion Care (continued)

Payment:

- Typically, private pay.
- Some long-term care insurance policies may cover part of the cost.
- Many agencies require service agreements and HIPAA forms before starting care.

How to Access:

- If you need help connecting with companion care, check out www.NaborForce.com and www.SeniorsHelpingSeniors.com

4. **Home Health Care:** Home health care provides medical services in the comfort of your home, prescribed and overseen by a doctor. It's designed for those who need skilled care but prefer not to move to a facility.

When to use:

- Following a hospital stay or a change in health, when a doctor determines the client would benefit from rehabilitation.
- For ongoing medical care that can be managed at home.

What they do:

- Provide nursing care, including medications and wound care.
- Offer physical, speech, or occupational therapy.
- Medical social work.
- Home health aide support for personal care.

Payment:

- Often covered by Medicare, Medicaid, or private insurance (with a doctor's order).

How to Access:

- Your doctor or hospital will prescribe this in-home service for you.
- You can also refer to www.medicare.gov/care-compare/ for more information.

5. **Palliative Care:** Palliative care focuses on comfort and quality of life for people with serious illnesses. It can be provided at any stage of illness, even while receiving active treatment.

When to Palliative Care:

- Your loved one has ongoing symptoms such as pain, nausea, or shortness of breath.
- You want extra support to improve overall quality of life.

What they do:

- Manage symptoms to reduce discomfort.
- Provide emotional and practical support for patients and families.

UNDERSTANDING CARE OPTIONS FOR ALZHEIMER'S (continued)

Palliative Care (continued)

Payment:

- Often covered by insurance or available as private pay.

How to Access:

- Your doctor or hospital will prescribe this in-home service for you.

6. **Hospice:** Hospice care provides comfort and support when a person's life expectancy is six months or less and the focus shifts from curing illness to ensuring quality of life.

When to Use:

- Your loved one's priority is comfort, not further medical treatment.

What They Do:

- Manage pain and other symptoms.
- Provide emotional, spiritual, and practical support for patients and families.

Payment:

- Covered by Medicare, Medicaid, or private insurance.

How to Access:

- Your doctor or hospital will prescribe this in-home service for you.
- You can also refer to www.medicare.gov/care-compare/ for more information.

7. **Senior Living Advisors:** Senior living advisors provide free guidance to help you find the right care facility, such as assisted living or memory care, based on your loved one's needs and preferences.

When to Use:

- You are considering moving your loved one to a care facility.

What They Do:

- Recommend facilities that match your needs and budget.
- Arrange and coordinate tours.
- Offer advice on local care options and amenities.

Payment:

- Free to you, advisors are paid by the facility if your loved one moves in.

How to Access:

- Find more information or connect with a local advisor through their website <https://npra.memberclicks.net/>
- Additional options can be found via [Carelike - Provider Search](#). Search "Community Services" then "Referral Agencies". Enter your zip code to access vetted senior living advisors.

UNDERSTANDING CARE OPTIONS FOR ALZHEIMER'S (continued)

8. **Aging in Place Specialists:** Aging in place specialists are professionals who assess and modify homes to make them safer and more accessible for older adults, helping them remain at home as long as possible.

When to Use:

- Your loved one wishes to stay at home rather than move to a care facility.

What They Do:

- Recommend safety improvements such as grab bars, ramps, or better lighting.
- Plan home modifications to make daily living easier and safer.
- Plan for future needs before a crisis
- Collaborate with contractors to get the work done right.

Payment:

- Typically, private pay.
- Some programs or Veterans Affairs (VA) benefits may help with costs.

How to Access:

- The National Association of Home Builders website has information on ideas to make your home more age friendly. Go to www.nahb.org and search 'aging in place'.
- Reach out to area police and fire departments or churches to inquire about other possible options in your city.

9. **Daily Money Managers:** Daily money managers are professionals who help organize and oversee day-to-day personal finances, ensuring bills are paid on time and important paperwork is handled correctly.

When to Use:

- Managing bills or financial paperwork has become overwhelming.

What They Do:

- Pay bills on time and calls to payees regarding incorrect bills.
- Organize financial records and documents.
- Assist with insurance claims.
- Refer clients to legal or tax professionals when needed.
- Some may serve as Power of Attorney or trustee.

Payment:

- Private pay.

How to Access:

- For a comprehensive overview of the Certified Daily Money Manager role and the full scope of services offered, [click here](#).
- To find a daily money manager near you, [click here](#).

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ALZHEIMER'S CARE SERVICES – QUICK GUIDE

Service	What It Is	When to Use	Payment
Care Management	Expert planning, coordination, and guidance.	When care is complex, changing, or you are aging alone.	Private pay, some long-term care insurance.
Home Care	Help with bathing, dressing, meals, errands, and companionship.	When daily help is needed but no medical care is required.	Private pay, long-term care insurance, some Medicaid/Medicare Advantage.
Home Health Care	Medical services at home (nursing, therapy).	After hospital stays or for ongoing medical needs at home.	Medicare, Medicaid, insurance (with doctor's order).
Palliative Care	Comfort care for serious illness (any stage).	To manage symptoms and improve quality of life.	Insurance or private pay.
Hospice	End-of-life comfort care (6 months or less).	When focus is on comfort, not cure.	Medicare, Medicaid, insurance.
Senior Living Advisors	Help finding facilities (assisted living, memory care).	When considering a move to a care facility.	Free to families (paid by facility).
Aging in Place Specialists	Make homes safer (grab bars, ramps, lighting).	When staying at home long-term is the goal.	Private pay, some programs/VA benefits.
Daily Money Managers	Handle bills, accounts, and paperwork.	When finances or paperwork are too hard to manage.	Private pay.

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TRAVEL TIPS ^{NEW}

Traveling can be a stressful process. Below are resources and tips to help make the process as smooth as possible. Please do keep in mind that not all airports and airlines operate the same. Call your airport and airline to confirm your plans and find additional resources.

TSA

TSA Cares

Designed to assist travelers who may need additional assistance with screening by offering information on what to expect and how to approach the screening process.

- Phone number: (855) 787-2227. It is strongly recommended to contact TSA at least 72 hours prior to a scheduled departure to ensure timely coordination of your request.
- If you prefer to submit your request for screening assistance via email, go to tsa.gov/contact-center/form/cares. If your flight is within 72 hours, please call the number above for assistance.
- Available 8 a.m. to 11 p.m. ET on weekdays and 9 a.m. to 8 p.m. ET on weekends and holidays
- Note: TSA Cares assistance is only available for assistance through the screening checkpoint. If you need in-flight assistance or wheelchair assistance, please contact your airline.

TSA Passenger Support Specialist (PPS)

Available through TSA Cares. TSA PPS's are TSA officers who have received specialized training including how to effectively assist and communicate with travelers with disabilities and/or medical conditions.

- To request PPS assistance, complete the TSA Cares Assistance form found on their website: tsa.gov/travel/passenger-support.
- PPS does not exempt you from security screening.

TSA Precheck

If you are planning to travel frequently, TSA PreCheck may be a useful purchase to make the security screening process simpler and more efficient.

- Benefits include: separate, expedited security line, not required to remove shoes, electronics, liquids, belts, or jackets.
- Costs is \$78 for 5-year membership.
- Learn more at tsa.gov/precheck.

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TRAVEL TIPS (continued)

THE HIDDEN DISABILITIES SUNFLOWER INITIATIVE

Hidden Disabilities Sunflower Airports

A growing number of airports are beginning to implement programs to better support travelers with hidden disabilities. As part of this emerging initiative, some airports are training staff to recognize and respond to the needs of individuals wearing a **Sunflower Lanyard**, which discreetly signals that the wearer has a hidden disability.



- Find complete list of Sunflower airports at hdsunflower.com.
- Lanyards can be obtained using their website or by contacting your airport.

Route Planner

For long drives, the Hidden Disabilities Sunflower website offers a route planner that shows where places that support people with invisible disabilities are located on your route.

- Use the route planner here: hdsunflower.com/us/find-the-sunflower.

GENERAL TIPS TO SUPPORT PEOPLE WITH DEMENTIA

We all know the unexpected can happen from flight delays and gate changes to any number of other inconveniences. The impact of the unexpected affects all of us to some degree. For those with dementia, the impact is magnified. While you likely will not eliminate stress, a little forward planning can help minimize stress and that goes a long way in helping people function. Consider the following:

- People with dementia benefit from traveling with a buddy.
- Consider packing ear plugs or noise cancelling headphones to reduce the stress from noise.
- Get to the airport early enough so you do not feel rushed.
- Consider booking direct flights rather than connecting.
- Simplify the travel process as much as possible such as getting a travel lanyard to hold your ID and boarding pass.
- Wear shoes that are easy on easy off.
- Place electronics and liquids in an easy-to-access location of your carry-on for security.
- Utilize the TSA Travel Checklist located in the templates section of this book.
- Call your airport and airline to inquire about accessibility resources.
- Use electronic boarding passes to avoid the check-in line if not checking luggage.
- Dress comfortably.
- Look up carry-on limits in advance.
- Download an airport map to plan where to go.

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Young Age Onset Resources

DISCLAIMER: The content herein is not intended to be medical advice, diagnosis, or treatment, nor a substitute thereof. The Center for BrainHealth makes no representations as to the accuracy, completeness, suitability, or validity of any of the content included herein, which is provided on an “as is” basis. Links to articles or other resources are provided for information purposes only and the views and opinions expressed in those articles and resources do not necessarily reflect those of The Center for BrainHealth

Still Working? Plan Before You Leave ^{NEW}

A diagnosis of Young Age Onset Alzheimer's presents unique challenges to families, especially if the person getting the diagnosis is the one who is supporting the family. It is critical for you to educate yourself so you can maximize the benefits available to you. If your doctor is hesitant to diagnose due to limited treatment options, explain that having a diagnosis is essential for planning ahead – some financial protections are only available while you're still working.

The following is a summary based on information from the Alzheimer's Association. For full details and additional questions to consider, visit: [Receiving a diagnosis while working](#).

- 1. Before making any decisions**, speak with your HR department, a benefits counselor, or a financial advisor familiar with disability and retirement planning.
- 2. Disability Insurance.** Disability insurance replaces income if illness prevents you from working. Employer plans typically cover a percentage of salary (taxable); private policies pay a set amount (not taxed). Policies must be in place before symptoms begin. Check with your employer to see if you have short-term and/or long-term disability insurance, and be sure to review the waiting periods, benefit amounts, duration of coverage, and any medical documentation required. If you're unsure about your rights or need help navigating the claims process, consider speaking with a benefits coordinator or employment attorney.
- 3. Family and Medical Leave Act (FMLA).** FMLA allows up to 12 weeks of unpaid leave with continued group health coverage. This applies to employers with 50+ employees. Check with HR to confirm eligibility and job protections. Learn more on the U.S. Department of Labor website at [Family and Medical Leave](#)
- 4. COBRA.** COBRA allows continued health coverage for up to 18–36 months after leaving a job or reducing hours (companies with 20+ employees). You pay full premium plus up to 2% in admin fees. Learn more at the U.S. Department of Labor: [Continuation of Health Coverage \(COBRA\)](#)

If you're already unemployed:

- 5. Disability and Employment Considerations**
 - The Social Security Administration (SSA) has added specific types of dementia (not all) to the list of conditions under its [Compassionate Allowances](#) (CAL) initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI).
 - Information on qualifications and how to apply for benefits can be found at alz.org and search "Social Security Disability" or Help & Support → Resources → Publications → Financial and Legal → SSDI Checklist for Early-Onset Alzheimer's.

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Still Working? Plan Before You Leave (continued)

6. **Health Insurance.** You may also qualify for:
 - **Affordable Care Act (ACA) Marketplace:** State-run exchanges offer plans with subsidies. Pre-existing conditions are covered. Learn more: [HealthCare.gov](https://www.healthcare.gov)
 - **Medicare:** Available after receiving Social Security Disability Insurance (SSDI) for 24 payments—regardless of age. Learn more: [SSDI and Medicare information from Social Security Administration](#)
7. **Retirement benefits.** Early access to IRAs, annuities, and pensions may be possible due to disability status. You may avoid the 10% early withdrawal penalty. Taxes still apply but delaying withdrawals until you're out of work could reduce the tax burden.
8. **Life Insurance benefits.** If your policy includes a critical or chronic illness rider, you may be eligible to access a portion of the benefits before death.

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CARE PARTNER RESOURCES: Young Age Onset ^{NEW}

ONLINE SUPPORT PROGRAMS

Lorenzo's House ^{NEW}

Lorenzo's House is a global, virtual organization offering free support programs to sons, daughters, children and families affected by younger-onset dementia [symptoms before the age of 65] by healing in community and advocating for dementia justice. Registration is required for all programs and can be done at lorenzoshouse.org.

MATCH:

- A one-on-one, carer to carer connection with a peer who understands.

Light Club:

- A virtual space to find community, share common stories and exchange resources for the daughters, sons and children of a parent living with/or has lived with younger-onset dementia.

ShineOn:

- A virtual space for young people and care partners to connect after their person has passed, together exploring healthy expressions of grief and loss.

Bright Brunch:

- A virtual space for female primary care partners to find community and share in common experience. Visit www.lorenzoshouse.org/our-programs/healing-spaces/

Light Lounge:

- A virtual space for male primary care partners to find community and share in common experience.

Music, Movement & Community:

- A hybrid virtual & in-person / Chicago interactive experience where music and expression ignite connection and joy.

Lorenzo's Youth SUMMIT:

- A worldwide virtual youth-led event designed to unite, educate and empower young people - in care & advocacy.

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CARE PARTNER RESOURCES: Young Age Onset (continued)

ONLINE SUPPORT PROGRAMS (continued)

Hilarity for Charity ^{NEW}

Non-profit organization that provides support for caregivers through respite grants, online support groups, and an online caregiver “road trip” covering the various aspects of a journey with a diagnosis.

- Young-age onset specific support groups are available as well as FTD, Spanish speaking, chosen families, and more.
- Learn more at [Hilarity for Charity](#).

Without Warning ^{NEW}

Online support group through Rush Alzheimer’s Disease Center for young-age onset families.

- Learn more at [withoutwarning.net](#).
- Contact WithoutWarning@rush.edu for more information on joining a support group.

The Toolkit Project ^{NEW}

Provided by Rush Alzheimer’s Disease Center, the Toolkit Project provides resources, information, and networking to people interested in creating and leading their own young-age onset support group in their community.

- Learn more about and gain access to resources at [toolkitproject.net](#).

theaftd.org

Website for Frontotemporal Dementia offers information and support groups for care partners.

- Find online and local in-person support groups at [theaftd.org](#).

YES! Young-Onset Dementia Education and Support ^{NEW}

A young-age onset organization dedicated to providing support and resources to families with a diagnosis.

- Young adult care partner and spouse support groups offered.
- Contact info@yessupport.org to connect with a support group or learn more.
- Website: [yessupport.org](#).

My Alz Journey ^{NEW}

App provided through the Alzheimer’s Association for both care partners and people with a recent diagnosis. Provides personal road maps, resource library, access to community support, and an online activity center.

- Available for phones and tablets through the App Store and Google Play.
- For more information, visit [My ALZ Journey](#)

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CARE PARTNER RESOURCES: Young Age Onset (continued)

ONLINE SUPPORT PROGRAMS (continued)

Best Programs for Caregiving (BPC)

Best Programs for Caregiving is a free online directory that helps family and professional caregivers find and compare proven, evidence-based dementia support programs nationwide.

Visit <https://bpc.caregiver.org/>

IN-PERSON SUPPORT PROGRAMS

DALLAS

Association for Frontotemporal Degeneration (AFTD) Support Group

- Held on the 2nd Saturday of every month from 11:30 a.m. to 1:00 p.m.
- Located at Celebration Restaurant, 4503 W. Lovers Ln., Dallas, TX 75209.
- For more information, contact Doris Booth at (214) 802-9324, or email dbooth@authorlink.com.

RICHARDSON

Lewy Body Dementia and Frontotemporal Dementia Support Group

- Held on the 1st Monday of every month from 4:00 p.m. to 5:30 p.m.
- Located at Friends Place, 1960 Nantucket Dr., Richardson, TX 75080.
- For more information, contact Jackie Coalter at (972) 437-2940.

Friends Place

Hosts young-age onset group. Located at 1960 Nantucket Dr., Richardson, TX 75080. Space is limited. Please call ahead to confirm attendance.

- Held on the last Tuesday of every month at 2:00 p.m.
- For more information, contact Jackie Coalter at (972) 437-2940.

EDUCATION

Dementia Action Alliance

An advocacy organization, made by people with dementia for people with dementia, dedicated to changing the stigma surrounding dementia.

- How-to manual which compiles essential insights on living with dementia from individuals directly affected by the condition, along with caregivers and leading dementia specialists.
- Available for download or can be purchased as a physical copy through daanow.org/pathways/.

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CARE PARTNER RESOURCES: Young Age Onset (continued)

EDUCATION (continued)

Ask the Experts

The Center for BrainHealth compiled a list of commonly asked questions regarding dementia and had families living with a diagnosis provide their answers.

- Visit centerforbrainhealth.org and search “ask the experts”.

Engaged in Living: Personal Stories of Alzheimer's

Explore personal narratives from families living with a diagnosis of Alzheimer's or other dementia. Stories share insights into their journey and how they navigated towards a positive path despite a diagnosis.

- Visit centerforbrainhealth.org and search “engaged in living”.

Positive Approach to Care

Teepa Snow's Positive Approach to Care® provides practical tools and educational resources designed to improve care and support for people living with dementia.

- Visit www.teepasnow.com to learn more.

Educational Videos & Podcasts – Voices of Lived Experience ^{NEW}

This Dementia Life ^{NEW}

A podcast sharing the experiences of people living with dementia or MCI and their care partners, hosted by a DAA Advisory Board member with lived experience.

- Visit www.daanow.org/this-dementia-life/ and browse podcast episodes.

Journey to Diagnosis – Being Patient ^{NEW}

Videos with firsthand stories from people living with dementia, offering insight into symptoms, medical evaluations, and the emotional journey of diagnosis as well as learning guides on brain health Alzheimer's science, dementia prevention, caregiving and more.

- Watch the videos at beingpatient.com/journey-to-diagnosis or beingpatient.com/learn/

Being Patient – Podcast ^{NEW}

A podcast about life with dementia, sharing stories, tips, and ideas for people living with memory changes and their families.

- Listen on YouTube at www.youtube.com/@BeingPatientAlzheimers/videos
- Spotify: [Being Patient Podcast](#)
- Visit their website at www.beingpatient.com/podcast

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CARE PARTNER RESOURCES: Young Age Onset (continued)

AFTD Kids and Teens

Video diaries of children whose parent has frontotemporal degeneration (FTD).

www.aftdkidsandteens.org

Alzheimer's Association Helping Kids Understand Alzheimer's and Dementia ^{NEW}

The Alzheimer's Association has an array of resources for children and young adults to navigate a diagnosis of a parent, grandparent, or other family member.

- Visit alz.org to find books, videos, activities, and other resources that can help.

James L. West Center for Dementia Care – On-Demand Education

An online training and educational resource accessible round-the-clock, seven days a week, catering to families coping with a dementia diagnosis. Programs include one-time classes, multi-session trainings, informative blogs, educational podcasts, and on-demand videos.

- Free registration for online seminars
- Program covers topics in both caregiving services and dementia services.
- For more information, call (817) 877-1199 or go to www.jameslwest.org/learn

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PERSON WITH YOUNG AGE ONSET RESOURCES ^{NEW}

ONLINE SUPPORT PROGRAMS

Without Warning ^{NEW}

Online support group through the Rush Alzheimer's Disease Center for young-age onset families.

- Learn more at withoutwarning.net.
- Email WithoutWarning@rush.edu for more information on joining a support group.

theaftd.org

Website for Frontotemporal Dementia that has useful information as well as support groups for people with FTD.

- Find online and local in-person support groups at theaftd.org.

Dementia Action Alliance

An advocacy organization, made by people with dementia for people with dementia, dedicated to changing the stigma surrounding dementia.

- The organization hosts a variety of live online engagement programs specifically designed for individuals living with dementia.
- For more information on these virtual engagement opportunities, please visit www.daanow.org/virtual-engagements/ or www.daanow.org/virtual-discussions/.

EDUCATION

Dementia Action Alliance

An advocacy organization, made by people with dementia for people with dementia, dedicated to changing the stigma surrounding dementia.

- How-to manual which compiles essential insights on living with dementia from individuals directly affected by the condition, along with caregivers and leading dementia specialists.
- Available for download or can be purchased as a physical copy through daanow.org/pathways/.

Ask the Experts

The Center for BrainHealth compiled a list of commonly asked questions regarding dementia and had families living with a diagnosis provide their answers.

- Visit centerforbrainhealth.org and search “ask the experts”.

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PERSON WITH YOUNG AGE ONSET RESOURCES (continued)

EDUCATION (continued)

Engaged in Living: Personal Stories of Alzheimer's

Explore personal narratives from families living with a diagnosis of Alzheimer's or other dementia. Stories share insights into their journey and how they navigated towards a positive path despite a diagnosis.

- Visit centerforbrainhealth.org and search “engaged in living”.

Journey to Diagnosis

The Being Patient website has a number of videos from people living with young age onset dementia. Go to www.beingpatient.com/journey-to-diagnosis/ to access a range of videos.

Educational Videos & Podcasts – Voices of Lived Experience ^{NEW}

This Dementia Life ^{NEW}

A podcast sharing the experiences of people living with dementia or MCI and their care partners, hosted by a DAA Advisory Board member with lived experience.

- Visit www.daanow.org/this-dementia-life/ and browse podcast episodes.

Journey to Diagnosis – Being Patient ^{NEW}

Videos with firsthand stories from people living with dementia, offering insight into symptoms, medical evaluations, and the emotional journey of diagnosis.

- Watch the videos at beingpatient.com/journey-to-diagnosis.

Being Patient – Podcast ^{NEW}

A podcast about life with dementia, sharing stories, tips, and ideas for people living with memory changes and their families.

- Listen on YouTube at [Being Patient Alzheimers Videos](#)
- Spotify [Being Patient on Spotify](#)
- Visit their website at [Being Patient Podcast](#)

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KIDS OF YOUNG AGE ONSET RESOURCES^{NEW}

ONLINE SUPPORT PROGRAMS

Lorenzo's House^{NEW}

Online support groups and healing spaces for spouses, care partners, and kids of people with young-age onset dementia. Registration is required for all programs.

Light Club: Virtual hangout for kids (ages 4-35+) of people with dementia. 4 age groups with various meeting times available.

- Find meeting schedule at lorenzoshouse.org.

Shine-On: Safe space for kids (8-35+) whose parent with a diagnosis has passed. 3 age groups are offered, and a grief counselor attends every session.

- Held the fourth Wednesday of the month. Times for each age group can be found at lorenzoshouse.org.

Annual Youth Summit: A free, virtual worldwide event that unites the kids of younger-onset dementia. Offers a space to heal in community and advocate for dementia justice while sharing lived-experiences and building lifelong connections.

- Held during summer. Learn more about the youth summit at lorenzoshouse.org.

Hilarity for Charity^{NEW}

Non-profit organization that provides support for caregivers through respite grants, online support groups, and an online caregiver “road trip” covering the various aspects of a journey with a diagnosis.

- Young-age onset specific support groups are available as well as FTD, Spanish speaking, only child, and more.
- For kids in high school or college, a scholarship program called “Humans of Dementia” is available to apply for.
- Learn more at wearehfc.org.

theaftd.org

Website for Frontotemporal Dementia that has useful information as well as support groups for young adults with a parent with FTD.

- Find online and local in-person support groups at theaftd.org.

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KIDS OF YOUNG AGE ONSET RESOURCES (continued)

ONLINE SUPPORT PROGRAMS (continued)

UCSF FTD Adult Children Telephone Support Group ^{NEW}

Support group for the adult children of people diagnosed with frontotemporal dementia. Individuals from across the country are welcome to join the facilitated discussion by phone. Contact the group facilitator for the toll-free call-in number and any additional information.

- Meets on third Thursday of the month from 3:00 p.m. to 4:30 p.m. CT.
- For more information, contact Jamie Fong at Jamie.Fong@ucsf.edu.

YES! Young-Onset Dementia Education and Support ^{NEW}

A young-age onset organization dedicated to provide support and resources to families with a diagnosis.

- Teens and high school virtual support group offered the 2nd Tuesday of each month at 5:00 p.m. CT.
- Contact info@yessupport.org to connect with a support group or learn more.
- Website: yessupport.org.

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Medical and Professional Resources

DISCLAIMER: The content herein is not intended to be medical advice, diagnosis, or treatment, nor a substitute thereof. The Center for BrainHealth makes no representations as to the accuracy, completeness, suitability, or validity of any of the content included herein, which is provided on an “as is” basis. Links to articles or other resources are provided for information purposes only and the views and opinions expressed in those articles and resources do not necessarily reflect those of The Center for BrainHealth.

MEDICAL RESOURCES

Are you concerned about your memory but feel unsure of where to begin? It's essential to gain clarity on your condition and explore potential solutions. Discuss your medications and lifestyle with a physician and make sure you find one that aligns with your needs and goals.

Memory and Alzheimer's Specialists (listed in alphabetical order)

Baylor AT&T Memory Center at Dallas

9101 N. Central Expressway, Suite 230, Dallas, TX 75225

- Clinic: (214) 818-5765 (doctor referral required)
- Website: www.bswhealth.com and search "Memory Center" or www.cbneuro.com

Neurology Consultants of Dallas

8390 Lyndon B Johnson Frwy., Dallas, TX 75243

- Clinic: (214) 750-9977
- Website: www.neurologydallas.com
- *Assessments can be conducted for non-English speakers who provide an interpreter.

Texas Neurology

Dallas: 6301 Gaston Ave., Suite 100, West Tower, Dallas, 75214

- Clinic: (214) 827-3610
- Website: www.texasneurology.com

Richardson: 2821 E. George Bush Hwy., Suite 303, Richardson, TX 75082

- Clinic: (214) 540-1400
- Website: www.texasneurology.com

University of Texas Southwestern Medical Center, Neurology Clinic - Memory

James W. Aston Ambulatory Care Center | 5303 Harry Hines Blvd., 8th Floor, Dallas, TX 75390

- Clinic: (214) 645-8800 (doctor referral required)
- Ask for a memory specialist when making an appointment.
- Website: www.utswmed.org/memorydisorders

University of Texas Southwestern Medical Center, Geriatric and Neuropsychiatry Clinic

UT Southwestern at Empire Plaza 1 | 1430 Empire Central Drive, 1st Floor, Dallas, TX 75247

- Clinic: (214) 645-8500. Referral required. Providers outside UTSW can use an online referral submission site: <https://utswmed.org/physician-resources/>
- Website: [Geriatric Psychiatry](#)

Looking for more options near you? Go to www.communityresourcefinder.org. Select "Medical Services", select a medical need and type in your zip code.

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RESEARCH

Pharmacological Research

Baylor AT&T Memory Center at Dallas

- 9101 N. Central Expressway, Suite 230, Dallas, TX 75225
- Phone number: (214) 818-5765
- Website: www.bswhealth.com and search “Memory Center” or www.cbneuro.com

Institute for Translational Research – University of North Texas Health Science Center

- 3400 Camp Bowie Blvd. Suite 100, Fort Worth, TX 76107
- Phone number: (817) 735-2963
- Website: apps.unthsc.edu/itr/

Kerwin Medical Center

- 8198 Walnut Hill Lane, Jackson Building, Suite 100, Dallas, TX 75231
- 4315 S. Lancaster Road, Suite 170, Dallas, TX 75216
- Phone number: 972-433-9100
- Website: www.kerwinmedical.com

Neurology Consultants of Dallas

- 8390 Lyndon B Johnson Fwy, Suite 1000, Dallas, TX 75243
- Phone Number: (214)750-9983
- Website: www.neurologydallas.com

Texas Neurology

- 8390 LBJ Freeway, Suite 1000 (10th Floor), Dallas, TX 75243
- Phone Number: (214) 750-9977
- Website: www.texasneurology.com

University of Texas Southwestern Medical Center - Neurology Research

- Phone number: (214) 648-3571
- Website: www.utsouthwestern.edu/departments/neurology/research/

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RESEARCH (continued)

Non-Pharmacological Research

Brain Aging, Injury, and Modulation Lab, UT Southwestern ^{AWARE}

Research on aging and neurodegenerative diseases. Studies focus on noninvasive brain stimulation in dementia patients.

1440 Empire Central, 2nd Floor, Dallas, TX 75247

- Clinic: (214) 865-9508
- Website: go to labs.utsouthwestern.edu/lobue-lab
- For more information, contact Stephanie Neaves at stephanie.neaves@utsouthwestern.edu or call (214) 865-9508.

Institute for Translational Research – University of North Texas Health Science Center

The Institute for Translational Research (ITR) is studying health disparities in Alzheimer's and related dementias to better understand and eliminate their presence. Participation within the studies can be done using the information below.

- Phone number: (817) 735-2963
- Email: jill.rhodes@unthsc.edu
- Website: apps.unthsc.edu/itr/

SLAM Lab ^{AWARE}

SLAM Lab is through the University of Texas at Dallas and is currently conducting studies on music intervention on Mild Cognitive Impairment and Alzheimer's.

- For more information, contact slamlab@utdallas.edu or call (972) 883-5690

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RESEARCH (continued)

Online Research Databases

Alzheimer's Association TrialMatch

- Free, easy-to-use matching service.
- Generates a customized list of clinical studies based on user information.
- To join TrialMatch, go to [Clinical Trials](#)

Alzheimers.gov

- Database with both online and in-person study options.
- Uses your location to find the studies most convenient to participate in.
- Go to www.alzheimers.gov and click "Find Clinical Trials" to type in your zip code.

Alzheimer's Prevention Registry

- Connects members with available Alzheimer's focused studies and research news.
- Led by Banner Health, a program for people 18+ years old.
- To join the program, go to www.endalznow.org

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PROFESSIONAL RESOURCES ^{NEW}

Memory & Caregiver Counselors (listed in alphabetical order)

Paul K. Chafetz, PhD ^{NEW}

Clinical Psychologist – Dallas, TX

Dr. Chafetz offers consultations on: caregiving challenges for spouses and adult children; decision-making capacity; adjustment to disability; retirement planning.

- **Payment:** Private pay only: insurance not accepted
- **Website:** www.paulkchafetz.com
- **Email:** pkchafetz@gmail.com
- **Phone:** (469) 233-5566

Kaitlyn Grote, LPC ^{NEW}

Licensed Professional Counselor – Remote/Online Counseling

Kaitlyn specializes in supporting adults facing medical illnesses and the related emotional and family challenges. She also provides counseling for caregivers focusing on coping skills, adjustment, and improving quality of life.

- **Payment:** Accepts most insurance: Medicare, Medicare Advantage Plans, Private Insurance, No HMOs
- **Services Offered:** Dementia-related support
- **Location:** Blue Star Psychology, 5055 W. Park Blvd., Suite 400, Plano, TX
- **Phone:** (940) 290-2565

Wendy Ringe, PhD ^{NEW}

Psychologist – North Dallas, TX

Dr. Wendy Ringe is a licensed psychologist specializing in neuropsychology. She provides psychotherapy, family consultation, and support for adults and families navigating psychiatric, emotional, neurologic, and cognitive conditions – including Alzheimer's disease and other dementias.

- **Payment:** Private pay only: insurance not accepted
- **Services Offered:** Individual therapy, family consultation, dementia-related support
- **Phone:** (469) 444-2137

Jennifer Westrom, LPC ^{NEW}

Licensed Professional Counselor – Remote/Online Counseling

Jennifer has a special interest in this diagnosis as well as the caregiver's journey, exploring both through a frame of psychological and spiritual growth.

- **Payment:** Flexible Fee (usually \$100-\$200 per session; fee is determined by client.)
- **Website:** www.jenniferwestrom.com
- **Email:** jwestrom@gmail.com
- **Phone:** (817) 307-0391

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ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is a national nonprofit organization leading the fight to end Alzheimer's and all other dementias through research, risk reduction, early detection, quality care and support. Their vision is a world without Alzheimer's and all other dementias.

Community Access Programs

All programs are free of charge. Space is limited, and advanced registration is required.

Caregiver Support Groups

- Local support groups are available for caregivers and individuals living with dementia in Dallas and Northeast Texas.
- Groups are led by trained facilitators and offered via phone, virtually, or in person.
- Support groups provide a safe, confidential space for sharing, learning, and building community.
- Find a support group: alz.org/dallasnetexas/support

Education Programs

- Free educational sessions cover topics such as diagnosis, caregiving techniques, and living with Alzheimer's.
- Available at scheduled times or by request for organizations and community groups.
- To schedule a session: Email DallasNETXPrograms@alz.org
- Find live education and support groups by searching Alzheimer's Association Programs & Events at alz.org/crf.

On-Demand Education

- Free online courses on topics like the 10 Warning Signs, dementia basics, and caregiver skills.
- Courses available for both caregivers and individuals living with dementia.
- Access online education: alz.org/help-support/resources/care-education-resources

Early-Stage Social Engagement Programs

- **Connections at the Meadows Museum:**
In-person program for individuals with early-stage dementia and their care partners. Includes interactive gallery activities, music, literature, and storytelling.
 - Register here: <https://meadowsmuseumdallas.org/program-calendar/>
- **Meaningful Moments at the Dallas Museum of Art:**
Artistic and social engagement for individuals in early to mid-stage dementia and their care partners.
 - Call (214) 922-1324
- **Memory Keepers at the Plano Public Library:**
Virtual program for those newly diagnosed or in early stages of dementia and their care partners. Uses memory prompts to spark conversation.
 - Details and registration: <https://www.alz.org/dallasnetexas/education-programs/programs>

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ALZHEIMER'S ASSOCIATION (continued)

Care Consultation & 24/7 Caregiver Support

Alzheimer's Association Helpline

- **Call 800.272.3900** anytime for free, confidential support.
- Speak with trained professionals about:
 - Memory loss and dementia information
 - Diagnosis and next steps
 - Medical care and treatment options
 - Care planning and housing
 - Respite care and funding
 - Caregiver stress and coping
 - Dementia-related behaviors and communication
 - Safety, legal, and financial planning
 - Local programs and services
 - Addressing safety concerns.

Unsure where to start? Just call – they'll guide you.

Dementia Care Navigation Service

Personalized Dementia Support

- Free service for individuals with dementia and their caregivers.
- Includes a dedicated care navigator and access to clinical support through Rippl's care team.
- Services may include:
 - Comprehensive assessment and care planning
 - Medication management and counseling
 - Care coordination and transitional care
 - Respite care and 24/7 support

How it Works

- Call 855.271.2662 or [fill out the online form](#) to get connected with a Rippl specialist.
- Confirm eligibility based on Medicare coverage.
- Meet your care team virtually for an introductory visit.
- Receive a personalized care plan and ongoing support.
- Rippl works with your doctors to provide coordinated dementia care.

Insurance Coverage

- Free for individuals with Medicare Parts A and B under the CMS GUIDE model.
- Rippl accepts Medicare in Texas, Florida, Illinois, Missouri, and Washington.



Dallas and Northeast Texas

Website: alz.org/dallasnetexas | **Helpline:** 800.272.3900 | **Care Navigation:** 855.271.2662

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THE SENIOR SOURCE ^{AWARE}

The Senior Source is a non-profit organization that provides services to seniors in Dallas and Collin Counties. While the services are not specific to Alzheimer's, they have a wealth of resources.

Caregiver Support Program

Provides information, resources, and counseling for all topics related to caregiving, including in-home services, support groups, relocation and housing options, hospice care, transportation services, legal services, end-of-life planning, mental health support, and care management. This program also hosts seminars designed to educate caregivers on resources and insights from a team of experts.

Dementia Trainings

The Senior Source conducts events where individuals or people in a specific organization can experience "Dementia Live®." This high-impact dementia simulation gives people a small sample of what it is like to live with dementia. This can help foster empathy and understanding for those who live with dementia every day. The organization offers regularly scheduled trainings so visit the website for more information.

Elder Financial Safety Center

The Elder Financial Safety Center is a collaboration between The Senior Source, the Dallas County Probate Courts, and District Attorney's Office. This center helps older adults avoid financial exploitation by focusing on methods for prevention, protection, and prosecution.

Senior Companion Program

- Trained senior companions are matched with seniors and provide in-home companionship.
- Volunteer companions assist with non-medical activities such as meal preparation, accompanying appointments, and respite care.
- Referral from a partnered organization is required.

Long-Term Care Ombudsman Program

- Certified staff and volunteers make regular, unannounced visits to nursing homes and licensed assisted living facilities to advocate for residents' rights and resolve issues.
- Staff are able to assist families in the process of selecting a long-term care facility.



3910 Harry Hines Blvd., Dallas, TX 75219 | (469) 557-5914 | www.TheSeniorSource.org

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JEWISH FAMILY SERVICE OF GREATER DALLAS **NEW AWARE**

Jewish Family Service (JFS) offers a wide range of services to support individuals and families affected by Alzheimer's disease and related dementias. Their programs are designed to provide compassionate, whole-person care that promotes safety, independence, and emotional well-being. JFS serves all in need regardless of age, ethnicity, gender, socioeconomic status, or religion.

Key Services Include:

- **Care Coordination and Case Management.** Personalized assessments and ongoing coordination of services to meet the evolving needs of individuals and caregivers.
- **In-Home Counseling:** Licensed counselors provide therapy in the home or office to help families cope with the emotional impact of Alzheimer's and related conditions.
- **Support Groups:** Free support groups for spouses, adult children, and caregivers are offered monthly at JFS and Legacy at Willow Bend. Contact: Harriet L. Cohen, PhD, LCSW—hcohen@jfsdallas.org
- **Daily Living Support:** Includes homemaker services, friendly visitors, help with bill paying and paperwork, and access to food and financial assistance.
- **Kosher Home Delivered Meals:** Nutritious meals delivered to older adults to support health and independence.
- **Geriatric Psychiatry:** Access to board-certified geriatric psychiatrist for personalized mental health care.
- **Information & Referral Services:** Guidance on selecting home health care, hospice, Medicare/Medicaid benefits, and other community resources.



16301 Quorum Drive, Addison, TX 75001 | (972) 437-9950 | <https://jfsdallas.org>

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DALLAS AREA AGENCY ON AGING

The Dallas Area Agency on Aging (DAAA) coordinates a comprehensive service system for Dallas County older adults and caregivers. Care Managers help ensure easy access to services.

Who Might Benefit?

This program works to assist older adult clients with difficult or multiple problems. Services include:

- Minor Home Repair
- Chore Services
- Personal Assistance
- Health Maintenance
- Income Support

Family Caregiver Support

This program provides a multi-faceted system of support services for family caregivers or older individuals who are relative caregivers. The intent is to ease the emotional, physical, and financial strain of caregiving. Services include:

- Respite Care and services listed above

Benefits Counseling Program

Program designed to educate and assist adults 60+, Medicare-eligible individuals, and their caregivers through outreach, counseling, and training to make informed health insurance decisions and optimize access to care and benefits.

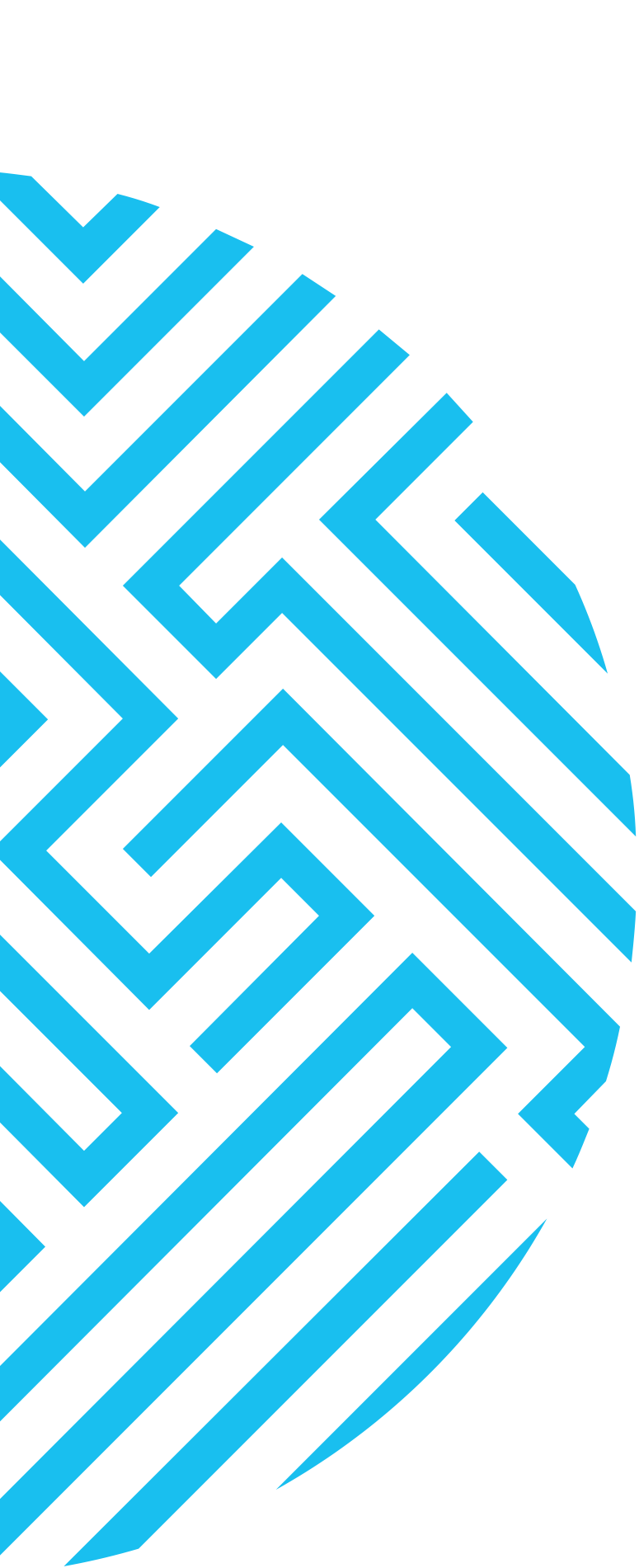
Information benefits counseling provides:

- Medicare Basics
- Medicare Plans
- Other Health Insurance Benefits
- Long Term Care Options
- Legal Assistance - Appeals, Power of Attorney, Advance Directives
- Income Support

For more information, contact (214) 871-5065, visit 1341 W Mockingbird Ln, Suite 1000W, Dallas, TX 75247, email impact@ccadvance.org, or see www.ccadvance.org/older-adults.

*For aging-related resources outside of Dallas County, you can contact the **Eldercare Locator**, a free public service of the U.S. Administration on Aging that connects older adults and caregivers to local support services across the U.S. Call 1-800-677-1116 or visit www.eldercare.acl.gov.*

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Brain Health and Dementia Basics

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MAKE BRAIN HEALTH A PRIORITY ^{NEW}

With a diagnosis of Alzheimer's or dementia, it's natural to focus on what's going wrong—but it's just as important to recognize what's still possible. A focus on brain health means having a plan to support the brain's well-being, even in the midst of a diagnosis.

Here are key areas to focus on to support **your** brain health:

- **Purpose**
Staying connected to what gives your life meaning—whether it's family, faith, nature, or a favorite hobby—can boost mood, motivation, and resilience.
- **Mindset**
Mindset is about more than staying positive – it's about seeing possibilities, working with reality, and focusing on what you can do, even in the face of challenges.
- **Social Connections**
Regular, meaningful social interaction helps protect against cognitive decline and supports emotional well-being for both partners.
- **Physical Exercise**
Movement increases blood flow to the brain, supports memory and thinking, and reduces risk factors like high blood pressure and diabetes.
- **Nutrition**
A brain-healthy diet (like the Mediterranean or MIND diet) provides the nutrients your brain needs to function well and reduces inflammation.
- **Minimizing Stress**
Chronic stress can harm memory and mood. Finding ways to relax—through nature, music, deep breathing, or routine—can help protect the brain.
- **Prioritizing Sleep**
Good sleep helps clear toxins from the brain and supports memory and focus. Aim for quality sleep and a consistent routine.
- **Managing Medical Numbers**
Keeping blood pressure, cholesterol, and blood sugar in check reduces risks for further brain and heart issues.
- **Staying Mentally Active**
Staying mentally active means more than puzzles – it's connecting with others, engaging in meaningful activities, and getting out into the world to keep your mind and spirit engaged.
- **Recharging Mentally**
Have a daily plan to recharge – something that moves your body, lightens your mood, and gives your mind a break.

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MAKE BRAIN HEALTH A PRIORITY (continued)

Create a Supportive Environment

*Abilities and needs change over time, but certain environmental factors can help at every stage of dementia. The ideas below are especially useful in the early stage and can reduce stress, increase comfort, and **make it easier for someone with memory changes** to stay engaged and connected.*

- **Quiet Helps Clarity.** Limit background noise – like TV or music – during conversations and choose quieter times or places for outings.
- **Go at a Comfortable Pace.** Avoid overscheduling; build in breaks between activities to prevent fatigue and frustration.
- **Familiar Feels Safe.** Keep routines, places and faces consistent when possible; small doses of novelty are fine, but too much can be overwhelming.
- **Choose Smaller Groups.** Fewer people mean less distraction and more meaningful conversation.
- **One thing at a time.** Focus fully on a single task – whether eating, talking or getting dressed.
- **Simplify Steps.** Break big tasks into smaller ones or do tasks together to add clarity and connection.

If you (the care partner) are interested in being more intentional about making your own brain health a priority, consider joining the Brain Health Project. You can find out more information [here](#) or go to www.centerforbrainhealth.org and search for The BrainHealth Project.

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WHAT IS MILD COGNITIVE IMPAIRMENT? ^{NEW}

Mild Cognitive Impairment is a condition that involves noticeable change in thinking abilities – such as memory, language, or attention – that are greater than expected for a person’s age, but not severe enough to interfere significantly with daily life or independent function.

Does MCI always lead to dementia?

No. While MCI can increase the risk of developing dementia, not everyone with MCI will progress to Alzheimer’s or another type of dementia. Some people remain stable for many years, and others may even improve, especially when underlying causes (like sleep problems, medication side-effects, or mood issues) are addressed.

What if I’m Concerned about Memory and Suspect MCI?

1. **Understand that some changes are normal with age.** It’s natural to experience some changes in memory and thinking as we get older. Everyone ages differently and for many people over 65, occasional forgetfulness or slower processing is common and not necessarily a sign of something serious.
2. **Talk to your doctor.** If you notice changes in memory and thinking, don’t ignore them – bring them up with your doctor. Your doctor may take a “wait and see” approach, but your concerns deserve attention.
3. **Ask your doctor to check other possible reasons for cognitive change.** Several treatable issues can mimic or worsen cognitive symptoms, including:
 - Medication side effects – Some medications, or combinations of medications, can cause confusion or memory problems.
 - Sleep disorders – Conditions like sleep apnea or chronic insomnia can significantly impact attention and memory.
 - Mood changes – Depression and anxiety are common in older adults and can affect concentration and mental clarity.
 - Hearing or vision loss – Sensory impairments can make it harder to process information, leading to cognitive strain and social isolation.
 - Medical conditions – Issues such as thyroid disorders, vitamin deficiencies, long COVID, or infections can contribute to cognitive changes.

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WHAT IS MILD COGNITIVE IMPAIRMENT? (continued)

4. **Be your own advocate.** You know yourself best. If you're noticing consistent changes in memory, attention or mood – and a spouse or close friend has observed them too – it's important to pay attention, even if your doctor isn't initially concerned. Start tracking these changes by writing down specific examples and noticing how often they occur. This record can offer valuable insight over time and help your healthcare provider better understand your experience. Bring your notes to your next appointment and ask for referrals or additional support if needed.
5. **Prioritize activities that protect your brain.** Research shows that good physical health is the foundation for good brain health. Lifestyle choices that have been shown to support brain function include:
 - **Living with Purpose.** Having a sense of meaning and purpose in life is associated with better cognitive function and emotional resilience. Engage in activities that align with your values, passions, or give back to others.
 - **Physical activity.** Regular activity improves blood flow to the brain, helps control medical numbers and actually supports memory function. In addition to aerobic exercise (30 minutes most days of the week), add strength training.
 - **A brain healthy diet.** Diets like the Mediterranean or MIND diet, rich in fruits, vegetables, whole grains, fish, and healthy fats, have been linked to better brain health.
 - **Cognitive engagement.** Challenging your brain with new learning, puzzles, reading, or creative hobbies helps build cognitive reserve.
 - **Social connection.** Spending time with others protects against isolation, which is a risk factor for cognitive decline. Social connections also improve overall emotional well-being.
 - **Prioritizing sleep and emotional health.** Poor sleep and chronic stress can worsen cognitive symptoms. Good sleep hygiene and managing anxiety or depression are key.

Final Thought

It is important for all of us to take care of our brain health so our brain can function at its best. If you are noticing changes, think of it as an opportunity to act and take small, consistent steps to support your brain health.

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TALKING ABOUT DEMENTIA: A Helpful Guide to Common Diagnoses ^{NEW}

To read a NIA publication with a more in-depth review of dementias, visit [The Dementias: Hope Through Research](#)

Mild Cognitive Impairment (MCI)

MCI means someone is experiencing more thinking or memory changes than expected for their age, but they're still able to manage daily life on their own. Some people with MCI go on to develop dementia, but not all do. For more information see: [What is Mild Cognitive Impairment?](#)

What Is Dementia?

Dementia is a broad term for changes in thinking and memory that are big enough to interfere with daily life. Just like there are many types of flowers, there are many types of dementia—each with its own pattern.

Alzheimer's Disease (AD)

Alzheimer's is the most common type of dementia. It often starts with memory problems and can also affect language, problem-solving, and organization over time.

For more information, visit: [Alzheimer's Disease Fact Sheet](#)

Primary Progressive Aphasia (PPA)

PPA is a type of dementia that begins with changes in language—finding words, understanding speech, or speaking clearly—before other thinking abilities are affected. [Primary Progressive Aphasia](#)

Lewy Body Dementia (LBD)

This type of dementia can cause memory and thinking problems along with visual hallucinations, sleep disruptions, and movement changes that look similar to Parkinson's disease. <https://www.lbda.org/>

Frontotemporal Dementia (FTD)

FTD tends to affect personality, behavior, or language first, rather than memory. People may act in uncharacteristic ways or have trouble with speech and understanding words.

www.theaftd.org

Vascular Dementia (VaD)

This type is caused by problems with blood flow to the brain, often after a stroke or a series of small strokes. Thinking changes can vary depending on which part of the brain is affected. Go to <https://www.beingpatient.com> and search 'Vascular Dementia'.

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Activity and Respite Options

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COMMUNITY PROGRAMS (Dallas/Fort-Worth)

Dallas Museum of Art and Nasher Sculpture Center

Meaningful Moments **AWARE**

Monthly program for individuals with early-stage dementia and their family or care partners.

- Includes a gallery discussion, an interactive component, and an art-making activity in the art studio, based upon a new theme each month.
- Participants have the opportunity to relax and connect with art in the galleries, share stories, and gain inspiration.
- Dates can be found on their website. Time varies by location. Registration required.
- Located at 1717 N. Harwood St., Dallas, TX 75201 and 2001 Flora St., Dallas, TX 75201.
- For more information or to register, contact contact@meaningfulDFW.org or visit www.dma.org and search “Meaningful Moments.”

SMU Meadows Museum - Dallas, TX

Connections Program **AWARE**

This program is designed for individuals with early-stage dementia and their family members or care partners and offers the opportunity for a regular and informal social gathering.

- Involves a variety of activities that enable participants to connect through art. Participants enjoy light refreshments and explore museum collections and exhibits.
- Offered twice a month on Wednesdays at 10:30 a.m. from September to December and February to May.
- Participation and parking are free, and advanced registration is required. Located at 5900 Bishop Blvd., Dallas, TX 75205.
- For more information or to register, contact Beatriz Galuban at museumaccess@smu.edu, or visit www.smu.edu and search “Connections.”

Amon Carter Museum of American Art – Fort Worth **NEW**

Artful Moments at the Carter Museum

Offers a dementia-friendly program that provides engaging, creative experiences for individuals, living with dementia and their care partners.

- Visit [Artful Moments with Dementia Friendly Fort Worth](#) to learn more.

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NATIONAL PROGRAMS ^{NEW}

MUSEUMS

Spy with Me – New York Spy Museum ^{NEW}

A once-a-month interactive virtual program for individuals living with dementia and their care partners held by the International Spy Museum in Washington, DC.

- Learn more at www.spymuseum.org
- Register by emailing soltmans@spymuseum.org.

MAIL KITS

Art Is... In – University of Chicago Medicine Memory Center ^{NEW}

Free art kits sent by mail once a week. Kits made for the person with a diagnosis to complete with a care partner. All instructions and art supplies are provided.

- Learn more and register at thememorycenter.uchicago.edu/artisin/

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NATIONAL COUNCIL OF DEMENTIA MINDS

National not-for-profit organization formed by people with a diagnosis to create a larger dialogue about dementia and further the population's knowledge.

Mission

Establish and fund a nationwide network of Dementia Minds groups, led by individuals living with dementia. These groups would facilitate dialogue and education for dementia patients, healthcare professionals, researchers, families, caregivers, policymakers, and communities on effective strategies for living well with neurocognitive disorders.

Dementia Minds Group

In addition to support, Dementia Minds Groups:

- Share the experience of living with dementia.
- Share strategies to live well with dementia.
- Develop friendships.
- Learn new things.
- Have fun.
- Create resources, presentations, and more for others.
- Conduct presentations for people living with dementia, licensed health care professionals, researchers, families, care partners, policymakers, and communities at large.

Groups meet once a week for an hour over Zoom. Groups are closed, so you meet with the same people each week. Anyone with a diagnosis of dementia or MCI is eligible to join.

Resources

Their website offers resources for cooking, reading, celebrations, educational websites, and more. All tips and stories come from National Council of Dementia Minds group members.



www.dementiaminds.org | Lauren@Dementiaminds.org | (734) 786-2223

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DEMENTIA FRIENDLY COMMUNITIES

DALLAS

Dementia Friendly Dallas

In connection with Dementia Friendly America, Dementia Friendly Dallas works at a community and individual level to create a community where all people can live, age, and thrive.

- Connect with online and in-person Dementia Friend Education Sessions.
- Work directly with professional organizations to train staff on how to engage with and respond effectively when serving people with dementia.
- Support and create Memory Cafés within the Dallas area.
- Develops Dementia Friendly Faith Communities where individuals with dementia and their care partners are supported, respected, and encouraged in their faith.
- To learn more, email dementiafriendlydallas@gmail.com or visit dfdallas.org or www.dfamerica.org

DENTON

Dementia Friendly Denton County

Dementia Friendly Denton County assists with training and guidance to better serve the needs of those who live with dementia and their care partners. Programing includes dementia friendly nature walks, worship services, support groups and more.

- For more information, go to dementiafriendlydentoncounty.org

FORT WORTH

Dementia Friendly Fort Worth (participants throughout Dallas area are welcome)

In connection with Dementia Friendly America, Dementia Friendly Fort Worth works with the DFW community to CARE through connections, activities, resources, and education. They offer both in-person and online programs to families with a diagnosis. Programs include:

- Online “Let’s Get Together” social club held Monday – Friday at 10:30 a.m. over zoom. Registration recommended.
- In-person Memory Café & Care Partner Support Group held 1st and 3rd Wednesday of every month from 11:00 a.m. to 12:30 p.m. Registration required.
- For more information or to register for programs, go to www.dffw.org or contact (817)332-6266 or Gail Snider at gsnider@dementiafriendlyfw.org.



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RESPIRE PROGRAMS

Respite programs provide an opportunity for caregivers to have some time for themselves while their loved ones are cared-for in a safe, engaging, and social environment. Cost ranges from free to minimal. Programs are held at local churches and temples. Space is limited and advanced registration is required. Please call ahead to confirm times and locations for all respite programs.

CARROLLTON

Candle Lighters at Horizon Universalist Church

- Held on Fridays, from 10:00 a.m. to 2:00 p.m.
- Located at 1641 Hebron Pkwy., Carrollton, TX 75010.
- For more information, email carol@dallascareconnection.com or visit www.horizonuu.org and search “Candle lighters.”

DALLAS

Casa de Vida at North Park Presbyterian Church ^{AWARE}

- Cost is \$15 per session, and scholarships are available.
- Held on select Wednesdays, from 9:30 a.m. to 1:30 p.m.
- Located at 9555 N. Central Expy., Dallas, TX 75231.
- For more information or to apply, contact Kathryn Qualia at (214) 363-5457 ext. 102, or email casa@northparkpres.org, or visit www.northparkpres.org/casadevida.

Friday Friends at Wilshire Baptist Church ^{AWARE}

- Held on the 2nd and 4th Friday of every month, from 10:00 a.m. to 2:00 p.m.
- Registration only, drop-ins not allowed.
- Located at 4316 Abrams Rd., Dallas, TX 75214.
- For more information or to register, email Linda Lyles at lilyles@sbcglobal.net, or visit www.wilshirebc.org.

Journey at Highland Park United Methodist Church

- Held on Thursdays, from 10:00 a.m. to 2:00 p.m.
- Located at 3300 Mockingbird Ln., Dallas, TX 75205
- For more information, contact Trissie Osborne at (214) 523-2245, or osbornt@hpumc.org.

Making Memories at Westminster Presbyterian Church ^{AWARE}

An inclusive early-stage Alzheimer’s/Dementia respite program welcomes adults of any faith, race, or ethnicity, led by trained volunteers. It embraces an intergenerational approach, fostering interactions with pre-school students and collaboration with the Nasher and DMA for tailored art projects.

- Held every 1st and 3rd Thursday of the month from 9:30 a.m. to 12:30 p.m.
- Located at 8200 Devonshire Dr., Dallas, TX 75209
- For more information, please email info@makingmemoriesdallas.com or call (214) 351-3251 or visit www.makingmemoriesdallas.com.

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RESPIRE PROGRAMS (continued)

DALLAS (continued)

Unforgettable Friends at First Unitarian Church Dallas ^{AWARE}

Unforgettable Friends is a program of fun and engagement for people with mild to moderate cognitive decline or dementia. This program incorporates a variety of activities including music, physical movement, shared meals, and creativity for a day of connection and enjoyment. It also provides loved ones and caregivers some time for themselves.

- Held most Wednesdays of the month from 10:00 a.m. to 2:00 p.m.
- Located at 4015 Normandy Ave, Dallas, TX 75205
- *For more information or to get on their waitlist, please email Jean Ann Powers at japowers@dallasuu.org or pastoralcare@dallasuu.org or visit www.dallasuu.org/pastoral-care/unforgettablefriends/*

LEWISVILLE

The Oasis at Valley Ridge Church – Early to Mid-Stage Dementia Activity Program/Caregiver Day Out

- Meets every Thursday from 10 a.m. – 2 p.m.
- Registration required. Contact Bronwyn Zilmer 214-394-4721 or bronwenzilmer@gmail.com
- Located at 1251 W. Valley Ridge Blvd., Lewisville, TX 75077, <https://www.valleyridge.church/oasis>

PLANO

Treasured Times at Custer Road United Methodist Church

- Cost of attendance is \$15 per week, and scholarships are available.
- Held select Wednesdays and Thursdays, from 9:30 a.m. to 1:30 p.m.
- Located at 6601 Custer Rd., Plano, TX 75023.
- For more information, contact Carol Gue at (972) 922-6315, or visit www.crumc.org and search “Alzheimer’s Treasured Times.”

NEIGHBORHOOD MEMORY CAFÉS

A Memory Café is a place where individuals with any type of dementia or cognitive impairment and their caregiver can gather to socialize and enjoy activities. The focus of each memory café varies. Some may focus on education, while others are more activity-based.

DALLAS

Journey Café

- Held on Tuesdays at 10:30 a.m.
- Located at Highland Park United Methodist Church, 3300 Mockingbird Ln., Dallas, TX 75205
- *For more information, email Trissie Osborn at osbornt@hpumc.org or (214) 521-3111*

Preston Hollow Memory Café

- Held on the 1st and 3rd Monday of each month from 10:00 to 11:30 a.m.
- Located at Preston Royal Branch Library, 5626 Royal Ln, Dallas, TX 75229
- Free event with light refreshments and activities.
- *RSVP with Lynn at (703) 909-1780 or lbergman@parsonshouseprestonhollow.com*
- NOTE: Memory Café is not a drop-off respite program, but rather a supportive group for both caregivers and their loved ones with dementia.

DENTON

Stepping Stones, Denton

A supportive program led by occupational therapy students from Texas Woman's University. It also includes a concurrent Family Support Group for caregivers, facilitated by a social worker, psychologist, and nurse.

- Held typically every Wednesdays, from 1:30 p.m. to 3:00 p.m. in-person and on zoom.
- Located at 2200 N. Bell Ave., Denton, TX 76209.
- Meetings follow the university school calendar.
- *For more information or to verify meeting dates, email Eileen.short@gmail.com or call (940)453-9784.*

FLOWER MOUND

Stepping Stones at the Senior Center in Flower Mound

- Held on the 1st and 3rd Wednesdays, from 10:00 a.m. to 11:30 a.m.
- Located at the Flower Mound Senior Center, 2701 W. Windsor Dr., Flower Mound, TX 75028
- *For more information, contact Jaime Jaco Cooper (972) 874-6110.*

NEIGHBORHOOD MEMORY CAFÉS (continued)

PLANO

Wellness Center for Older Adults

- Held on the 4th Wednesday of every month from 1:00 p.m. to 2:00 p.m.
- Membership to recreation center is NOT required.
- Located at Sam Johnson Recreation Center, 401 W 16th St. STE 600, Plano, TX 75075
- *RSVP with Office Manager Raelyn VanDenEynde at (972) 953-7669*

Haggard Library, Memory Keepers

Virtual program is designed for those experiencing early-stage dementia and a family member or care partner to share memories through guided prompts in a relaxing space.

- Held once a month on Monday at 10:30 a.m. over Zoom.
- *For more information and registration, visit www.plano.gov/1821/Adults-Seniors.*

SOUTH DALLAS

Connections Corner Memory Café

A welcoming place for caregivers and their care recipients to socialize and connect with others.

- Held the 2nd Wednesday of every month from 10:30 a.m. to 12:00 p.m.
- Located at CenterWell Redbird, 3209 W Camp Wisdom Rd., Dallas, TX 75237
- *For more information contact Cynthia Franklin at (214) 954-4294*

DAY PROGRAMS

An adult day program is a drop-off program that operates during business hours and provides supervision, planned activities, and meals. Please note, services vary by location. This is not a complete list of day programs. Programs below have been recommended by our Discovery Group participants and caregivers.

BEDFORD

Encore Memory Care Day Center

Enjoyable, brain-stimulating activities are offered all day in a safe and social environment where guests can explore new friendships, utilize creative talents, and even use their leadership skills.

- Cost varies according to selected program.
- Located at 2928 Blue Quail Ln., Bedford, TX 76021.
- For more information, call (817) 799-8705 or visit www.encoredaycare.com and search “Bedford.”

CARROLLTON

Bright Horizons Adult Day Center

Bright Horizons provides a supportive, engaging environment where participants can enjoy social interaction, meaningful activities, and opportunities to support cognitive and physical well-being. The center provides transportation to and from the facility, as well as to medical appointments. Licensed therapists—including PT, OT, and SLP—are onsite and available to provide therapy services as needed.

- Cost varies according to selected program.
- Located at 3424 Midcourt Road, Ste. 120, Carrollton, TX 75006
- For more information, call (214) 762-6392 or visit www.brighthorizonsadulthoodcenter.com

DESOTO

Friends Place Adult Day Services

Day program that offers a social and medical model of care for individuals with memory impairment. Half and full day programs focus on social, physical, and mental engagement in a safe environment with professional caretakers.

- Cost varies according to selected program.
- If your family member is a veteran, ask about benefits that may reduce costs.
- Located at 1232 W. Belt Line Rd., Desoto, TX 75115.
- For more information, contact Marylynn Henry at (972) 274-2484, email mhenry@friendsplaceads.com, or visit www.friendsplaceads.com and search “Desoto.”

DAY PROGRAMS (continued)

FORT WORTH

James L. West Center for Dementia Care, Senior Day Program

Day program that offers a social and medical model of care for individuals with memory impairment. Half and full day programs focus on social, physical, and mental engagement in a safe environment with professional caretakers.

- \$110 per day, not covered by Medicare or Medicaid. Some long-term care insurance will reimburse.
- Available Monday-Friday from 7:30 a.m. to 6:00 p.m. CT
- Located at 6050 Harris Pkwy., Fort Worth, TX 76132
- *For more information or to submit an application, call (817) 877-1199 or go to www.jameslwest.org and click "Senior Day Program".*

LEWISVILLE

Encore Memory Care Day Center

Specialized dementia care programs offered for more than 15 years, designed around the latest research in memory care.

- Cost varies according to selected program.
- Located at 1439 Moccasin Trail, Lewisville, TX 75077
- *For more information, call (214) 222-0555 or visit www.encoredaycare.com and search "Lewisville."*

PLANO

Encore Memory Care Day Center

See the description above for the Bedford location (included on previous page).

- Located at 6505 W. Plano Pkwy., Suite 116, Plano, TX 75093
- *For more information, call (972) 770-4795 or visit www.encoredaycare.com and search "Plano."*

RICHARDSON

Friends Place Adult Day Services

- See the description for the Desoto location (included on previous page).
- Located at 1960 Nantucket Dr., Richardson, TX 75080
- *For more information, contact Mina Choudhury at (972) 437-2940, or thahminac@friendsplaceads.com, or visit www.friendsplaceads.com and search "Richardson."*

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Care Partner Resources

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SUPPORT GROUPS

The following groups are for caregivers. Please call ahead to confirm times and locations.

COPPELL

River Oaks Assisted Living and Memory Care

- Held on the 3rd Tuesday of every month from 6:00 p.m. to 7:00 p.m.
- Located at 1530 E. Sandy Lake Rd., Coppell, TX 75019
- For more information, call (214) 390-2450.

DALLAS

Belmont Village Senior Living

In-person support group led by Memory Care Coordinator, Stephanie Linder.

- No cost, RSVP required.
- Every 2nd Tuesday of the month at 10:30 a.m. CT
- Located at 3535 Hall St., Dallas, TX 75219
- For more information or to register, contact Karisti Julia at kjulia@belmontvillage.com or call (214) 559-5408

FORT WORTH

James L. West Center for Dementia Care

Support group with the focus on “living well with” rather than just dealing with the disease. Each week, the group has a topic of discussion as well as open conversation. Education programs also offered.

- No cost
- Online every Wednesday at 1:00 p.m. CT
- In-person every Friday at 11:00 a.m. CT
- For more information, visit www.jameslwest.org or call 817-663-8322

5th Street Café at First United Methodist Church ^{NEW}

A Dementia Friendly Fort Worth associated support group that provides lunch to care partners and an activity room next door for the loved one with a diagnosis to attend at the same time.

- Held the 1st and 3rd Wednesday of the month from 11:00 a.m. to 12:30 p.m. CT.
- Located at 750 W 5th St, Fort Worth, TX 76102
- For more information, contact Michelle Kimzey at M.Kimzey@tcu.edu.

LEWISVILLE

Valley Ridge Church

- Held on the 1st Tuesday of every month from 10:00 a.m. to 11:30 a.m., room 104.
- Located at Valley Ridge Church, 1251 Valley Ridge Blvd., Lewisville, TX 75077
- No registration required.
- Zoom option meets the 3rd Friday of each month.
- Contact bronwenzilmer@gmail.com for the link.

SUPPORT GROUPS (Continued)

PLANO

Wellness Center for Older Adults

- Held via Zoom and in-person
- Membership to recreation center is NOT required
- Located at Sam Johnson Recreation Center, 401 W 16th St. STE 600, Plano, TX 75075
- Call the Wellness Center at (972) 953-7669 for a schedule of groups that best fit your situation.

The Front Porch at the Wellness Center for Older Adults

Event designed for those who provide care for another and need a break to socialize and enjoy conversations and games with others.

- Held the 3rd Thursday of every month from 1:00 p.m. to 2:30 p.m.
- Membership of the recreation center is NOT required
- Located at Sam Johnson Recreation Center, 401 W 16th St. STE 600, Plano, TX 75075
- For more information, call the Wellness Center at (972) 953-7669.

RICHARDSON

Friends Place

Hosts four separate groups to participate in. Located at 1960 Nantucket Dr., Richardson, TX 75080. Space is limited. Please call ahead to confirm attendance.

For more information, contact Jackie Coalter at (972) 437-2940.

Alzheimer's Support Group

- Held on the 2nd Thursday of every month from 2:00 p.m. to 3:30 p.m.

Men-Only Support Group

- Held on the 3rd Thursday of every month from 2:00 p.m. to 3:30 p.m.

Ladies-Only Support Group

- Held on the 1st Wednesday of every month from 2:00 p.m. to 3:30 p.m.

Informational Session

- Held on the 4th Thursday of every month at 2:00 p.m.

ONLINE SUPPORT

www.alz.org/help-support/community/support-groups#

- Alzheimer Association Live Chat, offering support for anyone dealing with the disease.

www.alzconnected.org

- Community/message board for online questions, advice, and support hosted.

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CAREGIVER TRAINING & WORKSHOPS

Best Programs for Caregiving

Free online directory of top-rated programs that support family, friends, and care partners of individuals with dementia.

- Visit [Best Programs for Caregiving](#)

James L. West Family Caregiver Training

Online training offered through James L. West in Fort Worth. Session topics include: What to Expect, Communication (2 session topic), Daily Living and Home Safety, Reducing Stress and Coping Skills, and Planning for the Future.

- Meet on Mondays from 11:30 a.m. to 1:00 p.m. CT.
- Registration required.
- To learn more or to register, contact (817) 877-1199 or caregiver@jameslwest.org
- On demand classes: [James L West On Demand Training](#)

Stomping Ground — Improv for Caregivers ^{AWARE}

Led by a psychotherapist and comedian. Workshop that blends therapeutic techniques and improvisational comedy games to help caregivers cultivate ease, joy, and flexibility in their relationships and feel more hopeful.

- No cost.
- Offer 1-hour, 1.5-hour, and 2-hour workshops at Stomping Grounds or your location
- Stomping Ground is located at 1350 Manufacturing St. #109, Dallas, TX 75207
- *For more information or to schedule a workshop, email andrea@stompinggroundcomedy.org or visit www.stompinggroundcomedy.org.*

Additional Caregiver Resources

Senior Attention – Caregiver Resource Guide ^{AWARE}

A North Texas-based nonprofit offering a comprehensive online directory of resources for family caregivers of loved ones with Alzheimer's or other dementias. Created by former caregivers, the guide includes practical advice, emotional support, and curated links to help navigate caregiving challenges.

- **Website:** www.seniorattention.org/caregivers-resource-guide
- **Note:** Includes information on stress management, communication strategies, redirection techniques, and more.

Veteran Caregiver Benefits

Is your loved one a veteran? You may qualify for in-home attendant services and other long-term care benefits.

- Contact Kris McGlathery, VA Social Worker, at 214-857-0371 or email Kris.Mcglathery@va.gov for more information.

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STRESS MANAGEMENT

Research shows that mindfulness, knowing how to create (or regain) a sense of calm, is beneficial for everyone. Consider additional ways to invite moments of calm into your every day, not just when you are feeling stressed.

iREST at Center for BrainHealth®

iREST is a restorative, evidence-based relaxation practice.

- Held on Fridays from 2:00 p.m. to 3:00 p.m.
- Located at 2200 W. Mockingbird Ln., Dallas, TX 75235.
- Cost is \$15 per session. Space is limited and advanced registration is required.
- For more information and to register, visit www.centerforbrainhealth.org and search “iREST” under events or view page 3.

Smart Phone Apps

Insight Timer, Buddhify, and Headspace can be helpful apps for guided meditation.

Yoga for Caregivers

Del Norte Yoga

A mixed-level yoga class that offers practical modifications for poses, as needed.

- Classes are entirely online
- Specialized video for those caregiving for someone with a chronic illness
- Cost is \$25 for 10-day access to the video.
- For more information, contact Louise Applebome at (214) 704-8980, or louiseapple@att.net, or visit www.delnorteyoga.squarespace.com and click “Recordings/Series/Seminars”.

Caregiver Whole Health

Online program that provides access to a well-being and self-care platform, yoga classes, workshops, and additional coaching. Coaching is a separate cost from the other resources.

- Membership based. 7-day free trial available.
- Free initial coaching consultation.
- To learn more, visit yoga4caregivers.com.

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CREATING LOCAL PROGRAMS ^{NEW}

If a program interests you, but there is not one available in your area, there are ways to help bring it to your community. You can explore starting a program yourself or advocate for local organizations, community leaders, and service providers to launch one. By sharing available models and connecting them to national resources, you can help spark new programs that support individuals living with Alzheimer's and their care partners.

RESPIRE PROGRAM

Brookdale Foundation ^{NEW}

The National Group Respite Program supports community-based efforts to develop and sustain social model group respite and early memory loss programs for people with Alzheimer's disease and their families.

- Go to www.brookdalefoundation.org/publications-1 to access their list of resources, including [How To Plan and Implement and Early Memory Loss Program](#).

Respite for All Foundation – Starting a Respite Ministry (Social Model) ^{NEW}

The Dementia Respite Ministry provides guidance, mentorship, and a replicable volunteer-driven social-model respite program, typically through community or faith organizations.

- Go to [Dementia Respite Ministry - Respite For All Foundation](#) to access information on how to develop a thriving Respite Ministry through a proven model providing a new way forward for your neighbors living with dementia.

MEMORY CAFÉS

Dementia Friendly America ^{NEW}

Dementia Friendly America is a national network of communities and individuals administered through USAging. They offer resources for those looking to start a memory café, generate new memory café ideas, and boost awareness of cafés.

- Go to www.dfamerica.org/memorycafe-resources/ to access their list of resources.
- You can include a new or previous established café on their alliance list by going to www.dfamerica.org/register-your-memory-cafe/ and complying with their requirements.
- Find other nearby registered café through their online directory here: www.dfamerica.org/memory-cafe-directory/.

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CREATING LOCAL PROGRAMS (continued)

DEMENTIA CHOIR

Giving Voice Toolkit NEW

Giving Voice started in Minneapolis as a single choir for people living with dementia and their care partners. They have since branched out into a national network of dementia choirs.

- Find a choir near you at www.givingvoicechorus.org/giving-voice-network
- For those looking to start a choir in their town, Giving Voice has a toolkit available at www.givingvoicechorus.org/copy-of-giving-voice-toolkit.

MUSEUM PROGRAMS

Meet Me at MoMA NEW

The MoMA created the first Dementia Art Program through a museum. Since its creation, they have made their resources accessible to the public so other museums may create their own program to offer.

- If you are interested in partnering with your local museum to create a community program, go to www.moma.org/visit/accessibility/meetme/

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Additional Resources

DISCLAIMER: The content herein is not intended to be medical advice, diagnosis, or treatment, nor a substitute thereof. The Center for BrainHealth makes no representations as to the accuracy, completeness, suitability, or validity of any of the content included herein, which is provided on an “as is” basis. Links to articles or other resources are provided for information purposes only and the views and opinions expressed in those articles and resources do not necessarily reflect those of The Center for BrainHealth.

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HEARING SERVICES (CALLIER CENTER)

Brain Health and Hearing:

Hearing loss is frustrating when it affects our communication, but did you know that research indicates that hearing loss is linked to cognitive function and overall brain health? Even a mild hearing loss can increase the risk of dementia and brain atrophy due to auditory deprivation. The parts of the brain that process sound are affected impacting overall brain health.

In Collaboration with Center for BrainHealth:

Audiologists at the Callier Center for Communication Disorders look forward to collaborating with Center for BrainHealth by providing a comprehensive evaluation of your hearing in quiet and noisy conditions to join you on your journey to healthy hearing and brain function.

Proven Benefits:

Evaluating and treating hearing loss has been shown to:

- Restore communication
- Reduce mental fatigue due to increased listening effort
- Decrease feelings of isolation and depression
- Improve memory, attention, and focus
- Improve overall brain health and reduce cognitive decline

Personalized Experience:

Receive a comprehensive evaluation of your hearing and a personal communication needs assessment from our experts in hearing and communication needs. Our evaluation process takes approximately one hour and is provided by a licensed, professional audiologist.

Following the evaluation, the audiologist will explain the results and recommend a management plan based on your individual needs. This comprehensive evaluation is covered by insurance with a referral from a physician, or a self-pay option is available. A self-pay quote can be provided when scheduling.

To Schedule Your Visit, Please Contact:

972.883.3030 for the Dallas location, or 972.883.3630 for the Richardson location.



CALLIER CENTER
FOR COMMUNICATION DISORDERS

1966 Inwood Road | Dallas, TX 75235 | P: (972) 883-3030 | F: 972.883.3068
2895 Facilities Way | Richardson, TX 75080 | P: (972) 883-3630 | F: 972.883.3622
[*calliercenter@utdallas.edu*](mailto:calliercenter@utdallas.edu)

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RESOURCES FOR SPANISH SPEAKERS

Alzheimer's Association

- Location: 3001 Knox St #200, Dallas, TX 75205
- Contact: Imelda Aguirre, Program Coordinator, Hispanic/Latino Outreach at 214-540-2327 or 214-940-2327
- Spanish Portal (in English) - www.alz.org/espanol/overview-english.asp
- Spanish Website - www.alz.org/?lang=es-mx

Baylor Memory Center AWARE

Baylor Scott & White Cognitive Behavioral Neurology and Neuropsychiatry

- Location: 9101 N Central Expy, Ste 230, Dallas, TX 75231
- Contact: Dr. Claudia Padilla, board-certified behavioral neurologist specializing in the diagnosis and management of progressive cognitive and behavioral impairments, at (214) 818-5765
- Website: www.bswhealth.com/physician/claudia-padilla

Centro de Mi Salud™, Bilingual Behavioral Healthcare Services

Spanish Support Group for Caregivers

- Location: 628-A Centre Street, Dallas Texas 7520
- Call (214) 941-0798 or email intakes@centromisalud.com
- Website: www.centromisalud.com/Contact/

Dallas Area Agency on Aging

- Location: 1349 Empire Central # 400, Dallas, TX 75247
- Contact: Francis Vasquez, Benefits Counselor, at (214) 954-4217 or fvasquez@ccadvance.org
- Toll-Free Spanish: 1-877-342-2277
- TTY User Dial 711 1-866-238-9488 (Monday–Friday, 7 a.m. – 11 p.m. ET)

Neurohispanos, PLLC

Clinical neuropsychologist providing neuropsychological assessments and treatments

- Location: 1404 Gables Ct., Suite 102, Plano, TX 75075
- Contact: Katrina Belen, PsyD at (214) 548-4803 or kbelen@neurohispanos.com
- Website: www.katrinabelen.com

The Senior Source AWARE

- Location: 3910 Harry Hines Blvd, Dallas, TX 75219
- Contact: Shannon Miller, Intake and Client Navigation Director, 214-823-5700 or 214-525-6183

RECURSOS PARA HISPANOHABLANTES

Alzheimer's Association

- Dirección: 3001 Knox St., Suite 200, Dallas, TX 75205
- Contacto: Imelda Aguirre, Coordinador de Programas, alcance Hispano/Latino, en (214) 540-2327 o (214) 940-2327
- Portal de Español en Ingles: www.alz.org/espanol/overview-english.asp
- Sitio web en Español: www.alz.org/?lang=es-mx

Baylor Memory Center **AWARE**

Baylor Scott & White Neurología Cognitiva Conductual y Neuropsiquiatría

- Dirección: 9101 N Central Expy, Suite 230, Dallas, TX 75231
- Contacto: Claudia Padilla, M.D., Neurólogo conductual certificado por la junta que se especializa en el diagnóstico y manejo de discapacidades cognitivas y conductuales progresivas en (214) 818-5765
- Sitio web: www.bswhealth.com/physician/claudia-padilla

Centro de Mi Salud™, Bilingual Behavioral Healthcare Services

Group de Soporte para los quien cuidan seres queridos con Alzheimer's o dementia

- Dirección: 628-A Centre St., Dallas, TX 75208
- Contacto: Victor Fernandez, BSW/QMHP, Director Ejecutivo, Facilitador de Grupos de Apoyo, en (214) 941-0798 o victor.fernandez@centromisalud.com
- Sitio web: www.centromisalud.com

Agencia Del Área de Dallas Sobre Envejecimiento

- Dirección: 1349 Empire Central #400 Dallas, TX 75247
- Contacto: Francis Vasquez, Consejera de Beneficios, (214) 954-4217 o fvasquez@ccadvance.org
- Llamada sin cargo en Español: 1-877-342-2277
- Telefono de Texto: Marcar 711 1-166-238-9488 (Lunes–Viernes, 7a.m.–11 p.m. ET)

Neurohispanos, PLLC

Neuropsicólogo que proporciona evaluaciones y tratamientos neuropsicológicos

- Location: 1404 Gables Court, Ste 102, Plano, TX 75075
- Contacto: Dr. Katrina Belen en 214-548-4803 o kbelen@neurohispanos.com
- Sitio web: www.katrinabelen.com

The Senior Source **AWARE**

- Dirección: 3910 Harry Hines Blvd., Dallas, TX 75219
- Contacto: Shannon Miller, Directora de Admisiones y Navegación de Clientes, 214-823-5700 o 214-525-6183

ONLINE EDUCATIONAL RESOURCES

GENERAL EDUCATION

AARP Dementia Resource Guide

Online and physical guide that provides information on what dementia is, dementia organizations, community and research resources, and brain health.

- Visit www.aarp.org and search “Dementia Guide” under “All Topics” to access the online version or download a printer-friendly version.
- Call (877) 333-5885 to order a physical copy.
- AARP website also has other helpful articles and tips for caregivers.

The Alzheimer’s Association

The Alzheimer’s Association has a wealth of information at www.alz.org. Click on ‘Help & Support’ for a list of topics to explore. Other support services include the following:

- 24/7 HELPLINE at 800.272.3900
- Find your local chapter at www.alz.org and click “Your Chapter”.
- Online message board with a [Caregiver’s Forum](#) and a [Forum for People Living with Dementia](#) at www.alzconnected.org.

The Alzheimer’s Foundation of America

The Alzheimer’s Foundation of America (AFA) is a national organization providing support, services and education to individuals and caregivers affected by Alzheimer’s disease and related dementia.

- Find more information at www.alzfdn.org
- National Toll-Free Helpline at (866) 232-8484

Best Programs for Caregiving

Free online directory of top-rated programs that support family, friends, and care partners of individuals with dementia. Visit [Best Programs for Caregiving](#)

The Conversation Project

Public engagement initiative to encourage families to discuss medical decisions and end-of-life care.

- Online conversation guides provided
- Website: [The Conversation Project](#)

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ONLINE EDUCATIONAL RESOURCES (continued)

GENERAL EDUCATION (continued)

DailyCaring

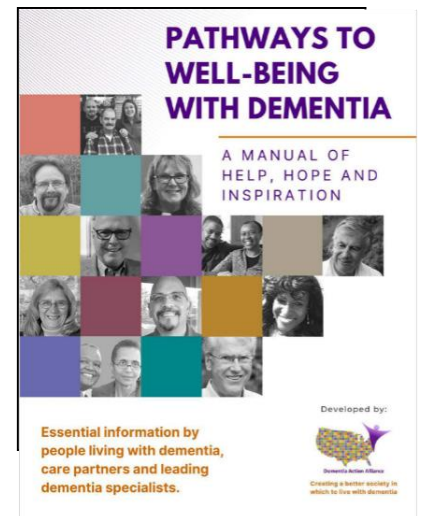
DailyCaring is website with helpful information on caregiving. Articles seek to provide practical Solutions and cover a wide range of topics.

- Website: www.dailycaring.com

Dementia Action Alliance

An advocacy organization dedicated to changing the stigma surrounding dementia.

- How-to manual which compiles essential insights on living with dementia from individuals directly affected by the condition, along with caregivers and leading dementia specialists.
- Available for download or can be purchased as a physical copy through www.daanow.org/pathways/
- Additionally, the organization hosts a variety of live online engagement programs specifically designed for individuals living with dementia.
- For more information on these virtual engagement opportunities, please visit www.daanow.org/virtual-engagements/.



Dementia Alliance International

- A registered non-profit organization that exclusively welcomes members from all corners of the globe who have received a medically confirmed diagnosis of any type of dementia.
- Website: <https://dementiaallianceinternational.org/>

Mayo Clinic

Information on health, research studies, products, and services.

- Website: www.mayoclinic.org

James L. West Center for Dementia Care, On-Demand Education

An online training and educational resource accessible round-the-clock, seven days a week, catering to families coping with a dementia diagnosis. Programs include one-time classes, multi-session trainings, informative blogs, educational podcasts, and on-demand videos.

- Free registration for online seminars.
- Program covers topics in both caregiving services and dementia services
- For more information, call (817) 877-1199 or go to www.jameslwest.org and search “Learn”.

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ONLINE EDUCATIONAL RESOURCES (continued)

GENERAL EDUCATION (continued)

National Institute on Aging

- **Now What?:** PDF containing information regarding next steps and useful links to other organizations. Can be accessed at www.nia.nih.gov/ And search “Now What?”.
- **General Information:** For information on a variety of issues related to Alzheimer’s or other dementias go to www.nia.nih.gov/ and search on Alzheimer’s or another topic.
- **Conversation Guide:** Advice and tips on how to approach next-step conversations between Caregivers and loved ones to ensure mutual understanding. Can be accessed at www.nia.nih.gov/ and search “Conversation Guide”.



Seniors Blue Book

A comprehensive guide to aging services and care. Contains information that covers community resources and services, health at home—home care, home health, and hospice care, senior housing, and featured articles.

- Available in an online or hardcopy format.
- To get a guide, go to www.seniorsbluebook.com and scroll down to “Local Experts to Guide You”. Select the “Greater Dallas” market.

Social Security Disabilities Benefits

- Those with early-onset Alzheimer’s or other dementias may qualify for Social Security benefits.
- Information and a helpful checklist can be found at alz.org and search “Social Security Disability”.

Women’s Alzheimer’s Movement

Promotes public education on about lifestyle changes that men and women can make to protect their brain health.

- Website: www.thewomensalzheimersmovement.org

ONLINE EDUCATIONAL RESOURCES (continued)

ORGANIZING LEGAL & MEDICAL INFORMATION

Care for Aging Parents

- Helpful information on how to care for an ageing parent.
- For a free printable caregiver organizer: visit the website at www.careforagingparents.com, select the “For caregivers” tab, and click “Download the caregiver’s organizer.”

CaringInfo

Website by the National Hospice and Palliative Care Organization that offers advice on what steps to take for medical, financial, and legal assistance.

- Available in Spanish
- Website: www.caringinfo.org

DocuBank

- Electronic storage service for legal and medical information.
- Provides shareable, portable access to vital documents
- Website: www.docubank.com

Springwell Caregiver Notebook

If you need help creating a system, this free tool provides a helpful framework. The notebook provides guidance as well as an appropriate and safe place to record all aspects of your loved one’s care.

- Notebook available at www.springwell.com, select “Resources” and search “Caregiver Notebook”.
- You can read a summary on DailyCaring with helpful information on how to use a notebook by going to www.dailycaring.com and search “Caregiver Notebook”.

PRODUCTS TO SUPPORT FUNCTIONING

TECHNOLOGY

Age Tech Now ^{NEW}

- Free online directory and community featuring practical, innovative solutions for aging and caregiving.
- Curated by experts to save time and simplify choices.
- Visit www.AgeTechNow.com

Grandpad

Smart tablet designed specifically for seniors. Allows access to the same features as a smartphone or tablet, but apps are preinstalled and excess is removed keeping the tablet simple and easy to use.

- Comes with tablet, charger, cellular data, software, 24/7 customer care, and blocks spam calls automatically.
- For more information, visit www.grandpad.net.

SeniorNavigator

- Individualized recommendations for assistive technology provided at no cost.
- Technology options are narrowed in an effort to avoid information overload.
- Visit www.seniornavigator.org and click on “For Caregivers” then “Caregiver Tech Tool Finder.”

MEDICATION AND HEALTH

Drugs.com

This site flags drug interactions and provides a similar format for printing.

- As with any online activity, there can be privacy/data sharing concerns so please be mindful of how you set up any accounts.
- Site: www.drugs.com

Automated Medication Dispensers

- Pharmacists coordinate with you, your doctors, and/or your insurance company to dispense prescriptions, over-the-counter medications, and vitamins into simple, multi-dose packets. Medications are sorted into single serving packets and labeled with the date/time to be taken.
- [Comparison: Automated Medication Dispensers](#)

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PRODUCTS TO SUPPORT FUNCTIONING (continued)

MEDICATION AND HEALTH (continued)

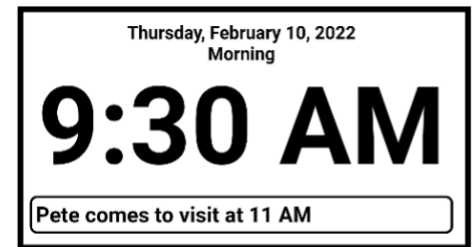
Smart Pill Dispenser

- Smart medication reminder system based on easy-to-use blister packs.
- Plays an audible alarm and displays a green LED light when it is time to take medication.
- Notifies your smart phone when medication is opened, or if it is not opened on time.
- Available at: www.walmart.com and search “Smart Pill Dispenser.”

MEMORY

Dementia Clock

- High-resolution digital calendar day clock with extra-large non-abbreviated date. Some clocks offer event reminder functions. Good for individuals with memory loss and/or visual impairments.
- Available at popular retailers like Amazon, Walmart, and Home Depot.
- Apps are also available to turn your smartphone, tablet, laptop, or smart TV into a clock such as the Teun free Calendar Clock for Dementia



Products for Comfort and Safety

- Various products for caregivers and people with Alzheimer’s and other dementia experiencing discomfort or difficulties resulting from memory loss.
- Products are designed to increase independence, safety, and engagement.
- Featured products available for purchase at: www.alzstore.com

Tile Mate

- Product can be attached to frequently misplaced items, like keys, wallet, or purse.
- Tiles can be tracked by smart phone and can make alert noises when lost.
- Available at: www.thetileapp.com, Amazon, Best Buy, Walmart, and Target.

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PRODUCTS TO SUPPORT FUNCTIONING (continued)

PHONE

Find my Friends - iPhone and Android App

- Locate friends and family using your smart phone. When you share your location, your friends can start following your location immediately and share their location with you.
- Available for free on the Apple Inc. App Store and Google Play App Store.

Jitterbug Cell Phone

- Prepaid flip or smart phones with large buttons and a brightly colored screen for easy navigation.
- In an emergency, the one-touch 5-Star button instantly connects you with help.
- Available at: Amazon and Best Buy.

Life360

- Runs on your mobile device to allow you to view your family members on a map, communicate with them, and receive location alerts.
- Available online at: www.life360.com
- Subscription plan available annually (\$79.99/year to \$249.99/year) or monthly (\$7.99/month to \$24.99/month).

Moto Safety – iPhone and Android App and Google Maps

- Easy-to-install GPS tracking system that tracks the driver's real-time location, monitors driving behaviors, and generates alerts for acceleration or speeding.
- Alerts you when the driver passes through map boundaries that you set up.
- Available at: www.motosafety.com

teleCalm – landline-style telephone service

- Safe phone service designed to protect individuals living with dementia from robocalls, telemarketers, and other scams.
- Security options include: Custom call settings, immediate notification of 911 calls, rerouting of inappropriate 911 calls, and a caregiver app.
- Available at: www.telecalmprotects.com

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NON-ALZHEIMER'S DEMENTIA RESOURCES

SUPPORT PROGRAMS

DALLAS

Association for Frontotemporal Degeneration (AFTD) Support Group

- Held on the 2nd Saturday of every month from 11:30 a.m. to 1:00 p.m.
- Located at Celebration Restaurant, 4503 W. Lovers Ln., Dallas, TX 75209.
- For more information, contact Doris Booth at (214) 802-9324, or dbooth@authorlink.com.

Central TX

Central Texas Dementia with Lewy Body Dementia/Parkinson Disease Dementia Support Groups

Groups provide education, resources and support for care partners, friends and family supporting a person living with Dementia with Lewy Bodies/Parkinson's Disease Dementia, as well as persons living with DLB/PDD and their care partner. Groups meet virtually by ZOOM and co-facilitated by a dementia educator and a licensed professional counselor.

- Care Partner – 1st & 3rd Saturdays at 10am Central Time
- Living Together with Lewy – 2nd Mondays at 2pm Central Time
- All Groups are free and open to the public; contact below to receive the link to the group/s.
- For more information, contact Sarah Hyde Williams at (832) 794-8810, or sarah@slaAustin.com.

TELEPHONE

UCSF FTD Adult Children Telephone Support Group^{NEW}

Support group for the adult children of people diagnosed with frontotemporal dementia. Individuals from across the country are welcome to join the facilitated discussion by phone. Contact the group facilitator for the toll-free call-in number and any additional information.

- Meets on third Thursday of the month from 5–6:30 p.m. Pacific Time
- For more information, contact Jamie Fong at Jamie.Fong@ucsf.edu.

NON-ALZHEIMER'S DEMENTIA RESOURCES (continued)

WEBSITES

www.aftdkidsandteens.org/

- Explains to children what FTD is, what to expect, and ways to get involved.
- Offers various resources such as handouts and websites as well as access to personal stories and video diaries of children whose parent has FTD.

www.brain.northwestern.edu/dementia/ppa/index.html

- Information on **Primary Progressive Aphasia (PPA)**.

www.ftdsupportforum.com/

- Provides a place for safe and secure communications for people who have been diagnosed with FTD and those who care for loved ones with FTD.
- Encourages members to support one another in a sensitive, respectful, and sincere manner.

www.lbda.org

- Information on Lewy Body Dementia (LBD).

www.theaftd.org

Contains helpful information on **Frontotemporal Dementia (FTD)** as well as various resources for patients and family members of those with FTD including information on the following:

- Frontotemporal degeneration
- Amyotrophic lateral sclerosis (ALS)
- Behavioral variant of FTD (bvFTD)
- Corticobasal syndrome (CBS)
- Primary progressive aphasia (PPA)
 - Nonfluent/agrammatic variant
 - Semantic variant
 - Logopenic variant
- Progressive supranuclear palsy (PSP)
- Includes research articles, financial and legal planning guides, tips for coordinating care, online and local support groups, and other useful tools for those impacted by FTD.

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PARKINSON'S DISEASE PROGRAMS & RESOURCES

Many people with Parkinson's disease do not have dementia but can benefit from clinical programs. Following are resources for people living with Parkinson disease.

CLINICAL PROGRAMS

SPEAK OUT!® Therapy Program

The SPEAK OUT!® Therapy Program, developed by Parkinson Voice Project, helps people with Parkinson's and related disorders regain and retain speech and swallowing. This highly effective, evidenced-based treatment combines education, individual and group speech therapy, and daily home practice. Parkinson Voice Project also hosts online SPEAK OUT! Home Practice Sessions and Parkinson's Sing-Alongs. Since 2008 patients receive all the speech therapy they need at no charge – and then they Pay It Forward to help someone else.

- For more information, visit www.ParkinsonVoiceProject.org or call 469-375-6500 for an in-Person or online speech evaluation.

COMMUNITY PROGRAMS

Dance for Movement Disorders by Dance for PD®

Global network offering a variety of dance classes to people with Parkinson's disease.

- Classes are instructed by professionally trained dancers in a social environment that emphasizes dancing rather than therapy.
- Classes are offered online or in person at Studio of MoveMINT,
- 5512 Bellaire Dr. South, Ste, 140 Fort Worth, TX 76109, no fee to participate, however, registration is required.
- For more information about online classes, go to www.danceforparkinsons.org.
- For more information about in-person classes, go to www.studioofmovemint.com.

Move. Laugh. Connect.

An innovative exercise program designed for seniors, especially for those living with Parkinson's disease. Exercises focus on improving functional fitness and mobility to help participants maintain activities of daily life for total well-being.

- A waiver must be signed prior to participation. Classes are free of charge, but space is limited and advanced registration is required.
- Held on Mondays and Wednesdays from 1:20 p.m. to 2:10 p.m.
- Located at 12100 Preston Rd., Dallas, TX 75230.
- For more information and registration, contact instructor Angela Horner at (417) 499-4473 or ahorner@cooperfitnesscenter.com.

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PARKINSON'S DISEASE PROGRAMS & RESOURCES (continued)

COMMUNITY PROGRAMS (continued)

Rock Steady Boxing

A worldwide non-contact boxing program adapted for people with PD, which may help reverse, reduce, or delay symptoms.

- A one-hour assessment is required prior to participation. Assessment and first class are offered at no cost.
- Located at Extreme Studio Performance, 4435 McEwen Rd., Dallas, TX 75244.
- For more information on classes offered in the Dallas area (Southlake and North Richland Hills), contact Austen or Mallory Spoons at (830)596-3440, or dallas@rsbaffiliate.com. For testimonials and classes beyond the Dallas area, visit www.rocksteadyboxing.org.
- For those at Highland Springs, a private class only for residents is available.

Tribe Wellness LLC

Community-based exercise programs including boxing and Tai Chi for people with Parkinson's designed by physical therapists

- Located at 100 N. Cottonwood Dr., Suite 108, Richardson, TX 75080.
- For more information, call (214) 702-6559.

Dallas Area Parkinson Society ^{NEW}

A nonprofit organization providing education, exercise, and support programs for individuals living with Parkinson's disease and their care partners in the Dallas area. Services include support groups, wellness classes, and community events aimed at improving quality of life.

- View www.daps.org for more information or to find local programs.

WEBSITES

www.parkinson.org

- The National Parkinson Foundation aims to improve the quality of life for people with Parkinson's through expert care and research.
- For more information, contact 1(800) 473-4636 or helpline@parkinson.org M-F 9:00 a.m. to 7:00 p.m. ET

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DRIVING AND TRANSPORTATION

DRIVING ASSESSMENTS

Seniors Driving Safely

Assessment conducted by a certified professional, including a written exam and a behind-the-wheel assessment in your neighborhood.

- After the assessment, the driver, family, and a certified professional will discuss safety strategies and, when appropriate, how to retire from driving.
- For more information, call (214) 499-3547, or visit their website at <https://seniorsdrivingsafely.com/>

EDUCATION AND GUIDANCE

At the Crossroads: Support Group Kit by The Hartford

Educational program about driving issues that accompany dementia.

- Aims to prolong independence while protecting safety.
- The course is organized into three two-hour sessions, with a total of nine lessons.
- To access a free booklet, visit www.thehartford.com and search “At the crossroads kit.”

Driving Information and Contract: Handout by the Alzheimer’s Association

Informative handout on how to manage a loved one’s retirement from driving.

- Includes a wide range of tips, from advance planning to how to respond when a loved one refuses to stop driving.
- Also includes a contract that families may use as a tool in this process.
- To access this free online handout and contract, visit the Alzheimer’s Association website at www.alz.org and search “Dementia and driving.”

PUBLIC TRANSPORTATION

DART Paratransit Services (Dallas and surrounding areas)

Curb-to-curb, public transportation service for people with disabilities who are unable to use DART fixed route buses or trains.

- Offers shared rides in modern, accessible vehicles and taxi cabs.
- For more information, call (214) 515-7272, or visit www.dart.org and search “Paratransit services.”

Special Programs for Aging Needs (SPAN)

Public transportation service for Denton County.

- Rides available by appointment only and must be scheduled at least one day in advance.
- Service vehicles are handicap accessible, but a written application must be submitted.
- For more information, call (940) 382-2224, or visit www.span-transit.org.

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Helpful Numbers

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YOUR CONTACT LIST

Helpline: Alzheimer's Association (Available 24/7)	(800) 272-3900
Helpline: Alzheimer's Foundation (M-F 9a.m.-9p.m., Sat-Sun 9a.m.-3p.m. ET)	(866) 232-8484
Crisis Lifeline (Non-Dementia Specific) - Spanish Available	988

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