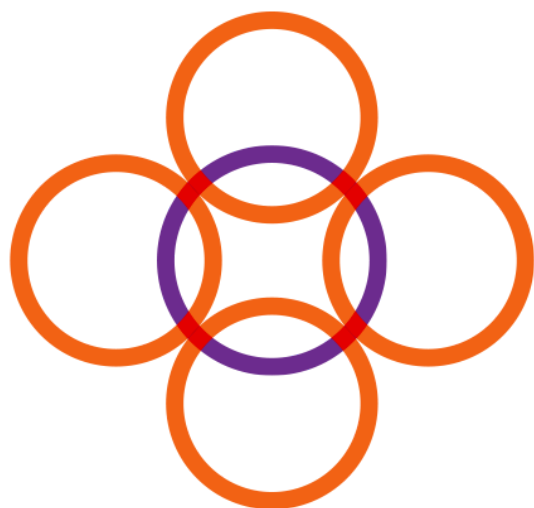


ALZHEIMER'S DISEASE RESOURCE MANUAL

FOR THE BIG BEND AREA



Alzheimer's PROJECT

ForOurCaregivers.com



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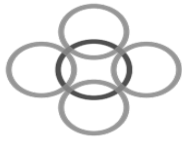
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Welcome to the Alzheimer's Project:

Alzheimer's Project began in 1991 as a ministry of Saint Paul's United Methodist Church. Today we are a community-based, non-profit organization serving an 11-county area. We are dedicated to being a support regardless of age, sex, race, disease, disability, religion, lifestyle, or ability to pay.

Alzheimer's Project Inc. is here to assist you and your family through the journey of living with Alzheimer's or other dementia. It is our job to walk with you and to offer care and support to you and your family.

The "Alzheimer's Disease Resource Manual for the Big Bend Area" is a quick reference guide for health professionals and caregivers of persons with cognitive disorders. The manual includes information about Alzheimer's disease and related dementias, behavior problems of persons with dementia, and tips for handling those behaviors. It is available in hard copy and easily accessible on our website at ForOurCaregivers.com.

Our team is ready to assist you in learning more about the disease, resources available and provide support through our respite program (social clubs), counseling, case management, support groups and Powerful Tools for Caregivers. These services were designed to help you care for your loved one and to improve the quality of life for both of you.

Our services are offered at no charge. The program is funded by grants, fundraising and donations. Your support of the program is greatly appreciated. If you would like to make a donation, be kept informed of upcoming educational programs, support group meetings, and community events or receive our monthly caregiver newsletter, you may call us at 850-386-2778 or visit our website at ForOurCaregivers.com.

Sincerely,

John Trombetta
Executive Director

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MISSION STATEMENT

Alzheimer's Project, Inc. (AP) exists to provide comfort, support, and assistance to persons with memory disorders and their caregivers in the Big Bend area.

Alzheimer's Project, Inc. is a non-profit organization funded by grants and private donations. Alzheimer's Project, Inc. is dedicated to providing relief to the caregivers of persons suffering from Alzheimer's Disease or other memory impairments. Alzheimer's Project provides caregiver support and respite services to the Alzheimer's community at no cost to the participant. The goal of Alzheimer's Project, Inc. is to keep caregivers healthier, both physically and emotionally, to prolong the abilities of caregivers, and to delay institutionalization of the clients.

ABOUT ALZHEIMER'S PROJECT, INC.

In 1991, guided by Reverend John Fletcher, Saint Paul's United Methodist Church introduced an outreach program we now call Alzheimer's Project, Inc.

Alzheimer's Project, Inc. was first incorporated as the non-profit organization Alzheimer's Project of Tallahassee, Inc., in 1992. In 2011, Alzheimer's Project, Inc. celebrated 20 years of service to the community of Tallahassee and Leon County. In addition to the array of services currently being provided in Leon County, Alzheimer's Project, Inc. has recently increased its social services by providing support groups in Franklin, Gadsden, Jefferson, Wakulla, Madison, Gulf, Jackson, Calhoun, Washington and Taylor Counties.

Alzheimer's Project, Inc.'s main focus has always been providing assistance to caregivers of persons with Alzheimer's disease. By holding day respite programs in ten locations, Alzheimer's Project, Inc. is able to provide much needed respite for caregivers. Respite time gives caregivers the opportunity to take care of themselves, whether they go to the grocery store, attend doctor's appointments or take a nap. It is their time for themselves. Through the years Alzheimer's Project, Inc. has incorporated support groups, counseling, educational opportunities, the Project Lifesaver Program and many more programs and social services for caregivers. Alzheimer's Project provides caregiver support and respite services to the Alzheimer's community at no cost.

Alzheimer's Project, Inc. wishes to thank all of our sponsors and donors throughout the year. Without your help and support, we would be unable to accomplish our mission to provide these services to the Big Bend community at no cost.

ALZHEIMER’S PROJECT, INC. STAFF

Executive Director ----- John Trombetta, MBA
Office Administrator ----- Tyeshia Tucker, AA
Clinical Supervisor ----- Stephanie Pollack, LCSW
Support Group Facilitator & Case Manager ----- Chantel Pruett, B.S.
AmeriCorps Program Manager ----- Laura Copeland B.S
Respite Program Coordinator ----- Mindy Towler, BSW

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ALZHEIMER’S PROJECT, INC.

Alzheimer’s Project, Inc. is the Big Bend area’s primary resource for Alzheimer-related information, referral, professional consultation and family counseling. All services are provided at no cost.

Day Respite Program

If appropriate, caregivers can bring their loved ones with memory impairment to a day respite program for socialization, activities, and care while they run errands, rest, have lunch with a friend, etc. Respite is provided by trained staff, volunteers, and a Certified Nursing Assistant. Assessment to determine eligibility is required.

Counseling for Caregivers

Spouses, adult children, grandchildren, and siblings can come individually or as a family to receive counseling specific to the needs of caring for a loved one with Alzheimer’s. Family members are encouraged to keep a log of challenging situations and problem behaviors, recording what is occurring and when, to assist the counselor in making recommendations that will enhance the quality of life for the person with Alzheimer’s and their family. Caregivers are encouraged to contact Alzheimer’s Project throughout the disease process.

Support Groups

Alzheimer’s Project, Inc. facilitates several monthly support groups for caregivers. Support groups allow caregivers to reach out to, learn from and comfort one another in the knowledge that they are not alone.

AmeriCorps In-Home Respite Program

This program can provide families with up to 8-10 hours of respite a week from a trained volunteer. Volunteers provide companionship for the client, while the caregiver receives a much needed break.

Project Lifesaver Program

Project Lifesaver is a proactive recovery system for individuals with Alzheimer's Disease and Related Disorders who may wander away from the safety of home, work or school. Individuals on the program wear a FM frequency transmitting device. In the event that a client should wander away, the family will be able to contact the Sheriff's Office, which will initiate a search and rescue attempt utilizing specialized equipment to locate individuals on the program.

Information and Referral

Provides caregivers with information about the disease process and links families with appropriate services through Alzheimer's Project, Inc. and other community organizations.

Education and Training for Caregivers

1. **Powerful Tools for Caregivers** is a six week education series that aims to help caregivers of loved ones with chronic health issues to thrive while caregiving, not just survive. Attendees will learn valuable techniques to assist them while providing care to their care receiver.
 - Reducing personal stress
 - Changing negative self-talk
 - Communicating their needs to family members
 - Recognizing the messages in their emotions and MUCH MORE!
2. **Alzheimer's Disease Education and Training Conference** is an annual conference for family and professional caregivers. Professionals in the field present on topics relevant to caregiver's and care receiver's needs.

Trainings for Professionals

1. **Law Enforcement Training**
2. **ALF Training**
3. **Healthcare Professional Training**

Publications and Website

Alzheimer's Project, Inc. updates the Alzheimer's Disease Resource Manual every two years for the Big Bend Area and it is provided at no cost to professional and family caregivers. Information about Alzheimer's disease and community resources is also available on our website: www.alzheimersproject.org.

Alzheimer’s Project, Inc. ADULT DAY SERVICES

Adult Day Service is respite care provided in a setting where people with memory impairment can receive socialization opportunities, rehabilitation, and supervision during weekday daytime hours. The service encourages independence, decision-making and the use of remaining cognitive abilities.

Alzheimer’s Project, Inc. (850) 386-2778

Day Respite Program ForOurCaregivers.com

Location	Address	Date & Time
Killearn United Methodist Church	2800 Shamrock Street S, Tallahassee, FL 32309	Every Monday 9 am - 3 pm
Good Samaritan United Methodist Church	3720 Capital Circle SE, Tallahassee, FL 32311	Every Monday 9 am - 3 pm
Lake Ellen Baptist Church (Medart)	4495 Crawfordville Highway, Crawfordville, FL 32327	Every Monday 9 am - 3 pm
Good Shepherd Catholic Church (Bilingual)	4665 Thomasville Road, Tallahassee, FL 32309	Every Tuesday 9 am - 3 pm
United Pentecostal Church	508 16 th St. Port St. Joe, FL 32309	Every 2 nd & 4 th Tuesday 9 am - 3pm
Immanuel Baptist	2351 Mahan Drive, Tallahassee, FL 32308	Every Wednesday 9 am - 3 pm
Wakulla County Senior Center	33 Michael Dr., Crawfordville, FL 32327	Every Wednesday 9am- 3pm
Trinity Baptist Church (Marianna)	3023 Bumpnose Road, Marianna, FL 32446	Every Thursday 9 am - 3 pm (CST)
Bethel A.M.E.	501 W. Orange Avenue, Tallahassee, FL 32310	Every Thursday 9 am - 3 pm
Thomas Memorial Baptist Church (Quincy)	1001 W Washington Street, Quincy, FL 32351	Every Thursday 9 am - 3 pm
Saint Paul's UMC	1700 N Meridian Road (in the Parlor by the small basketball court), Tallahassee, FL 32303	Every Friday 9 am - 3 pm

Reservation Required

A social day program for seniors with memory impairment. **ASSESSMENT REQUIRED FOR ELIGIBILITY.** Provides structured activities and socialization in a safe, comfortable environment from 9 am – 3 pm with lunch provided as well as on-site CNA, music therapy, art therapy and pet therapy. **Reservations required.**

Alzheimer's Project, Inc. Support Groups

Location	Address	Date & Time
Saint Paul's United Methodist Church Caregiver Luncheon	1700 N Meridian Road, Tallahassee, FL 32303	1st & 3rd Tuesday 11:30 am - 1:00 pm
First Presbyterian Church (Marianna)	2898 Jefferson Street, Marianna, FL 32446	1st Thursday 10:30 am - 12:00 pm (CST)
Westminster Oaks	4449 Meandering Way, Tallahassee, FL 32303 (Parry Center Theater)	2nd & 4th Friday 10:00 am - 11:30 am
Thomas Memorial Baptist Church (Quincy)	1001 W Washington Street, Quincy FL 32351	2nd Thursday 1:00 pm – 3:00 pm
First United Methodist Church (Chattahoochee)	18 W Marion Street, Chattahoochee, FL 32324	2nd Thursday 10:00 am - 11:30 am
Immanuel Baptist	2351 Mahan Drive, Tallahassee, FL 32303	2 nd & 4 th Tuesday 6:00 pm - 7:00 pm
First Presbyterian Church (Chipley)	658 5th Street, Chipley, FL 32428	3rd Thursday 1:00 pm - 2:30 pm (CST)
Jefferson County Library	375 S. Water Street Monticello, FL 32344	4th Monday 12:00 pm - 1:00 pm
Carrabelle United Methodist Church	102 NE Avenue B, Carrabelle, FL 32322	3 rd Tuesday 1:00 pm - 2:30 pm
United Pentecostal Church	508 16 th St, Port St. Joe, FL 32456	4th Tuesday 10:00 am - 12:00 pm
First Presbyterian Church (Perry)	310 Plantation Road, Perry, FL 32348	4th Thursday 10:30 am - 11:30 am
Lake Ellen Baptist Church (Wakulla)	4495 Crawfordville Hwy, Crawfordville, FL 32327	1 st Monday 1:00 pm - 2:30pm
Wakulla County Public Library	4330 Crawfordville Hwy, Crawfordville, FL 32327	2 nd Saturday 10:00a.m - 11:00am
Villas at Killlearn Lakes	8213, Terrace, Tallahassee, FL 32312. Building 5	1 st and 3 rd Tuesday 6:30pm – 8:00pm

How I can help Alzheimer's Project, Inc.

Alzheimer's Project, Inc. is funded through donations and memorial contributions from the general public, grants from the Community Human Services Partnership, Advantage Aging Solutions, and the Frueauff Foundation.

All funding that Alzheimer's Project, Inc. receives **stays local** and is used to provide client services **at no cost** to caregivers in the Big Bend community. Your support will help to provide families in our community with counseling, support groups, respite opportunities, caregiver education, the Project Lifesaver Program, and this resource manual.

Ways to Give:

Individual Gift: Your individual gift will help ensure continuity of the services Alzheimer's Project, Inc. provides to the community.

Memorial Gift: When someone close to us passes away we want to express our sympathy to the family for their loss. Take the opportunity to express your sympathy and at the same time help Alzheimer's Project, Inc. carry out its mission. We gladly send cards of acknowledgement to the person(s) you specify.

Tribute Gift: You can make a contribution to Alzheimer's Project, Inc. in honor of someone on a special occasion such as their birthday, anniversary, or holiday. When you include the contact information for the person to whom you are giving tribute, a card acknowledging your gift will be sent to them.

ANNUAL EVENTS

Forget-Me-Not Walk and
Cliff Hinkle Round to Remember
Alzheimer's Disease Education and Training
Conference

ON-GOING SUPPORT

Client Referral
Volunteering
Recommend Alzheimer's Project, Inc. to others

Please stop by and see us at our office located across from Saint Paul's United Methodist Church near the corner of Tharpe and Meridian.

Address: Alzheimer's Project, Inc.
301 East Tharpe Street
Tallahassee, Florida 32303

Phone: (850) 386-2778

Fax: (850) 386-2775

Website: ForOurCaregivers.com

Email: John@alzheimersproject.org

DEMENTIA VS. NORMAL AGING

As people grow older, they worry that forgetting the phone number of a best friend or the name of a person they should know must mean they are becoming demented or getting Alzheimer's disease. Forgetfulness due to aging or increased stress is **not** dementia.

“Dementia” is an encompassing term to define the loss of cognitive functions such as thinking, remembering, and reasoning of sufficient severity to interfere with a person's daily functioning. Dementia is not a disease in itself, but a group of symptoms. When a person has dementia, he/she will lose the ability to think, reason and remember and will inevitably need assistance with activities of daily living such as dressing and bathing. Changes in personality and mood are also symptoms of dementia. Some dementias are treatable or reversible. Alzheimer's disease is the most common form of untreatable, irreversible dementia.

WARNING SIGNS OF DEMENTIA

- Memory loss that disrupts daily life
- Repetition - stories, words, etc.
- Language problems - struggle to remember a word
- Personality changes - sudden mood swings
- Disorientation and confusion - lost in familiar surroundings
- Lack of hygiene
- Odd behavior - placing objects in odd and inappropriate places
- Confusion with time or place

Source: Web MD

ALZHEIMER'S DISEASE (AD)

HISTORY

Alzheimer's disease (AD) was first discovered in 1906 by a German doctor named Alois Alzheimer. It is a disorder of the brain, causing damage to brain tissue over a period of time. The disease can linger from two to twenty years before death results. AD is a progressive, debilitating and eventually fatal neurological illness affecting 5.4 million Americans. Alzheimer's disease is the most common form of dementia.

STATISTICS

In America alone, Alzheimer's disease affects 5.8 million people. A new individual is diagnosed with the disease every 65 seconds. It is estimated that more than 540,000 Floridians have Alzheimer's disease or some other form of dementia. For those with the disease, a diagnosis of Alzheimer's can mean from 2 to 20 years of decline. For their families and caregivers, diagnosis is just the beginning of an increasingly heavy physical, emotional and financial burden. The Alzheimer's Association (www.alz.org) states that Alzheimer's disease is now the 6th leading cause of death in America for those 65 and over.

Alzheimer's disease is characterized clinically by early memory impairment, followed by language and perceptual problems. This disease can affect anyone: it has no economic, social, racial or national barriers.

From Alzheimer's Association 2018 Facts and Figures

CAUSES

There is no known cause for Alzheimer's disease. Alzheimer's disease may be sporadic or genetic. The disease causes gradual death of brain tissue due to biochemical problems inside individual brain cells. The symptoms are progressive, but there is great variation in the rate of change from one person to another. In the early stages of Alzheimer's, an individual may appear completely healthy, but the disease is slowly destroying the brain cells. The hidden process damages the brain in several ways:

- patches of brain cells degenerate (neuritic plaques);
- nerve endings that transmit messages become tangled (neurofibrillary tangles);
- there is a reduction in acetylcholine, an important brain chemical (neurotransmitter);
- spaces in the brain develop - ventricles become larger and filled with granular fluid;
- the size and shape of the brain alters - the cortex appears to shrink and decay (atrophy).

Understandably, as the brain continues to degenerate, there is a comparable loss in mental functioning. Since the brain controls all of our bodily functions, people in the later stages of Alzheimer's will have difficulty walking, talking, swallowing and controlling bladder and bowel functions. They become frail and prone to upper respiratory infections such as pneumonia. Age is the most important risk factor.

DIAGNOSIS

There are numerous conditions that present with symptoms of dementia. Conditions such as stroke, vascular diseases, toxins, nutritional deficiencies, infections and depression can all have symptoms that simulate dementia. Ten to fifteen percent of these conditions can be well managed or cured. For this reason, it is most important that a thorough examination be done in order to rule out any treatable condition. The diagnosis of Alzheimer's disease is determined by excluding other conditions that may be responsible for producing the symptoms such as memory loss, confusion and personality change.

A definite diagnosis of Alzheimer's disease is still only possible during autopsy when the hallmark plaques and tangles can be detected. However, with techniques now available, physicians and patients can count on 85 to 90 percent accuracy, according to studies in which clinical diagnosis was later confirmed by autopsy. Clinicians diagnose "probable Alzheimer's disease" using criteria established in 1984 by the National Institute of Neurological and Communicative Disorders and Stroke and the Alzheimer's Disease and Related Disorders Association guidelines.

The most effective way to diagnose AD is through a Memory Disorder Clinic (MDC) such as the ones funded by the State of Florida. The clinic evaluation is a team approach to diagnosis of memory impairment. Whether the diagnosis is Alzheimer's disease, multi-infarct dementia, Parkinson's disease or any other form of dementia, the MDC team of professionals assist patients and family members with services and resources specific to their situation. The evaluation typically includes:

- Physical exam
- Blood work
- Neurological exam (may require CT or MRI)
- Neuropsychological testing
- Psychosocial assessment
- Pharmacological evaluation

Once the comprehensive evaluation is complete a summary evaluation conference is conducted with the client and caregiver and MDC Social Worker. A community resource management plan is offered to the client and caregiver, and a full evaluation report is sent to the patient and referring physician.

RESEARCH

New research is continually being performed to determine the exact cause of Alzheimer's disease, which is still not known. Some drugs and over-the-counter vitamins and/or medications have been introduced to alleviate some of the symptoms of Alzheimer's disease. Nothing has been found to "cure" the disease, but some medications may help improve a person's communication skills and ability to perform activities of daily living.

ALZHEIMER'S DISEASE - STAGES OF PROGRESSION

Alzheimer's disease can be characterized as early, middle, or late stage. In general, most patients gradually progress through the stages but not at a predictable rate. The range of the course of the disease is two to twenty years. NOTE: Stages may overlap and everyone progresses through these stages differently.

First Stage: This is a very subtle stage usually not identified by either the impaired person or the family as the beginning signs of the disease. Subtle changes in memory and language, along with some confusion, occur at this time. It is easy to dismiss or excuse performance deficiencies at this stage.

- Forgetfulness/memory loss
- Impaired judgment
- Trouble with routines
- Lessening of initiative
- Disorientation of time and place
- Depression
- Fearfulness
- Personality change
- Apraxia (forgetting how to use tools and equipment)
- Anomia (unable to come up with the right word or a person's name)

Second Stage: As Stage 1 moves into Stage 2, there is usually a particular, significant event that helps the family (and impaired person) recognize that something is really wrong. At this time, a doctor is typically consulted to diagnose the problem.

- Poor short-term memory
- Wandering (searching for "home")
- Language difficulties
- Increased disorientation
- Social withdrawal
- More spontaneity, fewer inhibitions
- Agitation and restlessness, fidgeting, pacing
- Developing inability to attach meaning to sensory perceptions, i.e. taste, touch, smell, sight, hearing
- Inability to think abstractly
- Severe sleep disturbances and/or sleepiness
- Convulsive seizures may develop
- Repetitive actions and speech
- Hallucinations
- Delusions

Third (Final) Stage: This stage is the terminal stage and may last for months or years. The individual will eventually need total personal care. They may no longer be able to speak or recognize their closest relatives.

- Little or no memory
- Inability to recognize themselves in a mirror
- No recognition of family or friends
- Great difficulty communicating
- Difficulty with coordinated movements
- Becoming emaciated in spite of adequate diet
- Complete loss of control of all bodily functions
- Increased frailty
- Complete dependence

RELATED DEMENTIAS

As a reminder, dementia is not a disease in itself, but rather a group of symptoms. It is a clinical term signifying the loss of intellectual functions such as thinking, remembering and reasoning, of sufficient severity to interfere with a person's daily functioning. Many dementias are treatable and reversible. Alzheimer's disease is the most common form of untreatable, irreversible dementia.

Multi-Infarct Dementia (MID): In MID, blockages in the small arteries of the brain cause a loss of circulation beyond the blocked area. When the blood supply is blocked off for a long time, the cells die. Individuals with a history of arrhythmias, irregular heart rhythms, heart disease or high blood pressure may be particularly vulnerable to this type of problem. This may be referred to as a series of small strokes. (Adapted from: Cohen, Donna, PhD and Eisdorfer, Carl PhD, MD: *The Loss of Self*, 1986.)

Parkinson's Disease: Parkinson's Disease is a neurodegenerative disorder that affects predominately the dopamine-producing neurons in specific areas of the brain. Progression of symptoms are variable for everyone, but can include resting tremor, limb rigidity, gait and balance problems as well as bradykinesia (slowing of movement). Other symptoms can include problems with speech (voice volume) and cognitive changes. According to the Parkinson's Foundation, cognitive impairment affects many people living with Parkinson's disease. Cognitive impairment can range from mild cognitive impairment (MCI) to more severe dementia symptoms. Depression, anxiety, apathy and hallucination are also common non-motor symptoms of Parkinson's disease. (Parkinson's Foundation, 2019)

Lewy Body Disease: Lewy body disease presents symptoms similar to Parkinson's and Alzheimer's diseases. It is an irreversible brain disorder caused by protein deposits in the brain cells. Lewy body disease can

be characterized by an early development of hallucinations and difficulty with motor skills. Individuals with Lewy body disease are often sensitive to the side effects of strong tranquilizers such as an anti-psychotic medication. (Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996.)

Progressive Supranuclear Palsy (PSP): Problems that are common symptoms of PSP are unsteady gait, backward falls because of poor balance, visual disturbances, slurred speech and forgetfulness. The average duration from onset to death is approximately six years. All patients with supranuclear palsy have downward gaze and often dementia. (Maher, E.R., BSC, MRCP and A.J. Lees, MD, MRCP: Neurology, July 1986.)

Binswanger's Disease: Binswanger's disease is caused by a decrease in blood flow to the central portion of the brain. Motivation and memory loss are usually the first symptoms of this disease, followed by decreased cognitive functioning. Other characteristics of Binswanger's disease include depression, sudden outbursts of anger, or restlessness and language problems as the disease progresses. (Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996.)

Pick's Disease: Another progressive dementia, Pick's disease affects the frontal and temporal lobes of the brain. Initial signs of this disease are lack of motivation, personality changes, impulsive or spontaneous behavior, amnesia and/or speech difficulties. Medications can help manage some of the problem behavior. (Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996.)

Creutzfeldt – Jakob Disease (CJD): CJD is a rare, fatal brain disorder believed to be caused by prions. The disease causes a mental deterioration and a variety of neurological symptoms, and usually leads to death within a year of onset. CJD can produce memory loss, motivational-intentional disorders or cognitive impairment. In addition, it is not uncommon for a person with CJD to experience jerking muscle movements, leg and arm spasms, extra sensitive reactions to loud noises and lack of coordination. (Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996).

Corticobasal Degeneration: Also known as Rebeitz Syndrome, corticobasal degeneration is one of the uncommon forms of progressive dementia. It is caused by changes in the brain cells of the cortex (the cerebrum) and the basal ganglia. Symptoms include apraxia, rigidity, involuntary movements, dystonia, the 'alien limb' sign, dysarthria and subnuclear disorder of the eye movement. Mental impairment occurs late in the course of

the disease but some patients lose language early. This disease usually affects people in their 60s to 80s. Males and females are equally affected. (Rossor, Martin, MD, MA, FRCP: C.A.N.D.I.D. Counseling and Diagnosis in Dementia, The National Hospital for Neurology and Neurosurgery, London 1998. Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996).

Huntington's Disease: Huntington's disease affects the basal ganglia and frontal lobe areas of the brain. The disease is characterized by emotional changes, like depression, and sporadic muscle activity. Late in the disease process, persons experience progressive dementia with bouts of amnesia and lack of motivation. Huntington's disease affects nearly 25,000 people in the United States. Onset usually occurs during middle age. (Heilman, MD, Doty, PhD, Stewart, MD, Bowers, PhD, Gonzalez-Rothi, PhD: Helping People with Progressive Memory Disorders: A Guide for You and Your Family, 1996).

SUGGESTIONS FOR THE CAREGIVER

PLANNING AHEAD

A CHECKLIST ON FAMILY MATTERS

As memory changes over time, people are less able to manage family and business decisions. The following checklist may help caregivers organize these family matters.

LEGAL MATTERS

Contact an attorney about:

- Durable Power of Attorney
- Guardianship
- Trust Funds, irrevocable trusts
- Will (Is it current? Do you know where it is?)
- Legal changes that occur when a person moves to another state

Advance Directives:

- Florida Living Will
- Florida Designation of a Health Care Surrogate
- Do Not Resuscitate Order

INSURANCE

Know policy schedule, location and agent. CHECK WAIVERS!

- House
- Car
- Theft
- Life insurance
- Veteran's medical
- Disability
- Medical
- Medicare
- Medicaid
- Long Term Care

FAMILY BUSINESS

Someone must handle regular bills and other financial affairs, such as:

- Utilities
- Telephone
- Rent or mortgage
- Car
- Television/cable
- Medicines (dose, location, assistance/reminders)
- Family health records (medications, allergies, major illnesses/surgeries)
- Personal documents (birth, marriage, divorce, adoption, citizenship, military)
- Grocery shopping, cooking, cleaning, laundry, yard
- Security box or safe (location, key or combination?)
- Real estate (location of property and deeds, co-owners)
- Bank matters/accounts (location, co-signer?)
- Checking, savings, money market, fund bearer, IRA, CD, safety deposit box
- Credit card records
- Tax records
- Social Security
- SSA/SSI check (mailed to home or direct deposit)
- Change of representative payee
- If under age 65, social security disability

IN THE EVENT OF DEATH

- Summary list of assets
- Funeral arrangements
- Cemetery lot (deed and location)

ADVANCE PLANNING TOOLS AT A GLANCE

The following information has been provided by

The Sketchley Law Firm, P. A.

The Professional Center at South Wood

3689 Coolidge Court, Suite 8, Tallahassee, FL 32311

Telephone: (850) 894-0152 Facsimile: (850) 894-0634

Advance Directives: General term used to describe those documents that provide instructions to caregivers and professionals, and provide a legal means for your business to be carried out and decisions to be made for you in the event of your incapacity.

FINANCIAL TOOLS

Durable Power of Attorney: (Chapter 709 Florida Statutes) A document in which an individual (principal) designates another (attorney in fact) to act on his or her behalf with regard to a wide range of transactions, especially financial transactions. As long as its durability is clearly stated, Florida law allows the attorney in fact to continue to act on behalf of the principal even after the principal's incapacity. A principal **MUST** have capacity to sign the Durable Power of Attorney. Note: Effective October 1, 2011, significant changes were made to Florida's Durable Power of Attorney laws and durable power of attorney forms found on the internet or purchased from office supply stores or website may not be valid if they do not meet the specific requirements set forth under the new laws. Please contact your attorney for more information.

Trust: (Chapter 736 Florida Statutes) A right to use or get the benefit of property or money that is held by one person (trustee) for the benefit of another (beneficiary). The trustee continues to manage the trust property even after a beneficiary has been determined to be incapacitated.

HEALTH CARE TOOLS

Health Care Surrogate: (Chapter 765 Florida Statutes) The individual (surrogate) designated by an individual (principal) to make health care decisions for him or her in the event of incapacity.

Health Care Proxy: (Chapter 765 Florida Statutes) The individual designated by Florida law to make healthcare decisions for an individual in the event of the individual's incapacity.

Living Will: (Chapter 765 Florida Statutes) A document announcing an individual's intent and wish regarding the health care he or she would like to receive or would like withdrawn in the event the individual should be found to have an end stage condition or be found to be in a permanent vegetative state.

Do Not Resuscitate Order (DNR): (Chapter 401 Florida Statutes) A medical order instructing paramedics, EMS, and other medical personnel not to resuscitate an individual in the event of cardiac or respiratory arrest.

Anatomical Gift: (Chapter 765 Florida Statutes) The individual provides for the donation or his or her body, organs or tissue upon his or her death.

GUARDIANSHIP

Designation of Pre-Need Guardian: (Florida Statute 744.3045) An individual's written declaration naming another to serve as his or her guardian in the event of his or her incapacity.

Guardianship: (Chapter 744 Florida Statutes) A guardianship is an extraordinary legal procedure in which a court appoints someone to assist a ward in the event of the ward's incapacity. A guardianship is usually instituted because there are none of the other planning tools discussed above available.



HEALTH CARE ADVANCE CARE PLANNING

For Those Living with Dementia and Their Caregivers

What is Health Care Advance Care Planning? Adults at any stage in life have the right to make decisions about what kinds of healthcare they would wish to have or not have. If you become ill and unable to speak for yourself, would loved ones and healthcare providers know your wishes? Advance care planning is a process of discovering what you would want, discussing those wishes with loved ones and your doctor--and ideally, putting those wishes in writing. Those documents (*called advance directives*) can then speak for you if you are unable to speak for yourself--and provide direction to health care professionals and loved ones.

What are the benefits of advance care planning? For many people, having their wishes and values respected, particularly in serious illness or at the end of life, is important to a sense of dignity. Loved ones, who otherwise can be faced with the challenge of not knowing what you would want, can feel less stress and more confident in making decisions when your wishes are known.

Are there different kinds of advance care planning documents? Yes, there are three basic considerations. First, who would you choose to carry out your care decisions (*name a person as your health care proxy*). Second, what would those decisions be if you were determined to be at the end of life (*completing a "living will"*). Third, a broader document that can include a health care proxy, a living will type declaration, and attention to personal, emotional and spiritual sources of comfort. The Five Wishes document is an example of this broader approach.

Why is advance care planning particularly important for persons living with dementia? Some chronic and progressive illnesses can cloud judgment over time. If you have dementia or another condition that can interfere with thinking clearly, it is a good idea to start your advance care planning as soon as possible. While it may be more difficult, it is also more important and may give you and those you love greater peace of mind.

Why is advance care planning particularly important for persons who care for those living with dementia? Caregivers for loved ones with dementia are encouraged to complete their own advance care planning for several important reasons. First, to model the importance of advance care planning and to reinforce that it applies to everyone. Second, to name a person who might care for or coordinate care for the person with dementia if the caregiver becomes unable for any reason. And third, to actively care for themselves by expressing their own preferences for medical care, rather than ignoring their own needs.

What are some resources for helping someone living with dementia and their caregivers discuss and complete their advance care directives?

- The Alzheimer's Project 850-386-2778
- Big Bend Hospice PEACE Project 850-671-6029
- Aging with Dignity 850-681-2010
- The Conversation Project starter kits <http://theconversationproject.org/starter-kits/>
- Sandy's Story (Part 6 of 7) <http://www.cnn.com/videos/health/2015/10/30/sandys-story-part-6--end-of-life.cnn/video/playlists/sandy-alzheimers/>

(This document is offered by the Community Advance Care Planning Encouragement Task Force, a group of Big Bend Area professionals working together to provide information to our community. April 2017. Contact person: Candace McKibben, Big Bend Hospice, 850-671-6029, candace@bigbendhospice.org)

COMMON PROBLEMS WITH DEMENTIA

Delusions

- Suspiciousness: accusing others of stealing their belongings
- Fear that people are “out to get them”
- Fear that their caregiver is going to abandon them (results in AD person never leaving caregiver’s side)
- Current living space is not “home”

Hallucinations

- Seeing or hearing people or things that are not present

Repetitive actions or questions

- Repetitive questions or actions, such as wringing a towel or asking the same questions over and over and over again

Wandering

- Pacing
- Generally feeling uncomfortable or restless
- Increased agitation in late afternoon/ early evening (“sundowning”)

Losing things / Hiding things

- Does not remember where items are or has hidden things so that people don’t “steal” them

Inappropriate sexual behavior

- Person with AD loses inhibitions

Agnosia: inability to recognize common people or objects

- A wife of forty years becomes a stranger to the person with AD; he might even think she is the hired help
- Might not recognize a spatula or the purpose of the spatula; cannot verbalize the name or purpose of the object

Apraxia: loss of ability to perform purposeful motor movements

- Cannot tie a shoe or manipulate buttons on a shirt

(Adapted from the Alzheimer Resource Center, Orlando; The 36 Hour Day, Nancy Mace and Peter Rabins, MD, 1991; and the State of Florida Department of Elder Affairs Alzheimer’s Disease Training Manual, 1997.)

Note: Not ALL patients will experience these problems.

HANDLING CHALLENGING BEHAVIORS

One of the most difficult challenges for caregivers is how to handle some of the behaviors that Alzheimer's can cause. Symptoms such as delusions, hallucinations, angry outbursts, suspiciousness, failure to recognize familiar people and places are often the most upsetting behaviors for families. The following points may help in responding to disturbing symptoms.

First, try to understand if there is a precipitating factor causing the behavior. Were there household changes, too much noise or activity, or was the daily routine upset? Time of day can also affect behavior ("sundowning"). Being aware of these factors can help to better plan activities or anticipate problems

- Keep tasks, directions and routine simple without being condescending
- Always give the person plenty of time to respond
- Attempt to remain calm and remind yourself that the behavior is due to the disease
- Avoid arguing
- Write down the answers to frequently asked questions; then remind them to look at the message
- Reduce environmental noise: television, radio, and too many people talking
- Use distraction when unacceptable behavior starts: bring them into a different room; start talking about childhood or another favorite topic; show them magazines; ask them to help you do something simple like dusting or sweeping
- Do not overreact or scold for problem behavior; redirect or distract
- Avoid denying hallucinations; try non-committal comments like, "You spoke with your mother; I miss my mother too"
- Be sure to inform physician of hallucinations, no matter how tame
- Restless behavior or pacing is usually unavoidable, however you can make the environment safe by installing locks that are above reach, removing unnecessary obstacles and making sure the person is wearing some kind of identification

(Adapted from *The 36-Hour Day* by Peter Rabins, MD and Nancy Mace, 1991 and *Understanding Difficult Behaviors*, by Robinson, Spencer and White. Compiled and used with permission from the Alzheimer Resource Center, Orlando.)

For additional tools, please contact Alzheimer's Project, Inc. re: Powerful Tools for Caregivers classes taught on a quarterly basis.

WANDERING

The following information on wandering is provided by the Alzheimer's Foundation of America (AFA). For more information, call their toll-free hotline at 1-866-AFA-8484, or visit them on the Web at www.alzfdn.org.

One-quarter to one-half of all individuals with dementia will wander, most commonly during the middle stage of the disease. To assure safety, individuals should be assessed to determine possible causes of these episodes, and treated with behavioral, medical or pharmacological interventions.

Tips:

- Do not leave a person with dementia home alone.
- Monitor and record the individual's wandering patterns—frequency, duration, time of day, etc. For example, if wandering occurs first thing in the morning, they might be hungry; in the late afternoon or early evening, they might be experiencing "sundowning"; and during the night, they might need to use the bathroom.
- Consult with a physician to see if medications can help. Individuals who wander as a result of delusions or hallucinations may require psychotropic medications.
- Provide recreational activities—music therapy, physical exercise or movies, for example—to reduce boredom, under-stimulation or lack of socialization that prompts wandering.
- Ensure that the individual is well fed, well hydrated and using the bathroom since individuals may wander to fulfill these basic needs. Consider setting a schedule.
- Reduce environmental stimuli like loud music, screaming or overcrowding that might spark this behavior.
- Outfit the individual with an identification bracelet, and put some form of identification in every jacket, pocketbook or other favorite article.
- Obtain a wristband transmitter, such as those used by Project Lifesaver, to more easily track wanderers, or another ID bracelet such as the interactive version of a Road ID (www.roadID.com). See “Wanderer Information” later in the Handbook for information about access to these programs.
- Have a current photo readily available and find out about leaving one on file at the police department.

- Secure doors in a way that is difficult to open.
- Add electronic chimes or doorbells so a caregiver is alerted if the individual attempts to exit.
- Identify bathrooms and other rooms with colorful signs to re-orient individuals.
- Post a large sign on or near exits that says "stop" or "do not enter."
- Mask exit doors with a curtain.
- Place a black mat or paint a black space by an exit, which may appear to be an impassable hole to those with dementia. Likewise, a large line, strip of tape or Velcro™ may act as a barrier.
- Provide familiar objects, such as family photographs, slippers and a quilt, to an individual living in a long-term care facility to make it feel like home.

9 WAYS TO HANDLE ALZHEIMER'S AND SEXUALLY INAPPROPRIATE BEHAVIOR

Inappropriate sexual behavior in dementia is difficult to handle. Inappropriate sexual behavior is a disturbing thing that can happen when someone has Alzheimer's or dementia. It can be one of the most challenging behaviors to handle because it often makes caregivers feel uncomfortable, embarrassed, or frightened. We explain what causes this behavior, share 9 ways to help you cope, and give plenty of ideas and examples.

What causes sexually inappropriate behavior in dementia?

It might seem strange that someone you once knew as proper or respectful might suddenly be showing sexually inappropriate behavior. The most important thing to understand is that this behavior is caused by damage in their brain, it's not something they're doing on purpose. Dementia affects parts of the brain that control a person's ability to control their own responses. That's why it's important to learn how to distract and redirect them to more appropriate activities.

A person with dementia could act in sexually inappropriate ways toward their spouse, their own children, professional caregivers, or strangers. They are likely to be confused about who a person is or might have forgotten that they already have a spouse. They may become angry or upset if they feel rejected.

Inappropriate sexual behavior could be caused by a need to feel intimacy again, needing comfort, or being bored. Sometimes, people with dementia may even take off their clothes or masturbate in public. This could be caused by disorientation – not knowing they’re not in a private place. Or, it could be because they’re uncomfortable or need to use the toilet.

9 Ways to Cope with Alzheimer’s and Sexually Inappropriate Behavior

Each person will respond differently to these responses and interventions. That’s why we’ve included lots of suggestions and tips – experiment to see which ones work for your older adult.

1. Manage inappropriate behavior when it happens

- Stay calm and be patient.
- Gently but firmly tell the person that the behavior is inappropriate.
- Match your body language to your words – frown and shake your head. People with dementia are better at reading nonverbal cues.
- Maintain consistent, firm boundaries. Don’t accidentally encourage inappropriate behavior by sending mixed signals, like briefly allowing the behavior one time and then reacting negatively the next time. Be consistently firm every time, saying “No, stop. I don’t like that.” or “Stop, that’s not right.”
- Distract them and redirect to a positive activity. To distract, ask a question, turn on the TV, or offer a snack. To redirect, turn on some music they like, go for a walk, bring out their favorite hobby
- Move your older adult to another location. This takes them away from what’s triggering their behavior. Guide them to a quiet area in a public place or to their bedroom at home.
- If nothing else works, shock them a bit by raising your voice and firmly saying “No!” Grab their hands and put them back in their lap. Look them in the eye, frown, and shake your head to let them know this behavior will not be tolerated.

2. Explain sexual behavior to other people

- Let family, friends, and visitors know ahead of time that inappropriate behavior or sexual remarks might happen and that it's caused by the damage to their brain from Alzheimer's or dementia.
- Calmly ask other adults to excuse their behavior or advise them to step back a bit.
- Keep a little space between your older adult and other people. When you walk them into a room, leave enough space so they can't easily touch someone, especially if they tend to grab.

3. Identify triggers and try to prevent the inappropriate behavior from starting

- Keep their hands occupied with a fidget activity or sensory activity.
- Provide alternatives to cuddling – a soft blanket, stuffed animal, or doll can satisfy the need to touch.
- Boredom can also cause sexual behavior. Keep your older adult happily occupied with different types of engaging activities.
- Keep a caregiving journal of the inappropriate behaviors to figure out the triggers. You might notice that mom lifts her skirt or dad touches himself when they need to use the bathroom.

4. Make it difficult for them to remove clothing

- To prevent spontaneous undressing, get specially designed clothing that closes in the back so it's difficult for them to take their clothes off.

5. Talk with a doctor, nurse, or other healthcare professional

- Talk with their doctor, a nurse, or another healthcare professional. They may be able to figure out what's causing the behavior and how to treat it.

6. Lean on trusted family or friends

- Consider talking with a trusted family member or friend. That gives you an ally in your circle who will be aware of what's happening and can offer emotional support.

7. Join a caregiver support group

- You're not alone in dealing with sensitive issues like this. Caregiver support groups are an excellent source of support. If you're shy about speaking about sex in person, you might be more comfortable in an online support group.

- Memory People on Facebook is a wonderful group and also has a women's only subgroup where members feel more comfortable discussing sex.

8. Spouses can adapt relationships and find other ways to fulfill the need to be close

Sex between you and your spouse with dementia is a complex topic. It's important to recognize that sexual desires and drives might change for both of you. In the early stages, encourage them to discuss their feelings and emphasize the value of your relationship with or without sex. A therapist could also help with these discussions.

Additional tips for spouses:

- Give extra reassurance and physical attention through activities like snuggling while watching TV, giving hugs or a massage, dancing together.
- Showing affection through touching or kissing could also give the comfort and security that comes from being with the person they trust.
- If it feels right for you, consider separate sleeping arrangements.

9. Prepare for sexual behavior in assisted living or memory care

- Ask the assisted living community about their policy on sexual relationships and behaviors. It's especially important to discuss policies related to sexual abuse and a resident's ability to give meaningful consent.

GENERAL CAREGIVING ADVICE

Safety in the Home

The caregiver must assume responsibility for the safety of the AD patient and must always be aware of any situation that could be life threatening. Some of the things to consider are:

- Install sliding bolt locks at tops or bottoms of outside doors to reduce the possibility of wandering; AD patients seldom look up or down and would overlook such locks
- Add safety locks on all windows
- Add safety gates on stairs
- Lock away all medicines
- Set hot water heaters at temperatures that would not cause a serious burn
- Patients should be under observation when in the kitchen because of all dangers lurking there; use large labels on as many things as possible for easy identification
- Cover the burners of the stove

- Remove throw rugs from the floors and minimize electric cords
- Remove guns, knives and all other weapons from the home
- Supervise or eliminate the use of power tools

Safety out of the Home

- Identification bracelet
- Car doors with child safety locks
- Do not leave the person alone in the car
- Add a property fence to secure the area around the home

Nutrition Tips

The caregiver will increasingly be more responsible for ensuring adequate nutritional intake as a lack of appetite is not uncommon. Eating patterns should be observed for preferences, likes and dislikes. Some things to consider include:

- Offer as great a variety of food items as possible to keep the person interested in eating
- When use of eating utensils is forgotten, prepare finger foods; it is much easier to serve one food at a time
- If your loved one is having trouble holding a fork or spoon, insert a foam hair curler over the handle to make the grip easier for them to hold
- Encourage the drinking of liquids; oftentimes the person will forget to ask

Physical Care

The caregiver needs to be aware of continuing physical health needs and personal health care needs including:

- Regular medical checkups
- Regular dental checkups and good dental hygiene; it is always best to be with your family member during medical and dental checkups to ensure proper reporting of information
- Exercise is very important to caregivers and care recipients, and can include walking, dancing, or simple exercises to stretch muscles
- Check your loved one's feet often for shoes that are ill fitting or ingrown toenails
- Encourage bathing and, as needed, supervise bathing

Medications

- When possible, use only one pharmacy so that interactions can be easily checked
- Have a written list of medications (including strength and directions) being used by the individual in that person's wallet and visible in the home
- Do not use nonprescription products without consulting a pharmacist
- Ask the pharmacist to instruct you on the appropriate time for medication administration to minimize side effects, drug interactions, and noncompliance
- Check nonprescription products for expiration dates, and appropriately dispose of medications that are not being used anymore (contact your pharmacist for guidelines)
- Assist or totally oversee medication administration to minimize unintentional under- and overdosing

Mental Health

Due to the disease process, your loved one may exhibit uncharacteristic beliefs and behaviors. As the caregiver:

- Try to resist contradicting, arguing, or trying to reason with the patient as it isn't likely to help and may make matters worse
- Try to remain calm in situations that are frustrating -- it will help the patient
- Try to distract the patient, perhaps by redirecting their attention to a pleasant memory from their distant past that is still familiar to them
- It helps to mention names frequently
- It is very important to reassure the patient often because of their insecurities -- a hug or a loving touch or smile can often do more to soothe the emotions of both the patient and caregiver than anything else
- The most important advice is for families to keep surroundings familiar and have the same routine followed every day **as much as possible**

Driving

Taking the car away from a loved one is one of the harder things a family must do. However, it is inevitable and the sooner it is done, the safer everyone is. While driving a car, a person with AD can harm not only themselves but innocent people as well. It is possible to stop the person from driving while keeping his or her dignity intact. The following tips may help with this difficult process.

- Agree as a family that the person should no longer drive
- Try the honest, group approach: “Dad, due to the memory problems and slower reaction time we all know you've been experiencing, we'd like you to give up driving”
- Ask your physician, lawyer or trusted family friend to put the request in writing
- Replace car keys with other keys that will not operate machinery
- Take the car in for repairs; give the mechanic instructions not to release the car to anyone but you
- Do not leave the person alone in the car with the engine on or the keys in the ignition
- Disable the vehicle
- Remove the car
- Contact: ***Department of Highway Safety & Motor Vehicles***
 2900 Apalachee Parkway, Tallahassee, Florida 32399-0503
 Call (850) 488-0933 *for more information about having a driver's license*
 revoked.

Safe-Proofing Your Surroundings

The following information on safety is provided by the Alzheimer's Foundation of America (AFA). For more resource information, call their toll-free hotline at 1-866-AFA-8484, or visit them on the web at www.alzfdn.org.

Turning a home into one that is dementia-friendly can help minimize accidents and maximize well-being. It can also give peace of mind to caregivers and reduce stress for at-home and long distance caregivers.

Act before a crisis. In safe-proofing surroundings, it is best to take preventative steps, rather than scramble around to solve an immediate crisis. This way, options can be more carefully weighed. The challenge is balancing a desire to keep individuals with dementia as functional as possible against the hazards posed by cognitive decline, including poor judgment, difficulty with

spatial perception and inability to react appropriately. Observing an individual's patterns and how they navigate their environment, looking for red flags, and pinpointing causes and effects are all very informative.

Professionals or caregivers themselves should survey a home three times, progressing in security at each inspection. Look for safe, safer and safest.

- **Safe** involves detecting basic dangers and fixing or removing those items, such as movable furniture that people wrongly rely on for support, chairs that blend in with the walls behind them, and loose extension cords and telephone wires;
- **Safer** means locating ways to minimize injury in the event of accidents, like replacing glass tables with furniture that has blunt edges, and locating a soft rubber mat by the bed in case of a fall; and
- **Safest** is maximizing access to help in an emergency, such as installing a monitoring device.

Look at critical areas. Since those with dementia need a quiet, orderly environment, it is critical to address factors such as noise, color and lighting. Modifying kitchens and bathrooms and taking steps to deter wandering are primary concerns. The key is to pay special attention to lighting, furnishings, textures, changes in elevation, handrails, and types of flooring, and to remove hazardous clutter from floors, stairways, etc. Often, small changes can make big differences.

Be creative. Products do not have to be taken at face value; rather, consider a person's specific condition and further adapt products for an even greater sense of security. Always keep in mind that, with this progressive disease, what works one day may not work the next.

Walk gently. While many changes sound easy enough, convincing the at-home caregiver and/or their loved one to alter their environment can be the hard part. Often, their reluctance boils down to a sense of shame or the feeling that many assistive devices are unattractive. Look for designs and assistive devices that give people independent functioning while maintaining privacy and dignity. In presenting home safety features to those with dementia, be delicate. Since most people do not welcome change, caregivers may need to broach the subject on several occasions and make gentle suggestions. Also, try to include the person with dementia in the decision-making process. And use language that empowers the person to agree to the safety features for someone else's sake, such as, "It's not for you; it's for me so I don't worry so much." Another effective strategy is to call solutions by another name - gifts.

Special Problems

The following information on special problems was excerpted with permission from “As Memory Fades...The Caregivers Challenge Begins,” Geri R. Hall, Ph.D., ARNP, University of Iowa College of Nursing, June 2004.

The following section deals with approaches to problems that are commonly encountered when caring for people with memory loss. While there are no definitive answers to these problems, the approaches suggested may help.

1. Bathing

Many patients go through a phase where they either refuse to bathe or tell you they have already finished their bath. This can be frustrating, especially if the patient develops body odor. The first (and most important) thing to remember is that no one ever died from not bathing. Many older adults are modest about disrobing, or become afraid of bathwater or the shower. Some of the following suggestions have been helpful:

- Let the patient choose the time of day to bathe
- Remind him/her of a special occasion they must be clean for (e.g., “We can’t go out for lunch until you bathe”)
- Associate a pleasant experience with the bath (such as a chocolate treat or music)
- Make sure you check the temperature of the bathwater or shower to prevent freezing or scalding
- Color the bathwater or use bubble bath
- Try a hand-held shower head so water does not hit the person’s head
- Allow the person to bathe with underwear on
- Sing during bath-time to relieve the tension or have some soft music in the background
- Compliment the patient after the bath
- Don’t take refusals to bathe personally

2. Wearing the same clothing day after day

This is an indication that the patient cannot handle change and is normal for people with memory loss. Purchase several identical outfits when shopping. Then, when the person takes one set of dirty clothing off, remove it and replace with an identical set of clean clothing. Make sure you have a picture of your loved one in this clothing in case they wander. You will be able to tell the police exactly what the person is wearing.

3. Hiding things

Hiding and losing things are the most frustrating aspect of the disease for many caregivers. Understand that hiding things often represents a concern about theft. Things will be hidden. It is important to minimize the loss of money and valuables.

- Remove valuables from the house whenever possible. Remember, these possessions still belong to the patient and cannot legally be dispersed using the patient's will. Take larger valuables such as the family crystal, silverware, and china, and pack them away. Label the carton "books," or something that does not attract attention and place them in a safe area, such as a little-used closet or basement.
- Place jewelry not used daily in a safety deposit box.
- Take jewelry worn daily and have it appraised. Have the jeweler remove the most valuable stones and place them in a safety deposit box. Replace the valuable stones with cubic zirconium and return to the patient.
- Never ever send jewelry with the patient to a nursing home or assisted living facility.
- Put "clappers" on house and car keys so they beep when lost
- Get to know where some of the more common hiding places are. Families report hiding money, keys, jewelry, medications, and many other things in the following locations:
 - under the mattress or under pillows
 - in the pages of books
 - in the hems of curtains
 - under the paper in back of pictures or mirrors
 - in food containers
 - in the freezer
 - behind bricks in the basement
 - in breakfront cabinets
 - wadded in tissues inside of toilet paper cardboard cylinders
 - in the trash

It is important to remember that things will be lost. Make sure that there are duplicates of keys and other items. Also, losing the car keys is an excellent way to have your loved one stop driving. This is one example where you may decide to let the keys “stay lost,” and not volunteer another set.

4. Fear of abandonment/refusing help

Many patients refuse to go to adult day programs or to allow in-home respite services. Patients become dependent on their caregivers to remember when they can't and become nervous and upset when their caregiver is not around. This can become so severe that the caregiver is unable to have even a moment alone, including to go to the bathroom.

The best defense against this is a good offense. Have your loved attend a day respite program. Have extra help in the home as early as possible, usually a cleaning person, so the patient is used to having others around. Make sure that family members participate in care on a regular basis and, if possible, have friends take the patient out whenever possible.

If the patient becomes enraged when a service provider or family member is providing respite, understand that this is not uncommon. Insist that you need your time and space. Gently reinforce that staying alone or going with you is not an option. Insist that you will try to find respite workers that the patient likes.

The first time a patient attends day care or is introduced to a new respite worker, stay with him/her during the event. As your loved one becomes accustomed to the day program or respite worker, anger will subside. Successful adaptation to respite will keep your loved one at home longer and will help to keep you from feeling trapped.

5. Aphasia

Loss of language abilities are a usual part of memory loss. Loss of reading comprehension generally occurs first. One of the ways to determine this is if mail starts to pile up or the person begins to pay anything that even resembles a bill. Another clue is when the person either stops reading the paper or can't tell you what they have read.

When the person starts to stumble over words, it is important to understand that they also have trouble understanding what is being said. Talk more slowly using simple phrases. Give the person extra time to respond. Use gestures and point to objects whenever possible.

If the person begins to use words that don't make sense, often called "jargon" or "word salad," try to find bits and pieces that relate to the patient's world. The patient may have good understanding of the world around them, but may simply not be able to express him or herself.

It is acceptable to explore potential meanings with the patient unless frustration begins to rise. If he/she becomes frustrated, distract them to another task and try later. A single consultation with a speech pathologist may be helpful to develop communication strategies.

If the person develops slurred speech or problems swallowing, speak to your physician immediately. The patient may run the risk of aspirating (breathing into their lungs) food or saliva.

6. Made-up stories

One of the more frustrating effects of memory loss is called "confabulation." People with brain diseases, especially those that cause memory loss, tend to have their brains "fill in the blanks" when they can't remember what happens. So, the patients come up with stories that they believe are true. Confabulation is not a lie. It is a story the brain makes up. Trying to correct the patient leads to anger and frustration for you both. A good rule is that anything the patient says is fine – as long as safety is not compromised.

7. Repeated Questions

Patients ask repeated questions for several reasons: they can't remember asking the question; they have no sense of time; and the question asked is not really what they want to know. When your loved one asks a question over and over, most often it has to do with when or where something will happen. One strategy is to write the answer to repeated questions on an index card and have the patient carry it in his/her pocket. When the question is asked you direct the patient to read the card. Here are two general rules for obsessive questions:

(A) Never announce anything more than 24 hours in advance. It leads to obsessive questions.

(B) When a question is asked more than once or twice, ask "Why are you asking?" Then address the underlying concern. Example: The patient asks "What day is it?" You ask "Why do you want to know?" The patient says, "I don't want to miss church." You answer, "I will make sure you get to church on Sunday."

COPING AS A CAREGIVER

As a caregiver you will often have very frustrating moments that will physically and emotionally drain you. It will help you tremendously to cope if you try to remember that this is a physical disease. Some basic principles to follow as you attempt to cope include:

Stay in Communication with Others. Your support group meetings are vital to you. Even if there are times when you don't feel like going or feel discouraged because you did not get something out of the last meeting, continue to go. It is of the utmost importance for you to share your feelings and be in the company of an understanding support group.

Help Others in Trouble. Knowing how exhausted and emotionally drained family members become, it is easy to understand how we can forget others in need. DON'T! There is someone other than your patient who can use a helping hand. It doesn't have to be much. By reaching out, even a little bit, you will find it will help give you more strength.

Retain Control over Your Daily Life. Because of the tremendous exhaustion that comes with being a caregiver, it is very easy to give in and become a passive victim of fate. Don't let this crisis render you powerless. You must remain in charge of yourself, maintaining a sense of your own worth. Devise tangible reminders that you have the ability to direct your life.

Have Confidence in Your Inner Strength. When things start to fall apart, tap that inner source. Within you lies an incredible ability to cope. As you are being tested to what seems the edge of your limit, believe that your endurance will hold up and you will find the strength to go on.

Education. Learn as much as you can about the disease.

Keep stress at a minimum. Get a plastic clown punching bag, or some "Silly Putty" to release your stress.

Don't be afraid to ask for help. Others don't know what you need. Give them a specific task.

Do things for yourself! Try taking a hot bubble bath, or going to a movie.

A sense of humor is your best defense!!!

PARTNERS OF ALZHEIMER'S PROJECT, INC.

ALZHEIMER'S PROJECT, INC. is proud to partner with the following organizations to provide resources for caregivers:

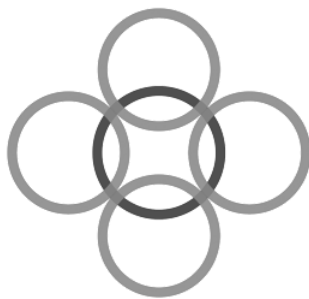
*Advantage Aging Solutions
Alzheimer's Foundation of America
Elder Care Services, Inc.
Bethel A.M.E*

*Florida State University College of Medicine
Florida State University College of Social Work
Good Shepherd Catholic Church
Good Samaritan United Methodist Church
Lake Ellen Baptist Church, Crawfordville
Killearn United Methodist Church*

*Pilot Club of Tallahassee
Saint Paul's United Methodist Church
Tallahassee Memorial Healthcare Memory
Disorder Clinic & Neuroscience Center
Thomas Memorial Baptist Church
Tallahassee Senior Citizens Center & Foundation
Temple Israel
Trinity Baptist Church
United Way of the Big Bend
VITAS*

Note:

*****Information contained in this handbook is provided for use by the recipient. Inclusion of any information or reference to any specific website, commercial product, service(s), organization, facility, or company does not imply endorsement, approval or recommendation by Alzheimer's Project, Inc., its staff, or members of the Board of Directors. Each listing was written and submitted by the provider.***



**Alzheimer's
PROJECT**
ForOurCaregivers.com

ELDER ABUSE REPORTING

If you suspect abuse, neglect or exploitation of a vulnerable adult please call the Abuse Hotline:

Telephone reporting: 1-800-96-ABUSE (1-800-962-2873)

Always phone in information concerning emergency or critical situations.

What to report: The more information you have, the better report you can give. Important information includes:

- Victim's name, street address or location, phone number (with area code), age, gender and race
- A description of the abuse, neglect or exploitation, including any signs of harm or injury
- A description of the victim's physical, mental or behavioral disability or infirmity
- The name of the person responsible and their relationship to the victim

EVERYONE IS REQUIRED BY LAW TO REPORT ELDER ABUSE, NEGLECT AND EXPLOITATION.

ALL CALLS REMAIN CONFIDENTIAL

If you need information about Elder Abuse Awareness or reporting abuse, neglect or exploitation, please call the Elder Helpline at: **1-800-963-5337 (1-800-96-ELDER)**



**The Power to
Prevent Elder Abuse
Is in Your Hands**

Elder Abuse.
Neglect. Exploitation.
It happens to **your** friends,
neighbors, and family.

**To Learn More, Call:
1-800-96-ELDER
(1-800-963-5337)**

**To Report Abuse, Call:
1-800-96-ABUSE
(1-800-962-2873)**



Nursing Home Abuse Center.....(888) 935-4546

www.nursinghomeabusecenter.com/

FLORIDA BRAIN BANK

As you now know, a definite diagnosis of Alzheimer's disease can only be made at autopsy, when the hallmark plaques and tangles can be viewed under a microscope.

FROM THE FLORIDA BRAIN BANK FLYER

In a move to help families of individuals with Alzheimer's disease and other dementias, the State of Florida, through its Alzheimer's Disease Initiative, formed the Brain Bank in 1987. Its purpose is to study the brains of individuals with progressive dementia, to provide the family with a definitive diagnosis, and to acquire brain tissue for research. Through a network of researchers we share common goals of finding a cure, improving diagnostic tools and treatment options, and providing education.

As members of the Brain Bank team, we realize that choosing to participate in this program may be a difficult decision even if your family member is an organ donor. We are sensitive to your concerns and are here to help you with this decision.

At present, the only way to get an accurate diagnosis of Alzheimer's disease or related dementia disorder is a brain autopsy at the time of death. The diagnoses are a critical piece of your family's medical history and will become important to your children and grandchildren as new treatments become available.

Only by your participation in the Brain Bank program will our researchers have the brain tissue required to learn the cause of the numerous dementias. With your decision to become part of the Brain Bank program, there is hope that these diseases will become preventable or at least treatable in the near future.

PARTICIPANTS MUST BE PRE-REGISTERED

It is important to plan ahead as a comprehensive application must be completed and medical records collected, especially from the neurologist and/or other specialists who made the initial diagnosis. This process takes time but the information is necessary for the neuropathologist to determine the final diagnoses in each case and also to provide supporting information for research. Upon the death of the patient a final pathology report will be provided to the family and the patient's physicians and the brain tissue will become available to researchers worldwide.

A caregiver's words:

"Thank you for giving my mother her last hoorah, a gift to science, a gift to our future."

<http://elderaffairs.state.fl.us/doea/BrainBank/research.php>

DEMENTIA CARE AND CURE INITIATIVE

MISSION: To engage communities across the state to be more dementia friendly, promote better care for Floridians affected by dementia, and support research efforts to find a cure. Different font than rest of manual

VISION: To see all Florida communities engaged in providing better care for those affected by dementia while we work towards a cure.

Background:

Dementia is a comprehensive term for a decline in mental ability that is severe enough to interfere with daily life. The most common and well-known type of dementia is Alzheimer's disease. Other forms of dementia include, but are not limited to Lewy Body dementia and vascular dementia. Currently, Alzheimer's disease is the 6th leading cause leading cause of death in Americans age 65 or older.

With approximately 510,000 individuals currently living with Alzheimer's disease, Florida has the second highest incidence of Alzheimer's in the nation – only behind California. Florida is projected to have more than 720,000 individuals with Alzheimer's in the next 10 years. These figures do not include other forms of dementia or the hundreds of thousands who serve as caregivers.

Florida seeks to lead the nation in response to the increasing incidence of dementia by implementing a statewide effort to become more dementia friendly – taking action to support those diagnosed with dementia and their caregivers – bettering communities and the state overall.

Goals:

1) Increase awareness of dementia, services, and supports

Accomplished through education events, the media, and joint efforts with community leadership and stakeholders, including partnering state agencies.

2) Develop community work plans

Action-oriented plans will be individualized for Caring Communities. Toolkits will assist communities to assess their individual needs and execute specific actions to improve their region.

3) Promote care and cure programs

Advocating for the funding of programs that care for both those diagnosed with dementia and their caregivers, as well as research efforts that work toward a cure

LEON COUNTY RESOURCES

Alzheimer's Project, Inc. (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

Adult Day Services

Elder Care Services Elder Day Stay (850) 222-4208
1660-11 North Monroe Street, Tallahassee, FL 32303.....www.eldercarebigbend.org

Elder Care Service's Elder Day Stay (adult day care) is a care solution for seniors experiencing physical or mental disability who require continual supervision allowing caregivers to continue to work or receive respite from their caregiving responsibilities. Scholarships are available through the agency's fundraising efforts. In addition to continual supervision, the staff provides:

- Assistance with Activities of Daily Living as needed (transferring, mobility, toileting, and eating)
- Medication management (by R.N. or L.P.N.)
- Exercise (seated stretching, movement, and weight-bearing)
- Daily nutrition (planned by Registered Dietician)
- Intellectual stimulation (current events, music, reminiscing, games, cooking, etc)
- Socialization (with staff, volunteers and other clients)

Pacifica Woodmont Adult Day Stay (850) 562-4123
3207 North Monroe Street, Tallahassee, FL 32303.....www.pacificaseniorliving.com

8:00 am- 5:00 pm, Monday – Friday

Pacifica Senior Living is Tallahassee's original assisted living community (age 60+) with a long-standing reputation for providing compassionate care. Adult Day Stay Services include meals and stimulating activities for seniors. Pacifica Senior Living offers distinct levels of care, each based on your individual needs.

Wisdom Adult Day Care Services.....(850) 491-2234
1747 FL-GA Hwy, Havana, FL 32333.....wisdomadultdaycare.com

Wisdom Adult Day Care Services specialize in adult day care services to seniors in the Gadsden, Leon, and surrounding areas, through therapeutic program/services. We operate within a participant-focused delivery system. Wisdom Adult Day Care fundamentally believe that caring for the elderly and providing relief for caregivers is a calling, and we are committed to answering the call. Services provided:

Medication Management	Music Therapy	Daily Exercise Program
Gardening	Occupational Therapy	Games
Arts and Crafts	Nutritional Education	Health Education

ASSISTIVE EQUIPMENT

Assistive equipment is anything that helps with activities of daily living (e.g. eating, bathing, etc). It may be highly technical, such as an adapted car or scooter, or very simple, such as an item that helps a person feed himself. Some products are created specifically for people with Alzheimer’s to help with safety and memory impairment. They include digital monitors that track location, heart rate, blood oxygen levels, etc. and personal motion alarms. (Check in the “Yellow Pages” under Hospital Equipment and Supplies for additional vendors.)

Ability 1st (The Center for Independent Living of N. Florida) (850) 575-9621
1823 Buford Court, Tallahassee, FL 32308..... www.ability1st.info

The accessibility program loans equipment to individuals with temporary to permanent disabilities for a period of 90 days - extensions are possible. The medical disposable program provides medical supplies and products to low income individuals with disabilities. Medical supplies/equipment donations accepted. Ability 1st now offers caregiver programming and seminars as well.

The Alzheimer Store..... www.alzstore.com
425 Tribble Gap Road #209, Cumming, GA 30041 1-800-752-3238

The Alzheimer Store is a subsidiary of Ageless Design, Inc., a Florida-based corporation dedicated to providing seniors with the means to create smarter, safer living environments for people with Alzheimer’s disease. Call to receive a catalogue.

Barnes Healthcare Services.....(850) 894-4480
2524 Cathay Court, Tallahassee, FL 32308..... www.barneshc.com

Barnes Healthcare Services offers post-acute care providing respiratory, ventilation and HME services — in addition to our four infusion nursing suites, developed with your comfort in mind. Our staff is also available to help file Medicare, Medicaid and most private insurance. Counties served include: Calhoun, Franklin, Gadsen, Leon, Liberty, Madison (FL).

Florida Alliance for Assistive Services and Technology (FAAST)..... (850) 487-3278
820 E Park Avenue, D-200 Toll Free: 1-888-788-9216
Tallahassee, FL 32301 www.faast.org

FAAST provides information and referrals about assistive technology (AT) devices and services to persons of all ages. FAAST has six regional demonstration centers throughout Florida where consumers can learn about, try out and borrow assistive technology equipment.

Florida Division of Blind Services (850) 245-0300

325 West Gaines Street Turlington Bldg, Suite 1114 Tallahassee, FL 32399 dbs.myflorida.com

The Division of Blind Services provides training and resources to individuals who are blind or visually impaired to assist them to be fully integrated into society. Services are provided regardless of age as long as the individual has been diagnosed with bilateral eye medical condition. The agency also has an Independent Living Adult Program providing counseling/guidance due to vision loss; advocacy; referral to community providers for peer counseling and support group and employment training in addition to the coordination of eye medical care through other community resources. Additional services can be provided through the Braille and talking book library services.

Tallahassee Memorial Lifeline(850) 431-6838

Tallahassee Memorial Lifeline and Philip Lifeline are dedicated to giving safety, security, and independence to anyone who lives alone, the elderly, and the ill. The service they provide allows anyone to live comfortably in their own home, knowing that ambulance services, the police, the fire department, and their loved ones are just a button push away. Products offered include *AutoAlert* Button, *Philips Medication Dispensing Service*, *HomeSafe Wireless Systems*, and *GoSafe*, the new mobile help button.

COUNSELING

For persons with Alzheimer's and their family members, individual or group counseling is often needed to help cope with the stress and changes the disease brings.

Alzheimer's Project, Inc. (850) 386-2778

301 East Tharpe Street Tallahassee, FL 32303..... www.alzheimersproject.org

Counseling is available free of charge to assist Alzheimer's caregivers and their families learn how to cope with the disease and to decide on appropriate long-term care alternatives. Information and referrals to other services and emotional support are also provided. Counseling may be provided via telephone, scheduled appointments at the agency's office, or in the client's home.

2-1-1 Big Bend 211

P. O. Box 10950, Tallahassee, FL 32302-2950 www.211bigbend.org

Administrative phone: 850-617-6348

2-1-1 Big Bend (formerly Telephone Counseling & Referral Service) provides 24-hour confidential counseling and information and referral services. The agency maintains an extensive information and referral database directory for the eight counties in the Big Bend area. Volunteers and paid counselors are trained to help callers

work through problems, offer emotional support and discover alternatives. The agency also operates information lines covering the entire state of Florida: Florida Hotline, HIV/AIDS, Family Hotline.

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2) (850) 274-4945
www.ACTS2Project.org..... Toll free: 1-866-778-2724

The ACTS 2 Project offers faith-based, skills-building and support services to African-American caregivers of loved ones with dementia across Northern Florida, including the Panhandle and counties north of Citrus, Sumter, Lake and Seminole. There is NO CHARGE for this service. The ACTS 2 Project is funded by an endowment from Dave Groves and VALIC, Inc.

The skills-building program consists of 12 weekly sessions on topics, such as relaxation, effective thinking, and problem-solving skills. Sessions are offered over the telephone by trained, lay volunteers from the African-American faith community. Caregivers are encouraged to work on the problems and challenges they face every day. Caregivers will receive up to **\$90.00** for completing the program.

*African-American Alzheimer's Caregiver
Training and Support (ACTS) 2 Project
www.acts2project.org*



Common issues to be addressed:

- Communicating effectively with your doctor and family members
- Dealing with aggressive behaviors
- Safety and wandering
- Giving medicines
- Managing the stresses and worries of caregiving
- Increasing self-care, rest and relaxation

For more information on how you can receive these services, please call us **toll-free** at 1-866-778-2724 (Tallahassee local 850-274-4945) or visit our website (www.ACTS2Project.org). You also can email (tnnorton@fsu.edu) Tomeka Norton-Brown, ACTS 2 Project Coordinator.

Behavioral Health Center at Tallahassee Memorial HealthCare..... (850) 431-5100

1616 Physicians Drive, Tallahassee, FL 32308 www.tmh.org

The Behavioral Health Center is designed to assist in the care of all age ranges of patients including Medicare patients who are 65 or older and demonstrate a need for more intensive mental health services than are available with standard outpatient visits. The inpatient program includes physician assessment and treatment, individualized treatment planning, cognitive group and individual counseling, medication evaluation, education and monitoring, professional staff supervision, and structured daily activities and therapies. Patients are referred to the least restrictive appropriate level of care upon discharge.

Big Bend Hospice, Inc. (850) 878-5310

1723 Mahan Center Blvd, Tallahassee, FL 32308..... www.bigbendhospice.org

Big Bend Hospice provides emotional, spiritual and compassionate care to individuals with a life limiting illness and their families. Together with the patient's own physician, the Hospice team of nurses, family support counselors, home health aides, music therapists, chaplains, and volunteers provide expert pain and symptom control. Big Bend Hospice remains with each family at no cost for up to eleven months following the death of their loved one to provide support through the grieving process.

Covenant Care (850) 575-4998

1921 Capital Circle Northeast, Tallahassee, FL 32308 www.choosecovenant.org

Our Medical Social Workers provide counseling to clients and/or family members to help with social and emotional stressors related to the client's health challenge. Our specialists help family members properly care for their loved one and educate them on available community resources.

Elder Care Services (850) 921-5554

2518 West Tennessee Street, Tallahassee, FL 32304 www.ecsbigbend.org

Elder Care Services' Information and Referral Counselors are the first line of contact for people needing help or information about aging issues with specialization in depression, grief and loss, and caregiver support. When seniors call, they reach a well-informed, caring person who is committed to answering their questions. Some requests fall outside the guidelines of government funded programs; therefore, counselors use and develop resources to "fill the gaps" which include emergency energy assistance, ECS food closet, Farmer's Market Food Coupons, Telephone Reassurance and Adaptive Equipment Loan Program.

FaithWorks Professional Counseling Group (850) 386-1560

211B Delta Court, P. O. Box 6227, Tallahassee, FL 32303

Fully licensed/certified staff provides individual, couples, and family counseling. Experienced in helping families and seniors cope with aging and end of life issues. Medicare, CHP and various insurances accepted.

Florida State University Human Services Center..... (850) 644-3857

1114 West Call Street, Suite 2207, Tallahassee, FL 32304.....

Here at the Human Services Center, we offer free individual, couples and family counseling to students as well as youth and adults in the community. Our center can help you facilitate psychological health, personal growth and resolve inner turmoil in a safe and confidential environment. Appointment days and times vary between semesters. Sessions are typically offered one day week during the evening.

National Alliance for the Mentally Ill – Tallahassee (850) 841-3386

523 East Tennessee Street, Tallahassee, FL 32308www.nami-tallahassee.org

Provides mental health education and resource referrals to families and the community at no charge. Family support group meetings are held on first, second, and fourth Tuesday’s of each month.

Senior Counseling at the Senior Center (850) 891-4032

1400 North Monroe Street, Tallahassee, FL 32303 www.tal.gov.com/seniors/seniorservices.aspx

Shirley J. Zahn, Ph.D., LMFT is a Licensed Marriage and Family Therapist specializing in therapy with senior individuals, couples and their families. For an appointment at the Senior Center on Mondays and Thursdays 11:00 a.m. – 5:00 p.m., call 850-891-4032 and leave a message. For appointments at your residence, call 850-576-4721 and leave a message for Dr. Zahn.

UPSLIDE..... (850)-891-4066

Tallahassee Senior Centerwww.tallahasseeseniorfoundation.org

1400 North Monroe Street, Tallahassee, FL 32303

“UPSLIDE identifies and reduces isolation, loneliness and depression in at-risk individuals age 50 and older.

The program is part of the Tallahassee Senior Center and is made possible by a grant from Florida Blue Foundation. It acts as a conduit for social engagement for people who are newly retired, newly bereaved, new to Tallahassee, acting as care partners for loved ones or who simply need more social opportunities in their life.

UPSLIDE provides individual counseling to help people learn about and manage symptoms of depression and anxiety that may be keeping them from being socially engaged as well as an in-person chat group called Friends Connection. The program also offers resource referral and helps to identify and remove barriers to social engagement. Limited transportation assistance is also available.”

DIAGNOSIS

Tallahassee Memorial Healthcare Memory Disorder Clinic (850) 431-5001
1401 Centerville Road, Suite 504
Tallahassee, FL 32308 TMH.ORG/Memory

Tallahassee Memorial HealthCare (TMH) is home to the region’s only Memory Disorder Clinic, funded through a grant from the State of Florida Department of Elder Affairs as a part of the state’s Alzheimer’s Disease Initiative Program. The clinic utilizes neurologists, neuropsychologists and social workers to provide comprehensive diagnostic evaluations and treatments for patients experiencing memory problems, such as:

- Increased forgetfulness
- Personality or behavioral changes
- Trouble with speech, reading or writing skills
- Difficulty completing daily activities

For patients diagnosed with a memory disorder, such as Alzheimer’s disease, a multidisciplinary team of experts create an individualized suggested plan of care, and offer a variety of services and community resources, including:

- Support groups
- Training opportunities for caregivers and professionals
- Educational library
- Caregiver counseling

If you or a loved is concerned about a memory disorder, medical attention is necessary. For more information, please call TMH Physician Partners – Neurology at 850-431-5001 or visit TMH.ORG/Memory.

Tallahassee Memorial Parkinson’s & Movement Disorders Program (850) 431-5001
1401 Centerville Road, Suite 504
Tallahassee, FL 32308 TMH.ORG/Movement

Tallahassee Memorial HealthCare (TMH) is home to the region’s first and most comprehensive Parkinson’s & Movement Disorders Program, focused on diagnosing and treating a variety of neurological conditions through a multidisciplinary approach. The program utilizes neurologists, neuropsychologists, nutritionists and specialized therapists to provide comprehensive diagnostic evaluations and treatments for patients experiencing movement problems, such as:

- Tremor
- Dystonia
- Rigidity
- Gait disturbances

For patients diagnosed with a movement disorder, such as Parkinson’s or Huntington’s Disease, a team of experts create an individualized suggested plan of care, and offer a variety of treatments and services, including:

- Nutrition and exercise recommendations
- Comprehensive therapies (physical, occupational and speech)
- Medication and lifestyle management

If you or a loved is concerned about a movement disorder, medical attention is necessary. For more information, please call TMH Physician Partners – Neurology at 850-431-5001 or visit TMH.ORG/Movement.

FINANCIAL ASSISTANCE

Financing long term care services for a person with Alzheimer’s disease can be very expensive. Following are a few fundamentals regarding obtaining financial assistance to cover the cost of care. The most important thing to understand is that Medicare does not pay for long-term custodial care in a nursing home. Generally, custodial care is paid by personal savings, long-term care insurance, or Medicaid, a joint state and federal program that will pay most nursing home costs for people who are income eligible (limited income and resources). Below is a chart providing some of the basics facts about these two government insurance programs. (Source: Medicare Basics, 2006, Centers for Medicare & Medicaid).

Medicare	Medicaid
<p>Medicare is the federal health insurance program for people age 65+. You are automatically enrolled when you begin receiving Social Security benefits.</p> <p>Medicare pays for short-term skilled nursing care if ordered by a physician. Under limited conditions, Medicare will pay some nursing home costs such as when a patient needs skilled nursing or rehabilitation services after a hospital stay.</p> <p><u>Medicare does not pay long-term custodial care in a nursing home.</u></p> <p>Medicare Part A – hospital insurance that pays for inpatient hospital stays, care in a skilled nursing facility, hospice care, and some home health care.</p> <p>Medicare Part B – medical insurance that helps pay for doctors’ services, outpatient hospital care, durable medical equipment, and some medical services that aren’t covered by Part A.</p>	<p>Medicaid is a joint federal and state funded program that helps with medical costs for some people with limited income and resources.</p> <p>You have to apply for Medicaid and be determined eligible. A person can have both Medicaid and Medicare insurance.</p> <p>Medicaid will pay most nursing home costs for people with limited income and resources (must be a Medicaid-certified facility). This kind of coverage is called the Medicaid Institutional Care Program (Medicaid ICP).</p>

BenefitsCheckUp..... www.benefitscheckup.org

National Council on Aging Phone: 202-479-1200

1901 L St NW, 4th Floor, Washington, D.C. 20036 Toll-free: 1-888-268-6706

BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited income and resources. BenefitsCheckUp includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia. Completing a BenefitsCheckUp questionnaire only takes a few minutes. It's free and your answers are always private. After completing a questionnaire you will receive a detailed description of programs, information on how to apply including application forms, contact information for local offices, and a list of materials you will need to apply for each program.

Trinity Global Financial Group, PLLC (850) 877-9461

Trinity offers continual management of financial accounts and records on behalf of those unable to self-manage.

This service is intended for elderly and disabled individuals.

GERIATRIC CARE MANAGEMENT

A Geriatric Care Manager is a health and human services professional, such as a gerontologist, social worker, counselor, or nurse with a specialized body of knowledge and experience related to aging and elder care issues. Geriatric Care Managers assist older adults to attain their maximum functional potential through care-coordination and support services with sensitivity to preserve the dignity and respect of each individual. For more information about Geriatric Care Managers, contact the National Association of Geriatric Care Managers at (520) 881-8008, or on the web at www.caremanager.org.

All Care Senior Consulting.....850-744-0122

1639 -2 Village Square Blvd. www.allcareconsult.com

Tallahassee FL, 32309

All Care Senior Consulting uses a no cost, one-on-one client consultation in order to provide wealth of information and referrals about the surrounding communities that best accommodate every situation serving seniors.

LifeSpan Case Management Services, LLC..... (850) 445-7137

6752 Landover Circle, Tallahassee, FL 32317 Hours: 9:00 am – 4:00 pm

Lifespan Case Management is the only provider of professional, licensed, social work and nursing services in the Tallahassee area. Our staff services include: in-home or facility assessment of client needs; medication management, assistance with medical appointments and follow-up; liaison services between physicians and family; coordination of client placement in the most appropriate residential setting; assistance with placement

adjustment and the arrangement and monitoring of services to best meet the needs and preferences of the client. Lifespan social workers and nurses have more than two decades of experience meeting the diverse needs of clients and their families in the north Florida area. They are thoroughly familiar with and ready to bring the full array of professional services and resources the area has to offer to help meet the needs of their clients.

Senior Transitions(850) 894-6720
339 Deer Run Road..... Fax (850) 894-6821
Havana, FL 32333, M–F 8:30 am – 5:00 pm..... www.gcmsolutions.net

Senior Transitions will assist the elder and the family in a comprehensive way by first establishing objectives and following through on them. At Senior Transitions, Professional Geriatric Care Managers establish a personal relationship with the elder and maintain a personal commitment to our clients. Typically, Senior Transitions does not provide actual hands-on care for the older person, but instead arranges, coordinates and monitors this care to be provided by the most qualified professionals available. Senior Transitions may draw from a number of options to assist this process. Due to our knowledge of the local providers and accessibility to specialized resources, we are able to provide solid and reliable recommendations.

HOME HEALTH CARE SERVICES

In-home health care services are medically oriented services provided in the home by medical professionals. Medicare, Medicaid, other third party insurers and private pay are the usual forms of payment. For Medicare to cover services, they must be ordered by a physician. There are many home health care agencies in Leon and neighboring counties that can be located in the telephone directory under "Home Health Care." All home health agencies must be licensed by the State of Florida. Some agencies also hold certification from the Joint Commission Accreditation of Healthcare Organizations (JCAHO). The licensure status of any facility required to have a license in the state of Florida can be checked on the Web by visiting the Agency for Health Care Administration's Website at ahca.myflorida.com, or by calling the Agency (888) 419-3456.

Amedisys (850) 553-9201
2623 Centennial Blvd, Suite 201, Tallahassee, FL 32308..... www.amedisys.com

Amedisys provides various services including: skilled nursing care, physical therapy, speech therapy, occupational therapy, social work and home health aide services. Amedisys helps people remain safely at home and live as independently as possible during recovery from a surgery, injury or illness, managing a serious or chronic disease or dealing with multiple diagnoses. Medicare, Medicaid, and some private insurances accepted. Serving Bay, Calhoun, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, and Washington counties.

American Home Patient..... (850) 222-1723
..... 1(800) 890-7271
2432 N. Monroe St., Tallahassee, FL 32303www.ahom.com

Provides home health services including: oxygen and CPAP equipment as well as wheelchairs, walkers, canes, hospital beds, bedside commodes, and other equipment. Medicare, Medicaid, and private insurance and private pay accepted. Fees for services vary. Serving Leon, Gadsden, Wakulla, and Jefferson Counties.

Caring Connections Senior Care.....(850) 354-5336
267 John Knox Road Suite 210, Tallahassee, Florida 32303.....www.caringconnectionsllc.com

Our company provides companion caregiving services to seniors. These include companion care, medication reminders, light house work, errands, meal preparation, meal planning, transportation to and from doctors or facilities, and more. We also provide respite care. Our service can range from 1 hour to 24 hours a day 7 days a week. We are locally owned and operated here in Tallahassee. We are not a franchise and all of our caregivers are employees all bonded and insured with thorough back ground screenings. We take the work out of taking care of loved ones with mobility, dementia and Alzheimer's issues. We treat your family like our own family.

Capital Home Health Corporation (850) 553-4002
2424 East Plaza Drive, Tallahassee, FL 32308..... www.mychhc.com

Capital Home Health Corporation has served Tallahassee and the surrounding areas for over 15 years. CHHC provides complete home health services including quality skilled nursing, physical therapy, speech therapy, occupational therapy, medical social services and home health aides. Medicare, VA and private insurance accepted. Serving Leon, Gadsden, Jefferson, Taylor, Madison, Franklin, and Wakulla Counties.

Healing by Nature Senior Care, LLC.....(850) 296-5662
3325 Thomasville Road, Suite A, Tallahassee, FL 32308..... www.myhealingbynature.com

Healing by Nature Senior Care, LLC is a locally owned and operated homecare agency that provides quality in-home companion care and homemaker services to seniors in need of light housekeeping, meal preparation, dementia/Alzheimer's care, shopping/errands and much more. We are dedicated to helping our clients live an enhanced lifestyle by providing non-medical services that allow individuals to thrive in the safety and comfort of their home. No minimum hours of service required, available 24 hours a day, 7 days a week.

Home Instead Senior Care (850) 297-1897

2477 Tim Gamble Pl. Suite 101, Tallahassee, FL 32308 www.homeinsteadtally.com

Instead of guilt, instead of doubt, instead of worry, there's Home Instead, providing non-medical and personal care services, specializing in dementia care. Our services are tailored to the individual needs and are designed to keep each client as independent as possible and in the setting they call home. Companionship, respite care, meal prep, light housekeeping, grocery shopping, errands, transportation and bathing assistance are available.

Currently serving Leon, Gadsden, Wakulla, and Jefferson counties. No fee-No Obligation Care Consultation available. On call 24 hours/ 7 days a week. All staff are screened, trained, bonded and insured.

Hopewell In-Home Senior Care (850) 386-5552

2121 Killarney Way, Suite H, Tallahassee, FL 32309 www.hopewellcare.com

Hopewell is a licensed, insured, and bonded in-home senior care company that specializes in the care of Alzheimer's/Dementia patients. Hopewell provides a full range of services for patients including: bathing, dressing, and toileting. Homemaker/sitter and transportation services include: respite, and transportation to and from doctors' visits. Hopewell is able to refer specially trained caregivers who are knowledgeable and skilled in caring for patients with Alzheimer's.

Interim Health Care (850) 422-2044

1962-B Village Green Way, Tallahassee, FL 32308 www.interimhealthcare.com

The home care team consists of multi-disciplines to cover the entire spectrum of health care needs at home for your loved one. Home Health Aides, Certified Nursing Assistants, Licensed Practical Nurses, Registered Nurses, and Physical Therapists can all provide any level or combined levels of care to assure your family member will receive the appropriate and necessary care at home.

Kindred at Home (850) 878-2191

2450 Tim Gable Place, Tallahassee, FL 32308 www.kindredhealthcare.com

Provides skilled nursing, rehabilitative therapy and social work in your home. Care is focused on helping you manage a chronic condition or recover from an acute illness, surgery, accident or a change in medical condition. Medicare and private insurance accepted.

Maxim Healthcare Services (850) 422-1111

2473 Care Dr. Suite 104, Tallahassee, FL 32308 www.maximhealthcare.com

Maxim Healthcare is a home healthcare company that provides nursing services for families in Tallahassee and the Big Bend Area. We work with both the family and physician to develop a plan of care that is tailored to meet the individual's needs. Maxim employs Certified Nursing Assistants, Licensed and Registered nurses to provide

services around the clock 24 hours a day, 7 days a week. Serving Bay County to Taylor County. Commercial Insurance, Government Insurance, Long-term care insurance, Medicaid Managed Care Plans, age-disabled Medicaid waiver and private pay accepted.

NHC Homecare (850) 926-7044
3034 Coastal Highway, Crawfordville, FL 32327..... www.nhccare.com

NHC Homecare provides skilled nursing, physical therapy, occupational therapy, speech/language pathology, home health aides, and medical social services. Medicare, managed care/private insurance and private pay. Serving Leon, Wakulla, Franklin, Gadsden, Jackson and other Panhandle communities.

Right at Home.....(850) 765-4701
1204 Miccosukee Rd., Suite 2, Tallahassee, FL 32308.....www.seniorcaredally.com

Whether a family member needs a little extra help around the house, assistance recovering from a hospital stay or someone to check in on them throughout the week, Right at Home Tallahassee’s In-home care is the answer. Our caregivers are specially trained to provide just the services your loved one needs. We modify our custom care plan for your family member as their needs change, allowing them to live at home as long as possible. Right at Home is licensed and insured and employs Certified Nursing Assistants and Home Health Aides that assist with bathing, feeding, dressing, safety supervision, companionship, meal preparation, laundry, medication reminders, transportation to doctor’s appointments and respite care. Right at Home is available 24hours/7 days a week to best meet the needs of your loved one. Right at Home works hard to appropriately match our caregivers with our clients. Our caregivers will perform with compassion, knowledge, and professionalism. Right at Home serves Leon, Gadsden, Jefferson and Wakulla County.

Signature HomeNow..... Home Healthcare Services
831 Kirkland Road..... (850) 638-8500
Chipley, FL 32428..... www.signaturehomenow.com

Signature HomeNow offers highly skilled care based on physician’s orders. Professional clinicians provide a wide variety of home healthcare services. Clinicians are competent in advance home care services such as IV therapy, psychiatric nursing, diabetic teaching and management, wound care, PT/INR draws, and Anodyne therapy. Counties served: Bay, Calhoun, Gadsden, Holmes, Jackson, Liberty, and Washington.

Tallahassee Memorial Home Health Care (850) 431-6800
1981 Capital Circle NE, Tallahassee, FL 32308..... www.tmh.org

Tallahassee Memorial Home Health Care provides quality Skilled Nursing, Physical Therapy, Speech Therapy, Occupational Therapy, Medical Social Work, and Home Health Aide services. TMH Home Health is a

Medicare/Medicaid Certified Agency and is JCAHO Accredited. Licensed for Leon, Gadsden, Wakulla and Jefferson Counties.

Visiting Angels (850) 320-6062

2344 Centerville Road, Suite 102, Tallahassee, FL 32308..... www.visitingangelstallahassee.com

Visiting Angels Senior Care and In Home Assisted Living Services can assist elderly people located in Tallahassee and the surrounding communities. As a non-medical agency they strive to keep your loved one comfortable in their homes.

HOSPICE

Hospice provides health care to individuals with a terminal diagnosis who choose to spend the last part of their life, not in a hospital or other institution, but at home surrounded by the people they love. Hospice provides a holistic approach to care with a team of physicians, nurses, home health aides, counselors and trained volunteers.

Big Bend Hospice, Inc. (850) 878-5310

1723 Mahan Center Blvd., Tallahassee, FL 32308..... www.bigbendhospice.org

Big Bend Hospice is a private, non-profit organization which has served patients with a life limiting illness and their families in the eight counties of the Big Bend since 1983. BBH provides physical, emotional, spiritual, and practical care, specifically tailored for each family. Together with the patients' own physicians, the Hospice team of two physicians board certified in palliative care, experienced R.N.s, family support counselors, home health aides, board certified music therapists, chaplains, trained volunteers, and an art therapist provide expert pain and symptom control as well as palliative care. BBH provides both in home and inpatient care.

BBH remains with each family for up to a year following the death of their loved one to provide support through the grieving process. There are grief support programs for adults, children and teens. All of our grief support programs are available to anyone in the community regardless of whether they have used BBH services. The Margaret Z. Dozier Hospice House provides care for patients with acute medical needs which require 24 hour medical supervision.

Transitions(850) 671-6036

Mission is to improve the quality of life for individuals and families managing a life limiting illness through supportive case management, resources linking and specialized volunteer services. Transitions provides services at no cost and is offered to eligible individuals and families with respect to the unique diversity of all clients served. Hours: 8 am – 5 pm.

Covenant Care (850) 575-4998
 1921 Capital Circle Northeast, Tallahassee, FL 32308 www.choosethecovenant.org
 Covenant Care is a not-for-profit organization dedicated to providing compassionate services to patients with life-limiting illnesses and their loved ones. When illnesses limit life’s length, Covenant Care helps patients and families improve the quality of life. In thirty years of service, we have seen that understanding the dying process and accepting help can draw acceptance from hesitation, bring peace to the fearful and calm the confused. Covenant Care is committed to taking the steps with our patients and families to provide spiritual, physical and emotional support tailored to meet their specific needs. Counties Served: Jefferson, Madison, Taylor, Gadsden, Wakulla, Franklin, Leon, Marianna and Liberty.

HOSPITALS

Capital Regional Medical Center (850) 325-5000
 2626 Capital Medical Blvd., Tallahassee, FL 32308..... www.capitalregionalmedicalcenter.com

Established in 1979, Capital Regional Medical Center has 180 state-licensed beds and serves residents of North Florida and South Georgia. Above all else, we are committed to the care and improvement of human life. In recognition of this commitment, we will strive to improve the quality of healthcare in the communities we serve.

Encompass Health (850) 656-4800
 1675 Riggins Road, Tallahassee, FL 32308 ... <https://encompasshealth.com/tallahasseerehab>

As the Big Bend’s only inpatient rehabilitation hospital, HealthSouth Rehabilitation Hospital of Tallahassee, a 76-bed hospital, provides a higher level of comprehensive rehabilitation services specifically designed to return patients back to active independent lives.

Tallahassee Memorial HealthCare (850) 431-1155
 1300 Miccosukee Rd., Tallahassee, FL 32308 www.tmh.org

Tallahassee Memorial HealthCare offers a comprehensive system of healthcare services which includes: operation of a not-for-profit hospital, a teaching institution with a Family Practice Residency Program with Clinic, and 11 satellite facilities/ Family Medicine Practices in 5 counties. The hospital has 770 beds (657 acute in-patient, and 113 long-term and extended-care).

INFORMATION AND REFERRAL

Alzheimer’s Project, Inc. (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303..... www.alzheimersproject.org

Through information and referral, Alzheimer’s Project, Inc. answers caregivers’ questions and provides the time and expertise to address their more complex needs and help them think through decision points they may be facing. This service is provided by phone, in the office setting, or via our website where caregivers may obtain information on their own, 24 hours a day, 7 days a week.

Elder Helpline.800- 963-5337

This statewide resource is operated by trained and certified Information and Referral Specialists, and serves as a starting point for those seeking information about programs and services for older adults, individuals with disabilities, and caregivers.

LEGAL RESOURCES

(Attorney, Guardianship, etc.)

There are several reasons a caregiver might need legal assistance. It is best when families can discuss financial, healthcare and end-of-life issues while the person with Alzheimer’s is still able to participate and make his or her wishes known. Planning for the future can involve the making of a will, establishing a trust, life estate planning, as well as researching a power of attorney, guardianship, and/or any health care advance directive that might be needed. Private counsel already familiar with your legal affairs is a good resource. There are also specialists available, such as Board Certified Elder Law Attorneys, who are experts in the areas of financial and health-related legal actions. Below are several legal resources for caregivers. Local telephone directories also provide listings of attorneys by specialty areas (check under “elder law”).

Aging with Dignity (Five Wishes), P.O. Box 1661, Tallahassee, FL 32302 (850) 681-2010
3050 Highland Oaks Terrace, Suite 2 1-888-594-7437
Tallahassee, FL 32301-2600..... www.agingwithdignity.org

This national, non-profit organization based in Tallahassee distributes the Five Wishes living will to individuals and organizations across the country. Since 1997, Five Wishes has been distributed to more than 25 million Americans and 40,000 organizations. The document is available at \$5 for individual copies and \$1 for bulk orders of 25 or more. Five Wishes is available in 26 languages and in Braille.

Desmond Law, PLLC, 2121 Killarney Way, Suite G-2, Tallahassee, Florida 32309..... (850) 212-6293

Areas of practice include Elder Law, Medicaid Planning, Probate and Trust Administration and Estate Planning

Heuler-Wakeman Law Group, P.L. (850) 421-2400

1677 Mahan Center Blvd., Tallahassee, FL 32308..... Fax (850) 421-2403

Board Certified Elder Law Attorney specializing in Guardianship, Estate Planning, Probate, Long Term Care Planning, Medicaid Eligibility, and Special Needs Trusts.

King & Wood, P.A......(850) 580-7711

1701 Hermitage Blvd., Suite 203, Tallahassee, FL 32308..... www.kingandwoodlaw.com

King & Wood, P.A. is a law firm that focuses on areas affecting the elderly, including assistance with addressing legal issues related to long term care, estate and incapacity planning, guardianship, public benefits planning, probate after the death of a loved one, as well as real estate and business law. The firm has received an AV® Peer Review Rating (the highest rating) in the Martindale-Hubbell® Law Directory and Elizabeth J. Maykut, B.C.S., is a Florida Bar Board Certified Elder Law Attorney.

Law Office of Steve Rachin (850) 386-8833

2509 Barrington Circle, Suite 115, Tallahassee, FL 32308..... Fax (850) 386-3087

Guardianship, Guardian Advocacy, Simple Probate, Wills, Power of Attorney, Living Will, and Health Care Surrogate.

Legal Aid Foundation of the Tallahassee Bar Association., Inc (850) 222-3292 ext 2

Leon County Court House www.legalaidtallahassee.org

301 South Monroe St., Suite 108, Tallahassee, FL 32301

Legal counsel is provided to Leon County residents on civil matters, including wills and guardianship, free of charge to clients whose household income meets certain low-income standards. While there is no fee clients may be responsible for filing fees if applicable. Lawyer referrals are available to anyone for a thirty-minute consultation at \$25.

Legal Services of North Florida, Inc..... (850) 385-9007

2119 Delta Blvd., Tallahassee, Florida 32303 www.lsnf.org

LSNF provides no-cost civil legal representation to persons and families at 125% of the federal poverty level, domestic violence victims, seniors and children in these areas: preservation of the home; support for families and children; promotion of employment, economic security and health; promotion of safety and stability and protection of vulnerable populations. Legal Services assist with SSI and welfare matters as well as wills.

McConnaughay, Coonrod, Pope, Weaver & Stern, P.A. (850) 222-8121

1709 Hermitage Blvd., Suite 200, Tallahassee, Florida 32308 www.mcconnaughay.com

The elder law practice includes: Long Term Care Planning, Probate, Comprehensive Care Planning, Guardianship, Special Needs & Disability Trusts, Incapacity & End-of-Life Planning, Estate Planning, Fiduciary & Trust Administration, and Litigation Support for the Elderly & Disabled.

Office of the Public Guardian (850) 487-4609

Karen Campbell, Executive Director www.bigbendopg.org

1425 East Piedmont Drive, Suite 201-B, Tallahassee, FL 32308

Provides legal guardianship services to persons with limited financial resources and who have no family or friends available to serve as guardian. These people will serve as client's substitute decision maker. Provides mediation services in the area of guardianship. No Charge for Services.

Tallahassee Bar Association Lawyer Referral Service..... (850) 222-3292

P.O. Box 813, Tallahassee, FL 32301 www.tallahasseebar.org

The referral service can give clients the name of an attorney and phone number in 26 different areas of law. The attorneys are all located in the Tallahassee area. The cost for the referral is \$25 for a 30 minute in-office consultation with the attorney. Any other fees after the consultation are negotiated between the client and the attorney.

Tallahassee Senior Center (850) 891-4000

1400 N. Monroe St., Tallahassee, FL 32303 www.tal.gov

Attorneys volunteer to help families deal with Elder Law issues. Call for an appointment.

The Sketchley Law Firm, P.A...... (850) 894-0152
The Professional Center at Southwood..... Fax (850) 894-0634
3689 Coolidge Court, Suite 8, Tallahassee, FL 32311 www.sketchleylaw.com

Provide legal assistances to elderly and disabled individuals, their families and their care providers in the areas of elder law & guardianship.

Waldoch and McConnaughay, P.A...... (850) 385-1246
1632 Metropolitan Circle, Tallahassee, Florida 32308..... www.mclawgroup.com

Fax: (850) 681-7074

The elder law practice includes: Long Term Care Planning, Probate, Comprehensive Care Planning, Guardianship, Special Needs & Disability Trusts, Incapacity & End-of-Life Planning, Estate Planning, Fiduciary & Trust Administration, and Litigation Support for the Elderly & Disabled.

Elder Day Stay

Adult Day Care Services

Designed especially for seniors with cognitive or physical challenges, our daily care center offers a safe and social environment. Caregivers of those requiring continuous supervision have the peace of mind that comes from knowing their loved ones are being served by our trained and knowledgeable staff.

 (850) 222-4208

 info@ecsbigbend.org

 **ELDER CARE**
SERVICES, INC.

Compassionate, community-based care



1660 N. MONROE ST., UNIT 11
TALLAHASSEE, FL 32303

Monday-Friday



Transitions is a pre- and post-hospice program of Big Bend Hospice that offers non-medical support to persons living with a terminal illness



Transition services are appropriate for clients that:

- Are not yet ready or qualified for hospice care.
- Want to remain in their own home with support.
- Have been hospitalized or needed emergency care several times in the past year.

CALL (850) 671-6090

FOR MORE INFORMATION ON THIS FREE SERVICE

1669 Mahan Center Boulevard • Tallahassee, FL
WWW.BIGBENDHOSPICE.ORG/PRE-HOSPICE-TRANSITIONS

“There When You Need Us”
Serving The Big Bend Area
24 Hours A Day

**FAITH**
FUNERAL HOME
& CREMATORY
www.faithfuneralhome.com
850.539.4300



K. Scott Whitehead, L.F.D.



**THE GROVE
AT CANOPY**
A STARLING OPERATED COMMUNITY

Independent Living | Assisted Living | Memory Care



SCHEDULE YOUR TOUR TODAY!

850-290-0495

2601 Crestline Road, Tallahassee, FL 32308

CALL TODAY

to find out how we will
help pay your moving expenses!



GROVEATCANOPY.COM

 FIND US ON FACEBOOK



Tallahassee Memorial Memory Disorder Clinic

Are you or a loved one suffering from increased forgetfulness or behavioral changes? We are here to help. As a proud partner of the Dementia Care & Cure Initiative, our specialized team provides comprehensive diagnostic evaluations and treatments for patients experiencing memory problems.

Learn more at [TMH.ORG/Memory](https://www.tmh.org/memory).



TMH Physician Partners – Neurology

1401 Centerville Road | Suite 504 | Azalea Building | 850-431-5001

Canterfield of Tallahassee

Let us do your cleaning, cooking, and driving –
all year round!

Canterfield is Tallahassee's first retirement
community where elegance meets a
continuum of care for seniors.

Schedule an in-person or virtual tour!
canterfieldoftallahassee.com / 850-900-5500
208 E. Tharpe St. Tallahassee, FL 32303



Start Your New Life Today!
An Independent, Assisted, and Memory Care Community



In-home care for a better quality of life.

Right at Home offers caregiving services for almost any family and practically any situation.

In-home care is the perfect choice for those who want to remain independent but are challenged by activities of daily living.

Services We Provide

- Bathing
- Feeding
- Dressing
- Safety Supervision
- Laundry and Linens
- Meal Preparation
- Light Exercise
- Transportation
- Light Housekeeping
- Shopping and Errands



850.765.4701

www.seniorcaretallv.com



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SENIOR LIVING
Tallahassee

OFFERING TWO PREMIER SENIOR LIVING COMMUNITIES OFFERING

independent living,
assisted living and
memory care.



Lakeshore

2612 W. Lakeshore Drive
Tallahassee, FL 32312
(850) 536 - 8600

www.TapestrySenior.com/Lakeshore

Services and Amenities Offered:

- Spacious private studio and 1-bedroom suites
- Housekeeping, laundry and linen service
- Life Enrichment Programs
- Spa with specially designed therapeutic step-in jetted whirlpool tub
- State-of-the-art safety and security technology available to residents monitored 24/7
- Anytime dining in the main dining room served restaurant style
- Wireless Internet access, cable, and phone included in monthly cost
- Beautiful gated courtyard with outdoor walking paths
- On-site chapel for reflection, meditation and worship
- Full-service salon and barbershop
- Town Hall and Bar for snacks, fresh fruit, coffee, and happy hour
- Health and wellness programs
- Dog park (pets warmly welcomed)
- Movie theater

Walden

3080 Walden Road
Tallahassee, FL 32317
(850) 688 - 1234

www.TapestrySenior.com/Walden

RESIDENTIAL SERVICES

The licensure status of any facility required to have a license in the state of Florida can be checked on the Web by visiting the Agency for Health Care Administration’s website at <http://floridahealthfinder.gov/index.html>, or by calling the Agency (see chart below).

Type of Facility:	Number to Call:
Adult Living Facilities:	(850) 487-2515
Family Care Homes	(850) 487-2515
Adult Day Care Centers	(850) 487-2515
Skilled Care Facilities (Nursing Homes)	(850) 488-5861
Home Health Agencies	(850) 414-6010
Nurse Registries	(850) 414-6010


ASSISTED LIVING FACILITIES

Assisted Living Facilities (ALFs) provide an alternative to more medically based settings for individuals who need housing and supportive services, but who do not need 24-hour nursing supervision. Housing, meals, personal care services and supportive services are provided in a congregate (group) living situation. Personal services include assistance with bathing, eating, grooming, dressing, walking, and housekeeping, supervision of self-administered medication, and arrangement of social and leisure activities.

To be able to live in an ALF, a person must meet “residency criteria” which is defined by Florida statute and regulation, and facility policy. An ALF licensed for extended congregate care (ECC) may provide additional nursing services and additional assistance with personal care services. Residents living in ECC licensed facilities may have higher impairment levels than those living in an ALF. In addition to ECC, there are two other “specialty” licenses: limited nursing services (LNS) and limited mental health (LMH). ALFs wishing to serve individuals with certain psychiatric impairments who receive a state supplement must obtain a limited mental health license. Some ALFs have special units for the care of Alzheimer’s and other dementia individuals.

While ALFs generally cost less than nursing facilities, the cost of an ALF varies greatly depending on the location, size of the residential unit, amenities, and services provided by the facility. It is important to understand the types of services a facility provides, those services included in the basic rate, and those services


requiring additional payment. The majority of residents living in ALFs pay privately, however the Assisted Living Medicaid Waiver Program can pay for services for eligible residents living in assisted living facilities who would otherwise need nursing home placement. To be eligible, a resident must meet financial and functional criteria.

On the following pages, this symbol will indicate whether a particular facility offers services oriented towards those with memory impairment.  = Memory Care


(NOTE: The information below was submitted by facility staff.)

Allegro Standard Licensure
 4501 Shannon Lakes Drive West (850) 668-4004
 Tallahassee, FL 32308 www.allegroliving.com

Allegro is a 120-apartment facility, 60 of which are assisted living apartments. Each apartment contains a kitchenette. Community amenities include a library, resource room, game room, chapel and beauty parlor. Allegro is located in Killlearn and provides activities in and out of the community. Allegro offers additional classes as a satellite branch for the Senior Center and serves as a host sight for OLLI and offer classes as part of the Osher Lifelong Learning Institute.

 ***Azalea Gardens Alzheimer’s Special Care Center***.....Extended Congregate Care
 2724 Ox Bottom Rd.....(850)290-4674
 Tallahassee, FL 32312.....www.sunshineretirementliving.com

Azalea Gardens is a warm, welcoming senior community for those in need of assisted living, transitional assisted living, or memory care. Azalea Gardens combines Person-Centered Care with an extensive Memory Care Life Enrichment Program that encompasses the six Sunshine Pillars of Wellness through physical, social, emotional, cognitive, sensory, and spiritual nurturing to enable your loved one to live life to the fullest in a safe and secure environment. Our memory care facility in Tallahassee offers Transitional Assisted Living for persons starting to experience memory challenges, Memory Care for Alzheimer’s and dementia, respite, and hospice care with a professional staff available day and night. Our mission is to provide a warm and secure environment that encourages residents to feel more independent, safe, and engaged.

 ***Brookdale Centre Pointe Blvd***..... Limited Nursing Service
 1980 Centre Pointe Blvd..... (850) 309-7500
 Tallahassee, FL 32308www.brookdale.com

M

HarborChase of Tallahassee Extended Congregate Care
 100 John Knox Rd. (850) 531-0404
 Tallahassee, FL 32303 www.harborchase.com/tallahassee
 HarborChase of Tallahassee offers assisted living and Alzheimer/Dementia care. Fifty-six apartments are available in assisted living and twenty-eight are located in our memory care community, specifically designed to enhance the quality of life for residents with Alzheimer’s disease or other forms of dementia. HarborChase is conveniently located on the corner of John Knox and Meridian Road. Private pay. Medicare, Medicaid, and HMOs not accepted.

M

Pacifica Senior Living- Woodmont Standard Licensure
 3207 North Monroe Street (850) 462-5728
 Tallahassee, FL 32303 www.pacificawoodmont.com
 Pacifica is Tallahassee's original assisted living community, providing gracious southern hospitality. There are four levels of care and we have LPN's 24 hours a day, 7 days a week. Our professional staff can assist with med management, dressing, bathing, ambulation, incontinence, prompting and redirecting. Services include 3 meals daily plus snack, maintenance and housekeeping, laundry, barber/beauty shop, transportation, and recreational activities.

M

St. Augustine Plantation Assisted Living & Memory Care Extended Congregate Care
 2507 Old St. Augustine Rd. (850) 309-1982
 Tallahassee, FL 32301 www.staugustineplantational.com
 St. Augustine Plantation is a 105-bed licensed assisted living home. The focus of this facility is keeping a small family environment and meeting individual needs. They offer one on one care and in 2012 they opened a 25 bed Memory Care Unit.

M

Tallahassee Memory Care Standard Licensure and Limited Nursing Services License
 2767 Raymond Diehl Road (850) 668-2884
 Tallahassee, FL 32309 www.tallahasseeemc.com
 Tallahassee Memory Care offers residential care that specializes in supporting those with memory care needs such as Alzheimer’s disease and other related dementias 24/7. Our elegantly designed cottage is nestled on a hill in northeast Tallahassee on a beautiful canopied road. TMC prioritizes relationships with local medical professionals and their teams are conveniently located in close proximity to many facilities and members of our medical community. Feel good about your choice of home for your loved one.

M *Tapestry Senior Living*.....(850) 536-8600
 2516 West Lakeshore, Tallahassee, FL 32312.....TapestrySenior.com

Nowhere is Tapestry’s Person-Centered Care philosophy more evident than in our memory care program. We respect that each resident is an individual with a rich life and distinct personality. We don’t try to fit the resident into our program, we tailor the program to fit the individual.

M *Tapestry Senior Living Walden*.....(850) 688-1234
 3080 Walden Road, Tallahassee, FL 32317.....<https://tapestryseior.com/walden/>

At Tapestry, we are dedicated to providing you with exceptional living. Our beautiful community offers you an array of on-site amenities such as a full-service restaurant, open from sunrise to sunset, gated courtyard, beauty salon, wellness/activity center, and chapel/movie theatre. Our building features telehealth, state-of-the-art safety alert monitoring system, therapeutic spas, and around the clock on-site personal care and nursing services.

M *The Grove at Canopy*.....(850)-219-2196
 2601 Crestline Rd. Tallahassee, FL 32308.....www.starlingliving.com

The Grove at Canopy is Tallahassee’s newest luxury senior living, community! Unmatched amenities geared towards all independent, assisted living, and memory care lifestyles.

M *Villas at Killearn Lakes*.....(850) 391-1754
 8213 Killearn Lakes Terrace. Tallahassee, FL 32312.....www.VillasAtKillearnLakes.com

Pioneering a unique community of homes to assist with living and whole-person memory care.

Westminster Oaks Retirement Village Standard Licensure
 4449 Meandering Way (850) 878-1136
 Tallahassee, FL 32308..... www.westminsterretirement.com

Westminster Oaks, a continuing care retirement community (CCRC) in northeast Tallahassee, offers three levels of care - independent, assisted living, and skilled nursing. Both assisted living and skilled nursing offer special facilities and programs for persons needing memory support.

M *Your Life*.... Extended Congregate Care
 1060 Clarity Pointe Dr.....(850) 219-2900
 Tallahassee, FL 32308.....www.claritypointe.com

Your Life Tallahassee has been designed entirely to provide residents with a peaceful, easy-to-navigate environment that’s simultaneously supportive and secure. The community offers four neighborhoods that are home to residents with similar care needs. Warm and welcoming, each neighborhood features open floor plans with spacious, private resident suites, as well as inviting common areas.

ADULT FAMILY CARE HOMES

Adult Family Care Homes provide fully supervised, family-type living in a private home. Care includes room, board, and personal care for those elderly and disabled who can no longer live independently; a home’s ability to care for persons with dementia is individual and situational. Adult Family Care Homes are monitored by the State; however, a license is not required with two or less residents. The licensure status of any facility required to have a license in Florida can be checked on the Web by visiting the Agency for Health Care Administration’s Website at <http://floridahealthfinder.gov/index.html>, or by calling the Agency at (850) 487-2515.

INDEPENDENT HOUSING

Individuals with Alzheimer’s disease, particularly in earlier stages, who have a spouse or other live-in caregiver, can live in senior independent housing and take advantage of the activities and peer camaraderie such housing provides.

Bethel Towers (850) 224-2486
324 N. Martin Luther King, Jr., Blvd., Tallahassee, FL 32301 betheltowers@embarqmail.com
Apartment-style living with emergency alert, elevator, laundry facilities, and fitness room. They have 59 one bedroom, unfurnished apartments with on-site resident manager and activity director for those age 62 years and up.

Casa Calderon (850) 222-4026
800 W. Virginia Street, Tallahassee, FL 32304
Apartment-style living with courtesy officer, elevator, laundry facilities and optional noon meal.

Cherry Laurel (850) 656-8758
1009 Concord Road, Tallahassee, FL 32308 www.holidaytouch.com
An independent retirement apartment community providing several apartment sizes, full dining room service with three meals daily, utilities, cable television, housekeeping, laundry, scheduled transportation, activity programs, and emergency call systems in every apartment.

Jamestown Woods (850) 386-3006
 3150 Windsong Dr., Tallahassee, FL 32308.....Office open 8:30-5:30
 High quality and amenity rich, affordable apartment living for independent active adults. Featuring spacious one and two bedroom apartment homes on 20 acres of rolling landscape. Enjoy activities, pool, fitness center, library, computer lab and great friends!

Lake Ella Manor (850) 224-1341
 1433 N. Adams St., Tallahassee, FL 32303
 Apartment-style living with security, elevator, laundry facilities, and proximity to Tallahassee Senior Center for activities.

Miccosukee Hills Apartments (850) 878-5844
 3201 Miccosukee Rd., Tallahassee, FL 32308
 Quad-style, one story apartments with patio. Activity room and laundry on premises. Rent based on income and availability.

Mulligan Park Gracious Retirement Living(850) 558-5005
 1800 Hermitage Blvd, Tallahassee, FL 32308.....www.seniorlivingstyle.com

Oakridge Village and Townhouses (850) 942-4777
 290 Ross Road, Tallahassee, FL 32305
 One-story townhouse-style apartments with outside entrances, small yards, and washer/dryer hookups in apartments. Laundry on premises and activities scheduled monthly.

Red Hills Village Retirement Resort.....(850) 629-0451
 5103 Cold Harbor Dr. Tallahassee, FL 32312.....redhillsvillageinfo@rlcommunities.com

The Grove at Canopy.....(850)-219-2196
 2601 Crestline Rd. Tallahassee, FL 32308.....www.starlingliving.com
 The Grove at Canopy is Tallahassee’s newest luxury senior living, community! Unmatched amenities geared towards all independent, assisted living, and memory care lifestyles.

Westminster Gardens (850) 224-8021
 301 E. Carolina Street, Tallahassee, FL 32301

Apartment-style with security, elevator, laundry facilities, and optional congregate meal program several days per week. Apartments include efficiencies and one bedrooms. Activities and educational seminars; beauty salon; library. Both subsidized and market rate apartments.

Westminster Oaks Retirement Village..... (850) 878-1136
4449 Meandering Way, Tallahassee, FL 32308 www.westminsterretirement.com
Independent housing as well as assisted living and skilled nursing.

SKILLED NURSING FACILITIES

A skilled nursing facility provides 24-hour licensed nursing care with Registered Nurses and Licensed Practical Nurses on site. Rehabilitation services such as physical therapy or speech therapy are offered at the facility. The licensure status of any facility required to have a license in the state of Florida can be checked on the Web by visiting the Agency for Health Care Administration’s Website at <http://floridahealthfinder.gov>, or by calling the Agency at (850) 488-5861.

Brynwood Health and Rehab (850) 997-1800
1656 South Jefferson St., Monticello, FL 32344
97-bed facility; the only 5-star facility in the area and recipient of the silver care award

Centre Pointe Health and Rehab..... (850) 386-4054
2255 Centerville Road, Tallahassee, FL 32308 www.centrepointherehab.com
120-bed facility; Medicare, Medicaid, Private Pay and VA

Consulate HealthCare of Tallahassee..... (850) 942-9868
1650 Phillips Rd, Tallahassee, FL 32308
120-bed facility; Medicare, Medicaid and Private Pay

Heritage Health Care Center(850) 877-2177
3101 Ginger Drive, Tallahassee, FL 32308 www.consulatehealthcare.com
180-bed facility; Hospice, Medicare, Medicaid and Private Pay

Miracle Hill Nursing & Rehabilitation Center (850) 224-8486
1329 Abraham Street, Tallahassee, FL 32304 www.miraclehillhealthcare.com
120-bed facility; Medicare, Medicaid, VA, Hospice, Insurance and Private Pay.

Seven Hills Health & Rehab Center..... (850) 877-4115
3333 Capital Medical Boulevard, Tallahassee, FL 32308
156-bed facility; Medicare, Medicaid and Private Pay

TMH Subacute & Rehab Center (850) 431-5440
1609 Medical Drive, Tallahassee, FL 32308 www.tmh.org/services/rehabilitation/rehabilitation-center
44-bed facility; Medicare, Medicaid and Private Pay

SKILLED NURSING FACILITIES (SECURED)

M

These are facilities with special secured areas for persons with Alzheimer's or another related dementia who, because of wandering or other behavioral problems, cannot reside in a non-secured nursing facility.

Brookdale Cypress Village..... (904) 209-9466
4600 Middleton Park Circle E., Jacksonville, FL 32224
60-bed secured unit. Medicaid and Private Pay accepted.

Glen Cove Nursing Pavilion (850) 872-1438
1027 E. Business Hwy. 98, Panama City, FL 32401
115-bed secure unit. Medicaid, Medicare, and Private Pay accepted.

Good Samaritan Center - Advent Christian Village (800) 647-3353
10676 Marvin Jones Blvd. (386) 658-5550
Live Oak FL 32060 www.acvillage.net
The Good Samaritan Center is a 161-bed secured unit. Medicaid, Medicare A and Private Pay accepted.

Lafayette Health Care Center (386) 294-3300
512 West Main Street, Mayo, FL 32066
60-bed secure unit (7 rooms, 14 beds for dementia/Alzheimer's). Medicare, Medicaid and Private Pay.

Presbyterian Home and Retirement Community (229) 263-6100
1901 West Screven St., Quitman, GA 31643
77-bed secured unit. Medicaid and Private Pay accepted.

RESPIRE CARE (IN-HOME OR FACILITY)

Respite Care is a service provided to socially engage and stimulate the person with Alzheimer's while relieving the family caregiver from the stress associated with the daily care of the patient. Respite may be provided in the home or elsewhere, such as at adult day services, an assisted living facility, or a senior center. Long-term or overnight respite may be available as well. The caregiver may be in the home or away from the home while the respite provider is there. Services may include companionship, meal preparation, light housekeeping, errand services, grocery shopping, and transportation to appointments.

Alzheimer's Project, Inc. (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

Socialization and engagement is provided to clients with Alzheimer's disease and other related disorders. Activities include play therapy, art therapy, music therapy, stretch therapy, pet therapy. Congregate meal provided at all locations. **Caregivers must have an assessment completed** on their loved one prior to attending the respite room. **Reservations required each week. Please visit ForOurCaregivers.com.**

Caring Connections Senior Care.....(850) 354-5336
3019 N. Shannon Lakes Dr, Tallahassee, Florida 32309.....www.caringconnectionllc.com

Our company provides companion services to seniors. These include companion care, medication reminders, light house work, errands, meal preparation, meal planning, transportation to and from doctors or facilities and more. We also provide respite care. Our service can range from 1 hour to 24 hours a day 7 days a week. We are locally owned and operated here in Tallahassee. We are not a franchise and all of our caregivers are employees all bonded and insured with thorough back ground screenings. We take the work out if taking care of loved ones with mobility, dementia and Alzheimer's issues. We treat your family like our own family.

Comfort Keepers..... (850) 402-0051
2709-3 Killarney Way, Tallahassee, FL 32309 www.tallahassee-147.comfortkeepers.com

Non-medical, in-home care for people requiring assistance with companionship; meal preparation; feeding; light housekeeping; laundry; errands; and transportation to doctor's appointments, shopping, and recreational activities. Personal care services such as: dressing assistance, bathing, changing, feeding assistance and toileting assistance. We can also assist with VA Aid and Attendance paperwork. Call for fee schedule. Currently serving Leon, Wakulla, and Gadsden counties. Payment is primarily private pay, long-term care insurance.

Elder Care Services..... (850) 921-5554
2518 W. Tennessee St, Tallahassee, FL 32304www.eldercarebigbend.org

Elder Care Service’s **Elder Day Stay** (adult day care) is a care solution for seniors experiencing physical or mental disability who require continual supervision allowing caregivers to continue to work volunteer, or receive respite from their caregiving responsibilities. In addition to continual supervision, the staff provides:

- Assistance with Activities of Daily Living as needed (transferring, mobility, toileting, and eating),
- Medication management (by R.N. or L.P.N.),
- Exercise (seated stretching, movement, and weight-bearing),
- Daily nutrition (planned by Registered Dietician),
- Intellectual stimulation (current events, music, reminiscing, games, cooking, etc).
- Socialization (with staff, volunteers and other clients.)

Scholarships are available through the agency’s fundraising efforts.

Feels Like Family Home Care Solutions of Tallahassee(850) 212-6771
PO Box 181015, Tallahassee, FL 32303.....www.feelslikefamily.com

Feels Like Family Home Care Solutions of Tallahassee (LLC) is committed to helping people maintain and restore their independence. Our mission is to provide compassionate care with family-like care so that family members can be husbands, wives, sons, and daughters again. We are a locally owned and family-run business that is committed to providing quality and personalized care. Our trusted non-medical in-home care solution offers peace of mind to keep people comfortable in their own homes, for longer. We look forward to welcoming you to our Family!

Home Instead Senior Care (850) 297-1897
2477 Tim Gamble Pl #101, Tallahassee, FL 32308..... www.homeinsteadtally.com

Instead of guilt, instead of doubt, instead of worry, there’s Home Instead, providing non-medical and personal care services, specializing in dementia care. Our services are tailored to the individual needs and are designed to keep each client as independent as possible and in the setting they call home. Companionship, respite care, meal prep, light housekeeping, grocery shopping, errands, transportation and bathing assistance are available. Currently serving Leon, Gadsden, Wakulla, and Jefferson. No fee-No Obligation Care Consultation available. On call 24 hours/ 7 days a week. All staff are screened, trained, bonded and insured.

Hopewell In-Home Senior Care..... (850) 386-5552
2121 Killarney Way, Suite H, Tallahassee, FL 32309..... www.hopewellcare.com

Companion/Homemaker Services

Sometimes a little help is all a senior needs to be able to live at home. The aging process can make some things become more difficult, and it would be nice to have a helping hand. Here are some services Hopewell can provide with a companion/homemaker:

- Fall Prevention
- Socialization
- Monitoring Diet and Assisting with Meals

- Scheduling Appointments and Picking Up Prescriptions
- Shopping and Errands
- Safety Observation

Interim HealthCare (850) 422-2044

Care Professionals are provided to support your family at home with personal care, meal preparation, light housekeeping, or companionship activities from two hours per day to twenty-four hours per day.

(FACILITY-BASED) OVERNIGHT RESPITE CARE REFERRAL SHEET

Respite Care is a service provided to socially engage and stimulate the person with Alzheimer's while relieving the family caregiver from the stress associated with the daily care of the patient. Please contact the organizations below for more information and fee schedule.

Azalea Gardens Overnight Respite Care Available
2724 Ox Bottom Road (850) 290-7512
Tallahassee, FL 32312 www.sunshineretirementliving.com/azalea-gardens-senior-living-tallahassee/

Brookdale Center Pointe Overnight Respite Care Available
1980 Center Pointe (850) 309-7500
Tallahassee, FL 32308 www.brookdale.com

Brookdale Hermitage Overnight Respite Care Available
1780 Hermitage Blvd (850) 422-3397
Tallahassee, FL 32308 www.brookdale.com

Elmcroft of Tallahassee Overnight Respite Care Available
2110 Fleischmann Road (850) 553-9120
Tallahassee, FL 32308 www.elmcroft.com/community/elmcroft-of-tallahassee-florida

Harbor Chase of Tallahassee Overnight Respite Care Available
100 John Knox Road (850) 553-9120
Tallahassee, FL 32303 www.harborchaset.com/harborchase-tallahassee/

St. Augustine Plantation Assisted Living & Memory Care Overnight Respite Care Available
2507 Old St. Augustine Road (850) 629-0064
Tallahassee, FL 32301 www.milestoneretirement.com

Tallahassee Memory Care Overnight Respite Care Available
2767 Raymond Diehl Road (850) 816-0817
Tallahassee, FL 32309 www.elmcroft.com/cocmmunity/tallahassee-memory-care-flroida/

Tapestry Senior Living of Tallahassee Overnight Respite Care Available
2516 West Lakeshore Drive (850) 536-8600
Tallahassee, FL 32312 www.tapestry senior.com

SUPPORT GROUPS

Many people have found that the most effective way to learn how to care for a person with Alzheimer’s, as well as cope with the emotional strain that accompanies caregiving, is through a support group. We encourage family, friends and professional caregivers to participate in such a group and benefit from an atmosphere of shared learning. Information is shared about management of problem behavior, general care and available services.

Alzheimer’s Project, Inc. (850) 386-2778

Caregiver Support Groups (donations appreciated)

Saint Paul's United Methodist Church Caregiver Luncheon	1700 N Meridian Road, Tallahassee, FL 32303	1st & 3rd Tuesday 11:30 am - 1:00 pm
First Presbyterian Church (Marianna)	2898 Jefferson Street, Marianna, FL 32446	1st Thursday 10:30 am - 12:00 pm (CST)
Westminster Oaks	4449 Meandering Way, Tallahassee, FL 32303 (Parry Center Theater)	2nd & 4th Friday 10:00 am - 11:30 am
Thomas Memorial Baptist Church (Quincy)	1001 W Washington Street, Quincy FL 32351	2nd Thursday 1:30 pm – 3:00 pm
First United Methodist Church (Chattahoochee)	18 W Marion Street, Chattahoochee, FL 32324	2nd Thursday 10:00 am - 11:30 am
Temple Israel (located in the CHAPEL)	2215 Mahan Drive, Tallahassee, FL 32303	2 nd & 4 th Tuesday 6:00 pm - 7:00 pm
First Presbyterian Church (Chipley)	658 5th Street, Chipley, FL 32428	3rd Thursday 1:00 pm - 2:30 pm (CST)
Jefferson County Library	375 S. Water Street Monticello, FL 32344	4th Monday 12:00 pm - 1:00 pm
Carrabelle United Methodist Church	102 NE Avenue B, Carrabelle, FL 32322	3 rd Tuesday 1:00 pm - 2:30 pm
First Presbyterian Church (Perry)	310 Plantation Road, Perry, FL 32348	4th Thursday 10:30 am - 11:30 am
Lake Ellen Baptist Church (Wakulla)	4495 Crawfordville Hwy, Crawfordville, FL 32327	1 st Monday 1:00 pm - 2:30pm
Wakulla County Public Library	4330 Crawfordville Hwy, Crawfordville, FL 32327	2 nd Saturday 10:00a.m - 11:00am
Villas at Killlearn Lakes	8213, Terrace, Tallahassee, FL 32312. Building 5	1 st and 3 rd Tuesday 6:30pm – 8:00pm

Covenant Care (850) 575-4998

1921 Capital Cir Northeast, Tallahassee, FL 32308 www.choosecovenant.org

Through the Bereavement Services Program, they offer support groups, educational programs, and Remembrance Celebrations. Covenant Care serves fifty counties throughout Alabama and Florida.

TALLAHASSEE MEMORIAL NEUROSCIENCE CENTER SUPPORT GROUPS

Big Bend Brain Injury Support Group (850) 431-5002

TMH Conference Room (near cafeteria)

Held on the 2nd Monday of each month from 7:30 pm – 9:00 pm. For survivors of brain injuries, their families, and professionals.

Parkinson's Support Group (850) 431-5002

285 Pinewood Dr., Tallahassee, FL 32303

Held on the 2nd Thursday of each month at 4:30 p.m.. A light snack is provided. Sponsored by the Physician Partners- Neurology Specialist of TMH and Parkinson's Outreach Association.

People Living with Parkinson's & Care Partner Support Group (850) 431-5002

285 Pinewood Dr., Tallahassee, FL 32303

This support group is for those persons living with Parkinson's and care partners. Groups will split into separate groups. Meetings are held on the 4th Saturday of each month from 10am – 12pm.

Stroke Support Group (850) 431-5002

The Grove at Canopy

2601 Crestline Rd. Tallahassee, FL 32308

The Stroke Support Group is for stroke survivors and families. Held on the 3rd Tuesday each month from 11:30 a.m. – 12:30 p.m. at The Grove at Canopy. A light lunch is provided, please RSVP to Vicky Rose.

THERAPEUTIC SERVICES

(Physical Therapy, Speech-Language Therapy & Occupational Therapy)

As important members of the health care team, physical, speech, and occupational therapists are sometimes overlooked. Therapists are able to assess the current abilities of a person with AD and devise ways to help the person remain independent for as long as possible. They can serve the caregiver by directly offering training and education (e.g. incontinence education, falls prevention, physical activities). Speech language pathologists may provide evaluations to determine ways to help caregivers communicate more effectively with a person with dementia. They are also excellent consultants on matters of eating, swallowing, and choking. Medicare and other insurance often pay for these services. In addition to the resources listed below, your physician may order therapeutic services through a home health agency or nurse registry. See the section on home health care for a list of these agencies.

Ageless Grace® Brain Health & Body Fitness.....(850)443-2912

Marghi McClearn Certified Ageless Grace Educator and Trainer.....www.marghisjoy.com

Ageless Grace® – “21 Simple ‘Tools’ for Lifelong Comfort and Ease”. Based on the science of *neuroplasticity*, the movement tools of Ageless Grace re-open neural pathways, as well create new ones. This is vital to active aging and youthful function! Playful, fun, creative and easy to learn – when practiced regularly, Ageless Grace improves the brain/body ability to Respond, React and Recover!

Encompass Health (850) 656-4800

1675 Riggins Road, Tallahassee, FL 32308<https://encompasshealth.com/tallahasseerehab>

HealthSouth is an inpatient hospital with 76 beds for to help those who have suffered stroke or other neurological disorders lead independent lives.

Florida State University Dept. of Communication Disorders (850) 644-2238

127 Honors Way, Tallahassee, FL 32306

This clinic offers diagnosis and treatment of speech, language, and hearing disorders. They offer evaluation and management services.

Tallahassee Memorial NeuroRehab Center(850) 431-5446

1300 Miccosukee Rd., Tallahassee, FL 32308

This Neuro Rehabilitation Outpatient Clinic provides occupational, physical, and speech therapy for patients presenting with a variety of vestibular or neurological disorders and injuries.

TRANSPORTATION

LOCAL TRANSPORTATION

DIAL-A-RIDE (850) 891-5199

StarMetro’s Dial-A-Rise is a transportation service for elderly and qualified persons with disabilities living in Tallahassee. In compliance with the Americans with Disabilities Act (ADA), the StarMetro Dial-A-Ride program provides curb-to-curb service with wheelchair-accessible vehicles for those who cannot access StarMetro’s fixed route service. Dial-A-Ride service is provided within ¾ mile of regular StarMetro routes.

Office hours: 6:00 a.m. – 6:30 p.m.

Transportation hours: 6:30 a.m. to 10:00 pm. Monday-Saturday. Certain holidays excluded.

Fees: \$2.50 one way or customers may purchase a \$25 fare card good for 10 rides; also provides Medicaid transportation

Eligibility: Must be disabled or at least 60 years of age.

Service area: Tallahassee City Limits.

Procedures: The completion of a Dial-A-Ride application form with a physician’s documentation of disability is required for DAR certification and eligibility. To schedule transportation, call the day before service is needed (by 5pm), 891-5199. TDD Users call 800-955-8771. Talgov.com/StarMetro

STAR-METRO (850) 891-5200

StarMetro operates city bus routes in Tallahassee, including campus shuttles at Florida State University and Florida A&M University, and a variety of seasonal transit programs. All of the bus route buses are wheelchair equipped and have a feeling feature to assist when boarding the bus. Additionally, new low floor buses have been added to the fleet, which allows easier access.

StarMetro’s brand new buses feature Braille placards and customers may call 891-5200 to request a Braille or large print Ride Guide. If customers who are disabled or elderly need special one-on-one attention with learning StarMetro’s fixed route system, they may call Andrea Rosser 891-4066 or andrea.rosser@talgov.com

Office hours: 8:00 a.m. – 4:30 p.m., Monday – Friday (Administration Office)

Transportation hours: C.K. Steele Transfer Plaza:

5:40 a.m. – 8:00 p.m., Monday – Friday

6:00 a.m. – 7:30 p.m., Saturday

Fees: \$1.25 regular rate. Passes available offering reduced fares for multiple rides for seniors age 60 or older.

Service area: City of Tallahassee

ERRANDS & TRANSPORTATION SERVICES.....

Most homemaker/home companion service organizations and nurse registries provide transportation services on a fee basis. The service often includes attending medical appointments with patients, as well as transporting them to the appointment. See the section for In-Home Respite Care for a listing of agencies from which transportation services can be purchased.

MEDICAL TRANSPORTATION SERVICES

CAPITAL TRANSIT..... (850) 878-5874

Office hours: 7:00 a.m. – 11:00 p.m.

Transportation hours: 7:00 a.m. – 11:00 p.m.

Fees: Usually \$35.00 or \$45.00

Eligibility: Private pay

Service area: Leon County Area

Procedures: 24 hours advance notice needed.

MEDICAID TRANSPORTATION (CALL DIAL-A-RIDE)..... (850) 891-5199

SESSALY ROSE.....(850) 222-8232

Provides transportation for persons with special situations, mainly those requiring medical assistance or needing medical access. Most participants need an agency referral; however some private pay is available for those needing wheelchair, stretcher or ambulatory assistance.

Phone for Transportation Disadvantaged: (850) 891-5199

Office hours: 8:00 a.m. – 5:00 p.m.

Transportation hours: 5:00 a.m. – 7:00 p.m., or by reservation, Monday – Friday.

Fees: Vary; please call.

Eligibility: Anyone.

Service area: Leon County.

Procedures: Call 4 hours in advance; specialized services, please call 24-hours in advance.

Yellow Cab.....(850) 999-9999

Wheelchair Services(850) 350-2011

Largest Cab Company in Leon and Surrounding Counties. Vehicles are maintained weekly with in vehicle camera system.

Transportation hours: 24 hours a day/ 365 days a year

Fees: Vary

Eligibility: Anyone

Service Area: Anywhere you need to be

Procedures: Book online, apply for an account or get a re-loadable gift card @ tallahasseyellowcab.com

VOLUNTEER TRANSPORTATION SERVICES

ELDER CARE SERVICE “STARS” PROGRAM (850) 921-5554

Provides medical transportation, grocery shopping assistance, and other services to assist frail elders, as volunteers are available.

Office hours: 8:00 a.m. – 5:00 p.m., Monday – Friday.

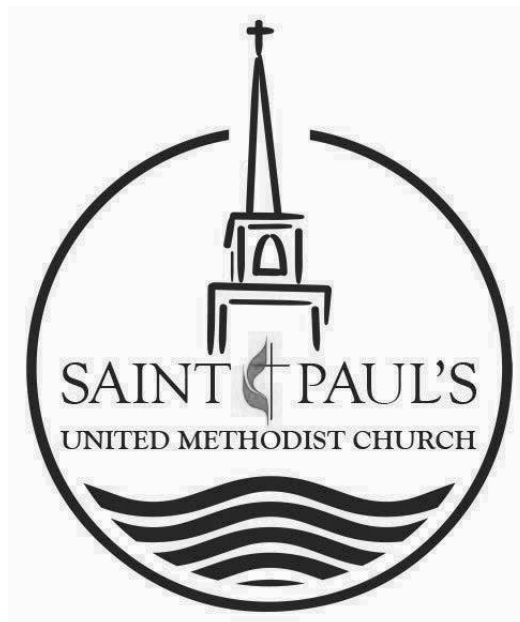
Transportation hours: Vary; on an on-call basis. Call 7 days before appointment.

Fees: No Fee, contact a week in advance for transportation.

Eligibility: Age 60 and older; frail elderly who qualify through Elder Care Services.

Service area: Leon County area.

Procedures: Call Elder Care Services to receive referral.



VETERANS SERVICES

Department of Veterans Affairs Medical Center Respite Care Program (800) 308-8387
619 S. Marion Avenue (386) 755-3016, ext. 2447 or
Lake City, FL 32025-5898..... ext. 2780 (Extended Care Service)

This program offers time-limited respite care for honorably discharged, eligible veterans. Care is provided in the Community Living Center for 13-day periods. They have special units for those with dementia. A financial review to determine requirements for payments will be conducted. Call or visit for eligibility details.

C.C. Sims State Veteran Nursing Home(850) 747-5401, Ext. 447
Veterans State Nursing Home.....4419 Tram Rd., Tallahassee, FL 32304

D.T. Jacobson State Veteran Nursing Home.....(941) 613-0919, Ext. 647
21281 Grayton Terrace, Port Charlotte, FL 33954

Marianna VA Clinic VA Medical Services
4970 Highway 90..... (850) 718-5620
Marianna, FL 32446..... <https://www.northflorida.va.gov/NORTHFLORIDA/locations/marianna.asp>

The Marianna Community Based Outpatient Clinic provides a broad range of general medical and services for the primary care patient. Services provided include: phlebotomy, psychiatry, psychology, social work, smoking cessation, nursing, wound care, diabetic and hypertension education. Veterans requiring hospitalization are assessed, stabilized, and transferred to either local facilities or to the Gainesville or Lake City VA Medical Centers according to the urgency of their needs. Procedures or specialty care not provided by this clinic are referred to either the Gainesville or lake City VA Medical Centers. Veterans in the Marianna CBOC also have access to clinics and education sessions via [Telehealth](#).

VA Outpatient Clinic..... (800) 541-8387
2181 East Orange Ave, Tallahassee, FL 32311 (850) 878-0191

The Outpatient Clinic offers medical services for Veterans. The Leon County Service Office will provide information and counseling about VA benefits, filing of claims for benefits, as well as information on medical benefits. Additional information available on the county website: www.co.leon.fl.us. Click on Departments/Veteran's Services. M – F 8:00 – 4:30 p.m.

Veterans Assisted Living Facility (386) 758-0600
Robert H. Jenkins Jr. Veterans' Domiciliary Home of Florida
751 SE Sycamore Terrace, Lake City, Florida 32025

Veterans Service Office – Leon County (850) 606-1940
918 Railroad Avenue, Tallahassee, FL 32310

Veteran’s assistance is available through a statewide network of county or city Veteran Service Officers. All services are provided free of charge. For complete information on veterans' programs, entitlements, and referral services, veterans should call their County Veteran Service Office.

Wanderer’s Identification & Recovery Programs

Leon County Project Lifesaver Program

Leon County is fortunate to have a proactive wanderer’s identification programs. The goal of this program is to locate and return disoriented persons to their caregivers; to reduce the time that disoriented persons are away from their protected environment; and to reduce the trauma experienced by both the disoriented person and their caregiver in these situations.

Alzheimer’s Project, Inc. (850) 386-2778

Project Lifesaver relies on proven radio technology and a specially trained search and rescue team. Persons enrolled in the program wear a personalized wristband that emits a tracking signal. This program is a rapid-response, proactive partnership with local law enforcement aiding those suffering from Alzheimer’s disease, and related disorders such as Down’s syndrome and autism. The program is sponsored by the Leon County Sheriff’s Office, Pilot Club of Tallahassee, and Alzheimer’s Project, Inc.

There is no cost to participate in the program. The Project Lifesaver Coordinator will conduct a specialized assessment and complete the enrollment information. A picture will be taken and attached to the Project Lifesaver information which is maintained both at Alzheimer’s Project and the 9-1-1 dispatch unit at the Leon County Sheriff’s Office. Each participant will be fitted with a Project Lifesaver bracelet and will be assigned a unique transmitter code. The participant will receive visits from a trained Project Lifesaver volunteer, every 2 months, who will replace the transmitter battery. For more information, please contact Alzheimer’s Project, Inc. at (850) 386-2778.

Scent Evidence K9.....(850) 272-6950

info@scentevidencek9.com and scentevidencek9.com

Scent Evidence K9 is a Tallahassee based international provider of effective scent discriminate systems and services that enable responders to find missing persons and bring them home safely. Former FBI Forensic Canine Operations Specialist, Paul Coley, founded the company in 2012 to develop a line of scent preservation products and specialized K9 training techniques that would increase location success while decreasing recovery time.

NEIGHBORING COUNTY RESOURCES

BAY COUNTY

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945
..... 1-866-778-2724

Bay County Council on Aging, Inc. (850) 769-3468
1116 Frankford Avenue, Panama City, FL 32401 baycouncilonaging.org

Caring Connections Senior Care.....(850) 354-5336
267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

ASSISTED LIVING FACILITIES

Brookdale

2575 Harrison Avenue
Panama City, FL 32405
(850) 872-8484
Extended Congregate Care
Limited Nursing Service

Charter Senior Living at Panama City Beach

6012 Magnolia Beach Rd.
Panama City, FL 32408
(850) 236-0510

Garden View ALF

526 N. Mary Ella Ave.
Panama City, FL 32404
(850) 871-1611

Limited Mental Health

FACILITY-BASED RESPITE PROGRAM

Bay Co. Council on Aging Respite Center: The Nixon Respite Center

1116 Frankford Avenue
For Alzheimer's and Dementia clients
Panama City, FL 32401
(850) 769-3468, Monday-Friday 8:00 am-4:00 pm

Lisenby on Lake Caroline: Retirement and Skilled Nursing

1400 W. 11th St.
Panama City, FL 32401
Phone: (850) 785-6121 Fax: (850) 785-6121
Hours: 8:00 am – 4:30 pm

Mathison Retirement Community

3637 West Highway 390
Panama City, FL 32405
(850) 215-4663

Summer's Landing

615 Florida Avenue
Lynn Haven, FL 32444
(850) 387-4769

SKILLED NURSING FACILITIES

Bay Center

1336 St. Andrews Boulevard
Panama City, FL 32405
(850) 763-3911

Clifford Chester Sims

St. Veterans Home
4419 Tram Road
Panama City, FL 32404
(850) 747-5401

Community Health and Rehab Center

3611 Transmitter Road
Panama City, FL 32404
(850) 747-9688

Emerald Shores Health and Rehab

626 N. Tyndall Parkway
Callaway, FL 32404
(850) 871-6363

Sea Breeze Health Care

1937 Jenks Ave
Panama City, FL 32405
(850) 769-7686

St. Andrews Bay Skilled Nursing and Rehab Center

2100 Jenks Ave
Panama City, FL 32405
(850) 763-0446

Glencove Nursing Pavilion

1027 E. Business Highway 98
Panama City, FL 32401
(850) 872-1438

Lisenby on Lake Caroline: Retirement and Skilled Nursing

1400 W. 11th St.
Panama City, FL 32401
(850) 785-6121

Panama City Nursing Center

924 West 13th Street
Panama City, FL 32401
(850) 763-8463

HOSPITALS

Bay Medical Center

615 N. Bonita Avenue
Panama City, FL 32401
(850) 769-1511

Emerald Coast Behavioral Hospital

1940 Harrison Avenue
Panama City, FL 32405
(850) 763-0017

Gulf Coast Medical Center

449 W. 23rd St.
Panama City, FL 32405
(850) 769-8341

Encompass Health Rehab Hospital of Panama City

1847 Florida Avenue
Panama City, FL 32405
(850) 914-8600

Select Specialty Hospital –

Panama City, Inc.

615 N. Bonita Avenue- 3rd floor

Panama City, FL 32401,

(850) 767-3180

CALHOUN COUNTY

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945

..... 1-866-778-2724

Calhoun County Senior Citizens Association, Inc. (850) 674-4163

16859 NE Cayson Street, Blountstown, FL 32424

Caring Connections Senior Care.....(850) 354-5336

267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc...... (850) 386-2778

301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

SKILLED NURSING FACILITIES

Blountstown Health & Rehabilitation Center

16690 SW Chipola Road

Blountstown, FL 32424

(850) 674-4311

River Valley Rehabilitation Center

17884 NE Crozier Street

Blountstown, FL 32424

(850) 674-5464

ASSISTED LIVING FACILITIES

River Town Assisted Living, LLC

Limited mental health

16354 SW Chipola Rd

Blountstown, FL 32424

(850) 647-1077

Rivertown Senior Care

Limited mental health, limited nursing services

17112 NW Charlie Johns St

Blountstown, FL 32424

(850) 674-1090

HOSPITALS/ DOCTORS

Calhoun-Liberty Hospital

20370 NE Burns Avenue
Blountstown, FL 32424
(850) 674-5411

Tallahassee Memorial Hospital Physician

Partners

17808 NE Charley Johns Street
Blountstown, FL 32424
(850) 674-4524

Medical Center of Blountstown

20454 NE Finley Ave
Blountstown, FL 32424
(850) 674-2221

PanCare Health

16875 Cayson Street
Blountstown, FL 32424
(850) 674-224

SUPPORT GROUPS

Calhoun County Senior Citizens Association, Inc.

Sponsored by Alzheimer's Project, Inc.

16859 Cayson Street. Blountstown, FL 32424

TRANSPORTATION

Calhoun Transit..... Transportation Services
16859 NE Cayson Street..... (850) 674-4163
Blountstown, FL 32424..... <https://www.calhouncountyseniors.org/calhoun-transit/>
Calhoun County Transit is the Community Transportation Coordinator (CTC) for Calhoun County, Florida. Transportation services are provided to the general public by way of a reservation system. Currently, we offer transportation under two programs to include the Medicaid Recipient Program and the Transportation Disadvantaged Program. Through our transportation programs, we provide a low cost means for participants to attend appointments that are located across Northwest Florida and Southern Alabama.

FRANKLIN COUNTY

Area Agency on Aging for North Florida-Franklin County..... (850) 697-2371
192 14th St., Apalachicola, FL 32329

Elder Care Community Council..... (850) 509-5009
Eccfranklin@gmail.com

Bridge connecting seniors to a community of support through advocacy, enhancement, and expansion of services.

Franklin County Senior Citizens Center.....(850)-697-3760

201 NW Avenue F, Carrabelle, FL, 32322

Franklin County Senior Center in Carrabelle provides recreational, educational and wellness activities for those age 50 and older. We are open every weekday from Noon-5:00 PM for games, billiards, ping pong, darts, and reading. Lunch is provided and served on Thursday’s at noon, \$6.00 donation suggested. Call for an updated list of activities.

Franklin County Senior Services.....

302 NW Avenue S., Carrabelle, FL, 32322

Meals on wheels, in-home respite care, homemaking, senior center activities (bingo/arts & crafts), group grocery shopping trips and transportation.

Holy Family Senior Center..... (850) 653-3134

203 Dr. Fredrick Humphries St., Apalachicola, FL 32320

Serve free lunch to seniors 11- noon. Hosts activities/events 10 am - 2 pm M-F.

Caring Connections Senior Care..... (850) 354-5336

267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc. Support Group..... (850) 386-2778

201 NW Avenue F, Carrabelle, FL 32322..... www.alzheimersproject.org

Join us at our free caregiver support group from 1:00 PM – 2:00 PM the 2nd Tuesday of each month.

Specifically for all caregivers who are caring for a loved one suffering from Strokes, Parkinson’s, Alzheimer’s and/or other medical conditions.

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2) (850) 274-4945

..... 1-866-778-2724

PROJECT LIFESAVER PROGRAM

Please contact the Franklin County Sheriff’s Office for enrollment information.

(850) 670-8500

HOSPITAL

George E. Weems Hospital

135 Avenue G
Apalachicola, FL 32320
(850) 653-8853

APALACHEE CENTER, Inc.

Kevin Kinley, Supervisor

159 12th Street
Apalachicola, FL 32320
(850) 653-9744

GADSDEN COUNTY

Gadsden Senior Center..... (850) 627-9758

79 Lasalle Leffall Drive, Quincy, FL 32351

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc...... (850) 386-2778

301 East Tharpe Street, Tallahassee, FL 32303..... www.alzheimersproject.org

PROJECT LIFESAVER PROGRAM

Please contact the Gadsden County Sheriff’s Office for enrollment information.

(850) 875-8838. 339 E Jefferson St, Quincy, FL 32353

ASSISTED LIVING FACILITIES

Bell Road Human Services, Inc.

182 Bell Road
Havana, FL 32333
(850) 539-8510

Limited Mental Health

Magnolia House

1125 Strong Road
Quincy, FL 32351
(850) 875-1334

LNS license

SKILLED NURSING FACILITIES

Riverchase Care Center

(850) 875-3711

HOSPITALS

Capital Regional Medical Center,

Gadsden Memorial Campus

23186 Blue Star Hwy
Quincy, FL 32351
(850) 875-6000

Florida State Hospital

100 N Main
Chattahoochee, FL 32324
850-663-7001

1017 Strong Road

Quincy, FL 32351

SUPPORT GROUPS

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945
..... 1-866-778-2724

Thomas Memorial Baptist Church
Sponsored by Alzheimer’s Project, Inc.
1001 W Washington Street, Quincy 32351
2nd Thursday
1:00 pm – 2:30 pm

First United Methodist
Sponsored by Alzheimer’s Project, Inc.
18 W Marion St., Chattahoochee 32324
2nd Thursday of the month
10:00 a.m. – 11:30 a.m.

Gadsden Senior Services
Simon Scott Building
2ne Monday and last Thursday of the month,
6 – 7:30 pm
(850) 627-9758
NOTE: Caregiver support group, however, not
Alzheimer’s Disease specific

RESPIRE OPPORTUNITY

Thomas Memorial Baptist Church
1001 W Washington Street, Quincy 32351
Every Thursday of each month from 9am- 3pm

Caring Connections Senior Care.....(850) 354-5336
267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

Wisdom Adult Day Care Services.....(850) 539-8485
1747 FL-GA Hwy, Havana, FL 32333.....latashad1@live.com

Wisdom Adult Day Care Services specialize in adult day care services to seniors in the Gadsden, Leon, and surrounding areas, through therapeutic program/services. We operate within a participant-focused delivery system. Wisdom Adult Day Care fundamentally believe that caring for the elderly and providing relief for caregivers is a calling, and we are committed to answering the call.

GULF COUNTY

Gulf County Senior Citizens Association, Inc. (850) 229-8466
120 Library Drive, Port St. Joe, FL 32456

CAREGIVER EDUCATION & SUPPORT

Alzheimer's Project, Inc. (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303..... www.alzheimersproject.org

SKILLED NURSING FACILITIES

Cross Shore Care Center

220 9th Street
Port St. Joe, FL 32456-1924
(850) 229-8244

This facility has a 60-bed regular care unit, and a 60-bed dementia and behavioral unit.

RESPITE OPPORTUNITY

United Pentecostal Church

Sponsored by Alzheimer's Project, Inc.

2nd and 4th Tuesday of each month
Call for more information
9 am – 3pm
(850) 386-2778

SUPPORT GROUPS

*African-American Alzheimer's Caregiver Training
and Support Project 2 (ACTS 2)*
(850) 274-4945, 1-866-778-2724

HOLMES COUNTY

Holmes County Council on Aging Inc. (850) 547-2345
210 W. Kansas Ave., Bonifay, FL 32425

ASSISTED LIVING FACILITIES

Boswell Manor

Limited mental health, Limited nursing services

2185 Co Rd 173

Bonifay, FL 32425

(850) 547-1350

Happy Acres

700 Anderson Drive

Bonifay, FL 32425

(850) 547-3708

Limited Mental Health

Grandview Living

3250 Douglas Ferry Rd

Bonifay, FL 32425

(850) 547-0692

SKILLED NURSING FACILITIES

Bonifay Nursing & Rehabilitation Center

306 W. Brock Ave

Bonifay, FL 32425

(850) 547-9289

HOSPITAL/ DOCTORS

Doctor's Memorial Hospital

2600 Hospital Drive

Bonifay, FL 32425

(850) 547-8000

PanCare Health Medical

495 St. Johns Road

Bonifay, Florida 32425

Holmes County

(850) 547-5547

SUPPORT GROUPS

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2)

(850) 274-4945

1-866-778-2724

Holmes County Council on Aging

Meets at 10:00 am

Every Thursday of each month.

210 W. Kansas

Bonifay, FL 32425

(850) 547-2345

JACKSON COUNTY

Jackson County Senior Citizens Organization, Inc.(Main office)..... (850) 263-4650

5400 Cliff Street OR 2931 Optimist Drive

Graceville, FL 32440 Marianna, FL 32448 (850)482-5028

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc...... (850) 386-2778

301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

Marianna VA Clinic..... VA Medical Services

4970 Highway 90..... (850) 718-5620

Marianna, FL 32446.....<https://www.northflorida.va.gov/NORTHFLORIDA/locations/marianna.asp>

TRANSPORTATION

Jackson County Transportation, Inc. of Florida (JTrans)..... Transportation Service

3988 Old Cottondale Road..... (850) 482-7433 TDD 1-800-676-3777 or 711

Marianna, FL 32448..... <https://jtrans.org/>

JTrans is Jackson County’s coordinated transportation provider and is operated as a private nonprofit organization. Any Jackson County resident may request services from JTrans. Transportation may be requested in order to obtain access to health care, employment, education, shopping, social activities, or other activities.

ASSISTED LIVING FACILITIES

Hill View Assisted Living

3854 Hwy 2

Graceville, FL 32440

(850) 263-0500

Chipola Health and Rehabilitation

Center 4294 Third Ave.

Marianna, FL 32446

(850) 526-3191
Extended Congregate Care
Limited Mental Health

Signature Healthcare of North Florida
1083 Sanders Avenue
Graceville, FL 32440
(850) 263-4447

SKILLED NURSING FACILITIES

Signature Healthcare at the Courtyard
2600 Forest Glen Trail
Marianna, FL 32446
(850) 526-2000

Marianna Health & Rehabilitation Center
4295 5th Avenue
Marianna, FL 32446
(850) 482-8091

HOSPITALS

Campbellton Graceville Hospital
5429 College Dr.
Graceville, FL 32440
(850) 263-4431

Jackson Hospital
4250 Hospital Dr.
Marianna, FL 32446
(850) 526-2200

SUPPORT GROUPS

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2)
(850) 274-4945
1-866-778-2724

***First Presbyterian Church Marianna
Sponsored by Alzheimer's Project, Inc.***
2898 Jefferson St, Marianna, FL 32446
1st Thursday of each month, 10:00 am-11:30 am (CST)
Light snack, Respite available

JEFFERSON COUNTY

Tallahassee Memorial Family Medical.....(850) 997-0707
1549 South Jefferson St. Monticello, FL 32344...<https://www.tmh.org/services/tmhphysicianpartners/monticello>

Jefferson County Senior Citizens Center, Inc. (850) 342-0271

1155 N. Jefferson Street
Monticello, FL 32344

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc. (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

SUPPORT GROUPS

*African-American Alzheimer’s Caregiver Training
and Support Project 2 (ACTS 2)* (850) 274-4945
1-866-778-2724

Senior Center, Monticello
2nd and 4th Thursday of the Month
10:30 a.m.
(call the Senior Center)

Jefferson County Library
Sponsored by Alzheimer’s Project, Inc.
375 S. Water St. Monticello, FL 32344
4th Monday of the month
12:00 p.m – 1:00 p.m.
(call Alzheimer’s Project)

PROJECT LIFESAVER PROGRAM

Please contact the Jefferson County Sheriff’s Office
for enrollment information.
(850) 997-0510

SKILLED NURSING FACILITIES

Brynwood Health and Rehabilitation Center
1656 S. Jefferson St.
Monticello, FL 32344
(850) 997-1800

Cross Landing Health Rehabilitation Center
1780 N. Jefferson Street
Monticello, FL 32344
(850) 997-2313

Cross Landing Health Rehabilitation Center
1780 N. Jefferson Street
Monticello, FL 32344
(850) 997-2313

Apalachee Center For Human Services, Inc.
1996 South Jefferson
Monticello, FL 32344
(850) 997-3958

LIBERTY COUNTY

Liberty County Senior Citizens Association, Inc. (850) 643-5613
15629 NW CR12
Bristol, FL 32321

CAREGIVER EDUCATION & SUPPORT

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945
..... 1-866-778-2724
Alzheimer's Project, Inc...... (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

TRANSPORTATION

Liberty Transit, Inc...... Transportation Service
15629 NW CR 12..... (850) 643-2524
Bristol, FL 32321.....

ASSISTED LIVING FACILITIES

Varnum's Rest Home
12167 N.W. Freeman Road
Bristol, FL 32321
(850) 643-5155
Limited Mental Health
Limited Nursing Services

APALACHEE CENTER FOR HUMAN SERVICES, INC.

Marlon Stery, Recovery Team Specialist
13888 County Road 12
Bristol, FL 32321
(850) 643-223

MADISON COUNTY

Senior Citizens Council of Madison County, Inc. (850) 973-4241
1161 SW Harvey Green Drive
Madison, FL 32341

CAREGIVER EDUCATION & SUPPORT

Alzheimer's Project, Inc...... (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

ASSISTED LIVING FACILITIES

Angels With A Divine Purpose
Limited mental health, Limited nursing services
240 SE Stephens Street
Madison, FL 32340
(850) 510-3080

Care Well, LLC
Limited mental health
309 NE Marion Street
Madison, FL 32340
(850) 973-2117

Southern Living for Seniors

765 NE Delphinium Drive
Madison, FL 32340
(850) 973-6892

Limited Mental Health
Limited Nursing Services

Rosa’s Caring Heart

2873 NW US 221

Greenville, FL 32331

(850) 948-2054

AND

587 SW Bunker Street

Madison, FL 32340

(850) 973-1308

Limited Mental Health

Limited Nursing Services

SKILLED NURSING FACILITIES

Lake Park of Madison

259 S.W. Captain Brown Road
Madison, FL 32340
(850) 973-8277

Madison Health and Rehab

2481 W. US Hwy. 90
Madison, FL 32340-9540
(850) 973-4880

Crosswinds Health & Rehab Center

13455 W. US Hwy. 90
Greenville, FL 32331
(850) 948-4601

HOSPITAL

Madison County Memorial Hospital

309 NE Marion Street
Madison, FL 32340
(850) 973-2271

APALACHEE CENTER FOR HUMAN SERVICES

Barbara Herning, Program Supervisor

225 Sumatra Road
Madison, FL 32340
(850) 973-5124

SUPPORT GROUPS

***African-American Alzheimer’s Caregiver Training
and Support Project 2 (ACTS 2)*** (850) 274-4945

1-866-778-2724

Madison Senior Citizens Center

Sponsored by Alzheimer’s Project, Inc.

3rd Wednesday of the month, 10:30 a.m.

(850) 386-2778

Respite Services

Caring Connections Senior Care.....(850) 354-5336
267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

TAYLOR COUNTY

Tallahassee Memorial Family Medical.....(850) 838-8636
555 N Byron Butler Parkway, Perry, FL 32348.....<https://www.tmh.org/services/tmhphysicianpartners/perry>

Taylor County Senior Citizen Center (850) 584-4924
800 West Ash Street, Perry, FL 32347 8 a.m. – 5 p.m.

CAREGIVER EDUCATION & SUPPORT

Alzheimer’s Project, Inc...... (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32303.....www.alzheimersproject.org

Compassionate Adult Care Services, LLC.....(850)843-1116
511 Pittman Carter Rd, Perry, FL 32347

SKILLED NURSING FACILITIES

Marshall Health & Rehab Center
207 Marshall Drive
Perry, FL 32347-1835
(850) 584-6334

HOSPITAL

Doctor’s Memorial Hospital
333 N. Byron Butler Pkwy.
Perry, FL 32347
(850) 584-0800

APALACHEE CENTER FOR HUMAN SERVICES, INC.

LaKera Reddick, Recovery Team Leader
(850) 584-5613

1421 Old Dixie Highway
Perry, FL 32348
8 am – 5 pm (M-F)

SUPPORT GROUPS

***African-American Alzheimer’s Caregiver Training
and Support Project 2 (ACTS 2)*** (850) 274-4945
1-866-778-2724

First Presbyterian Church
Sponsored by Alzheimer’s Project, Inc.
310 Plantation Road, Perry, FL 32348
4th Thursday of each month
10:30 am – 11:30 am
Respite Care Provided (FREE)

Respite Services

Caring Connections Senior Care.....(850) 354-5336
267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

WAKULLA COUNTY

Wakulla County Senior Citizens Council, Inc. (850) 926-7145
33 Michael Drive, Crawfordville, FL 32327

CAREGIVER EDUCATION & SUPPORT

Alzheimer's Project, Inc...... (850) 386-2778
301 East Tharpe Street, Tallahassee, FL 32301.....www.alzheimersproject.org

PROJECT LIFESAVER PROGRAM

Please contact the Wakulla County Sheriff's Office for enrollment information.

(850) 926-0800

SKILLED NURSING FACILITY

Eden Springs.....(850) 926-7181
4679 Crawfordville Hwy.
Crawfordville, FL 32327

SUPPORT GROUPS

*African-American Alzheimer's Caregiver Training
and Support Project 2 (ACTS 2)* (850) 274-4945
1-866-778-2724

Sponsored by the Alzheimer's Project, Inc.
(850) 984-5277

Lake Ellen Baptist Church, 1st Monday

10:00 am-11:00am

Respite available with advance notice.

APALACHEE CENTER FOR HUMAN SERVICES, INC.

Heather Drender, Recovery Team Leader

43 Oak St.

Crawfordville, FL 32327

(850) 926-5900

DAY RESPITE CARE

Lake Ellen Baptist Church

Every Monday of each month

9 am – 3 pm

Caring Connections Senior Care.....(850) 354-5336

267 John Knox Rd. Suite 111, Tallahassee, Florida 32303.....www.caringconnectionllc.com

WASHINGTON COUNTY

Washington County Council on Aging, Inc. (850) 638-6216

1348 South Boulevard

Chipley, FL 32428

ASSISTED LIVING FACILITIES

Broxton’s ALF

2233 Pate Pond Road

Caryville, FL 32427

(850) 548-5232

Limited Mental Health

Home Sweet Home

Limited mental health

1613 Monroe Sheffield Rd

Chipley, FL 32428

(850) 867-0802

Oak Valley ALF

4488 Hwy 79

Vernon, FL 32462

(850) 535-4196

Limited Mental Health

Hammack’s Retirement Home

4919 Hammack Road

Vernon, FL 32462

(850) 535-2491

Limited Mental Health

Holmes Creek ALF

3732 Roche Ave

Vernon, FL 32462

(850) 535-1160

Limited Mental Health

***Tropical Paradise Villa ALF
and Retirement***

1593 Brickyard Rd.

Chipley, FL 32428

(850)638-6999

Limited Mental Health

SKILLED NURSING FACILITIES

Washington Rehab & Nursing Center

879 Usery Road

Chipley, FL 32428-5012

(850) 638-4654

HOSPITAL

Northwest Florida Community Hospital

1360 Brickyard Rd.

Chipley, FL 32428

(850) 638-1610

SUPPORT GROUPS

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2) (850) 274-4945
1-866-778-2724

First Presbyterian Church
Sponsored by Alzheimer’s Project, Inc.
658 5th Street, Chipley, FL 32428
3rd Thursday of each month
1:00 pm – 2:30 pm (CST)
Respite Care Provided (FREE)

THOMAS COUNTY, GEORGIA

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945
..... 1-866-778-2724

SOWEGA COUNCIL ON AGING..... TOLL-FREE (800) 282-6612
1105 Palmyra Road, Albany, GA. 31701

SCOTT SENIOR CENTER..... (229) 226-9470
611 North Stephens Street Thomasville, GA 31792

SKILLED NURSING FACILITIES

The following facilities do not offer specialized dementia units, but they do have residents who have various types of dementia.

Nursing and Rehabilitation Thomasville
120 Skyline Drive
Thomasville, GA 31757
(229) 225-1049

10629 US Hwy. 19 South
Thomasville, GA 31792
(229) 226-8942

Camellia Gardens of Life Care
804 South Broad St.
Thomasville, GA 31792
(229) 226-0076

Golden Living Center of Thomasville
930 South Broad St.
Thomasville, GA 31792
(229) 226-9322

Glen-Mor Nursing Home

ASSISTED LIVING FACILITIES

Plantation Manor

220 Park Avenue
Thomasville, GA 31792
(229) 227-0880

Special unit for Alzheimer’s residents.

****Caregiver Support Group held on LAST Monday
of the month at 11 am***

Southern Pines Retirement Community

421 Covington Avenue
Thomasville, GA 31792
(229) 226-6074

Special unit for Alzheimer’s residents

Respite Care Available

The Suites of Woodleaf and Woodleaf @ Home

2022 East Pinetree Blvd
Thomasville, GA 31792
(229) 226-8682

ADULT DAY CARE

Southern Pines Retirement Community

421 Covington Avenue
Thomasville, GA 31792
(229) 226-6074

Provides Alzheimer’s Day Care seven days a week.

Private pay- \$80/ full day \$40/ half day

Walter Sawyer Memorial Day Care

Plantation Manor
220 Parke Ave
Thomasville, GA 31792
(229)226-8682

BROOKS COUNTY, GEORGIA

African-American Alzheimer’s Caregiver Training and Support Project 2 (ACTS 2)..... (850) 274-4945

..... 1-866-778-2724

SOUTHEAST GEORGIA AREA AGENCY ON AGING (Toll-Free) (888) 732-4464

1725 South Georgia Parkway, West Waycross, Georgia 31503912-287-5888

ASSISTED LIVING FACILITIES/SKILLED NURSING FACILITIES

Presbyterian Home and Retirement Community

1901 West Screven Street
P.O. Box 407
Quitman, GA 31643
(229) 263-6100

The Presbyterian Home and Retirement
Community is a Continuing Care Retirement

Community offering skilled nursing care with in-house Medical Director, pharmacy and therapy, an Alzheimer's special care unit, assisted living

accommodations, and independent living apartments and cottages.

DECATUR COUNTY, GEORGIA

SOWEGA COUNCIL ON AGING Toll-Free (800) 282-6612
1105 Palmyra Road, Albany, GA. 31701

DECATUR COUNTY SENIOR CENTER (229) 246-8672
402 West Water Street, Bainbridge, GA 31717

ASSISTED LIVING FACILITIES

Four Seasons Personal Care Home (229) 248-0732

918 East Evans Street
Bainbridge, GA 39819

Port City Personal Care

720 East Shotwell Street
Bainbridge, GA 39819
(229) 243-0967

Riverside Place

1151 West College Street
Bainbridge, GA 39819
(229) 248-1116

SUPPORT GROUPS

African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS 2) (850) 274-4945
1-866-778-2724

Alzheimer's Support Group Meeting

Meets the 3rd Monday of each month
12 pm – 1:30 pm

Sites change between:

First Baptist Church
First Presbyterian Church, and
First United Methodist Church

Contact Sheree Hall for more info:

(229) 248-1116 or

riversideplace@bellsouth.net

SKILLED NURSING FACILITIES

Bainbridge Health Care..... (229) 243-0931

1155 West College Street

Bainbridge, GA 39819

Memorial Hospital & Manor..... (229) 246-3500

1500 East Shotwell Street

Bainbridge, GA 39819

According to SOWEGA, none of the personal care homes or the skilled nursing facilities offer Alzheimer-related services. They may have residents living in them who have Alzheimer’s disease as a diagnosis, but they are not specialized facilities and do not offer specialized units or care.

www.ors.dhr.state.ga.us

Search by Zip Code, City, County for most updated facilities.

OTHER LOCAL AND STATE RESOURCES

State of Florida, District 2, Department of Children and Families, Adult Protective Services

1317 Winewood, Tallahassee, FL 32399..... (850) 921-4862

..... 1-800-962-2873

Adult Protective Services investigators conduct investigations of abuse, neglect, exploitation and special conditions of vulnerable adults via reports to the Florida Abuse Hotline (1-800-962-2873). Responses may include

Protective Supervision, Protective Intervention, information and referral, or emergency removal of vulnerable adults in imminent danger lacking capacity to consent. Adult Services Counselors are available for consultation on placement regarding Adult Family Care Homes & Assisted Living Facilities, OSS, Medicaid eligibility, emergency placement and to assist investigators on abuse and neglect referrals.

Advantage Aging Solutions

Area Agency on Aging for North Florida (AAA) (850) 488-0055
2414 Mahan Dr., Tallahassee, FL 32308 ***Elder Helpline*** (850) 963-5337

The Area Agency on Aging for North Florida, Inc./Aging and Disability Resource Center (AAA/ADRC), a non-profit organization has been working with local aging network providers in fourteen counties for over 35 years to coordinate a continuum of care for older adults and individuals with disabilities to facilitate aging in place in the latest restrictive setting. Funded in large part by the State of Florida Department of Elder Affairs, the AAA/ADRC administers a variety of home and community-based programs including Community Care for the Elderly, Alzheimer’s disease Initiative, and Home Care for the Elderly.

The AAA/ADRC is also legislatively charged with the responsibility of being the main entry point into the long-term care system under the Statewide Medicaid Managed Care Long-term Care program (SMMCLTCP).

AARP (850) 577-5165
200 West College Avenue, suite 309, Tallahassee, FL 32301

Capital Health Plan (850) 383-3311

CHP is a local, non-profit Health maintenance Organization (HMO) that was created in 1982 to provide comprehensive and coordinated medical care. Capital Health Plan proudly serves Calhoun, Franklin, Gadsden, Jefferson, Leon, Liberty, and Wakulla counties in Florida. For more information, please visit www.capitalhealth.com or email memberservices@chp.org.

CARES District Offices (850) 414-9803
2B Department of Elder Affairs, 4040 Esplanade Way, Ste 380 Tallahassee, FL 32399

CARES 2A Office (850)747-5840

CARES (Comprehensive Assessment and Review for Long-Term Care Services) is a free service to help people determine the best way to care for themselves when in need of long-term care. CARES staff (a team of registered nurses and/or social workers) perform on-site, comprehensive assessment to determine long-term care needs and recommend services best suited to the individual’s needs. Recommended services may take place in a community setting, a nursing home, or at home. The goal of CARES is for individuals to remain in the community as long as it is safe and practical with the assistance of services such as home-delivered meals, homemaker services, transportation, personal care, home health care, adult day services, etc.

Department of Elder Affairs (850) 414-2000
4040 Esplanade Way, Tallahassee, FL 32399-7000

The Department of Elder Affairs oversees the dissemination of funds for research, training, and service demonstration projects for the Alzheimer’s Disease Initiative. Components of the initiative include thirteen Memory Disorder clinics, model day care for Alzheimer’s patients in select locations, and respite care in all 67 Florida counties. The Memory Disorder Clinics are also excellent resources for families seeking a diagnosis. They have expert medical teams that can determine if a person has a probable Alzheimer’s diagnosis or perhaps some other disorder that may be treatable.

Elder Care Services (850) 921-5554
2518 West Tennessee Street, Tallahassee, FL 32304

Elder Care Services provides a variety of in-home and community-based services to people 60 years of age and older. Programs/services include: community care for the elderly, home care for the elderly and Alzheimer’s Disease Initiative Program.

Alzheimer Disease Initiative Program: services may include case management, respite, chore, homemaker, personal care, medical transportation, emergency alert phone systems, and other limited services.

Meals on Wheels: A hot noon meal is delivered Monday through Friday by a corps of 400 Volunteers. For homebound elders who cannot shop or cook, or should not cook, as well as those who cannot afford a nutritious diet, the MOW Program is key to remaining independent in their own home. Rural seniors are provided weekly frozen meals to supplement their diet. The added benefit of a daily “safety check” by the volunteer cannot be overstated. For frail, homebound elders, these meals are the lifeline that allows them to remain in their homes rather than going to a nursing home.

General United Way Services: Telephone reassurance, medical equipment loan, food bank for seniors, and eyeglass assistance.

Statewide Elder Help Line 1-800-96-ELDER
Florida Department of Elder Affairs..... (800) 963-5337

Florida’s toll-free information and referral line for all elder services/programs.

Florida Department of Elder Affairs (DOEA)..... (850) 414-2000
4040 Esplanade Way, Tallahassee, FL 32399-7000

The Department of Elder Affairs is the primary state agency administering human service programs to benefit Florida’s elders.

Florida Public Service Commission (850) 413-7087

2540 Shumard Oak Boulevard, Tallahassee, FL 32399

The Florida Public Service Commission is committed to making sure that Florida’s consumers receive some of their most essential services – electrical, natural gas, telephone, water, and wastewater – in a safe, reasonable, and reliable manner. In doing so, the PSC exercises regulatory authority over utilities in one or more of three key areas: rate base/ economic regulation; competitive market oversight; and monitoring of safety, reliability, and service. For help with solving regulated utility issues, consumers can reach PSC Consumer Assistance at 1-800-342-3552, by email at contact@psc.state.fl.us, or through the PSC website at www.FloridaPSC.com.

Leon County Senior Outreach..... (850) 891-4033

A program of the Tallahassee Senior Foundation and primarily funded by the Leon County Board of County Commissioners, this program helps rural Leon County seniors access information, services, and resources. Activities include monthly lunch and learn programs at the Miccosukee, Bradfordville, Chaires-Capitola, Lake Jackson, Woodville, and Fort Braden community centers featuring a variety of social service agencies, health screenings, and educational speakers. Ongoing activities include art, fitness, and cards are also available as scheduled. See talgov.com/seniors for descriptions and times.

Leon County Public Library (850) 606-2665

200 West Park Avenue, Tallahassee, FL 32301

The Public Library is an excellent option for finding information on aging issues, current research and local resources.

Long-Term Care Ombudsman Council (850) 414-2323

4040 Esplanade Way, Suite 280, Tallahassee, FL 32399-7000..... (888) 831-0404

An Ombudsman is a volunteer who investigates and seeks to resolve resident or family complaints in state licensed long-term care facilities. The Ombudsman can be a helpful resource to families looking at placement options for a person with Alzheimer’s disease.

Moving Experience, Inc...... (850) 893-3652

This Tallahassee company specializes in helping seniors move from one physical location to another. Services are customized to each individual family and situation, beginning with what belongings will be moved, moving them, and setting up the new home.

Social Security Administration (866) 248-2088

2002 Old St. Augustine, Suite B-12, Tallahassee, FL 32301 (800) 772-1213

The SSA office provides information and eligibility determination for Social Security, Supplemental Security Income (SSI), and Medicare.

Suncoast Alzheimer's Information Line (800) 633-4563

The Suncoast Alzheimer's Information Line is run by USF and is a statewide toll-free telephone number for caregivers. Knowledgeable clinician/educators provide a wide range of information about Alzheimer's and other dementias.

Tallahassee Senior Center (850) 891-4000

1400 North Monroe Street, Tallahassee, FL 32303

Education, recreation, and wellness activities and classes for active, independent adults are available each month at the center or a satellite site. Participants can choose from fitness and wellness classes, several types of dance, all mediums of art, crafts, foreign languages, and computer classes. Cards and games include duplicate bridge, canasta, mahjonn, and Wii bowling. A Senior Resource Coordinator connects participants and caregivers with partner agencies and community resources to meet their varied needs. Local service providers offer mental health, financial, legal, and insurance counseling. Lunch, provided by Elder Care Services (ECS) for seniors age 60 and older, is served Monday-Friday on a donation basis. Special events include Capital City Senior Games, TALL-Tallahassee Active Lifelong Leaders, and L3X Lifelong Learning. Individuals must be able to function independently or be accompanied by a caregiver at all times. Most activities are \$2; some classes and outings cost more. Tours of the center are available between 9a.m. and 4p.m. Monday-Friday. Descriptions and times of the classes and activities are available at talgov.com/seniors or by calling the center.

NATIONAL RESOURCES

- Alzheimer's Foundation of America*** Toll Free: (866) AFA-8484
322 Eighth Avenue, 7th Floor, New York, NY 10001 www.alzfdn.org
Referrals to resource centers across the U.S., education and counseling services; free magazine for caregivers;
Care Connection – phone coaching for caregivers of individuals with Alzheimer's disease and related illnesses.
- Administration on Aging*** (202) 401-4634
1 Massachusetts, NW, Washington, DC 20001
- Elder Care Locator***..... 1-800-677-1116
Provides referrals to local elder care services throughout the United States. www.eldercare.gov
- Alzheimer's Disease Education & Referral Center (ADEAR)*** 1-800-438-4380
PO Box 8250, Silver Spring, Maryland 20907-8250..... www.alzheimers.org
Provides answers to questions about Alzheimer's disease and clinical trials. Identifies resources and materials.
Free newsletter and calendar of upcoming events, as well as a literature based search service are available to
professionals and caregivers alike.
- National Council on Aging*** (202) 479-1200
1901 L Street, NW, 4th floor, Washington, DC 20036 www.ncoa.org
- Alzheimer's Association*** 1-800-272-3900
225 North Michigan Avenue, Suite F117, Chicago, Illinois 60601 (312) 335-8700
www.alz.org TDD (312) 335-8882
Distributes a quarterly newsletter and provides referrals to Alzheimer's Association chapters to enhance care,
support and advocacy.
- AARP*** 1-866-595-7678
601 E Street, NW, Washington, DC 20049 www.aarp.org
AARP offers many unique tools and resources to help individuals 50+ and their families
- National Association of States United for Aging and Disabilities*** (202) 898-2578
1201 15th Street NW, Suite 350, Washington, DC 20005 www.nasuad.org
- National Association of Area Agencies on Aging***..... (202) 872-0888
1730 Rhode Island Ave, NW, Suite 1200 Washington, DC 200036..... www.n4a.org

OTHER RESOURCES

BOOKS

- Artley, Bob. **Ginny: A Love Remembered**. Ames, Iowa: Iowa State University, 1993.
- Bourgeois, Michelle S. Ph.D., CCC/SLP. **My Book Of Memories**. Gaylord, MI, Northern Speech Services Inc. 1997.
- Bourgeois, Michelle S. Ph.D, CCC/SLP. **Conversing with Memory Impaired Individuals Using Memory Aids** (video). Gaylord, MI, Northern Speech Services, Inc. 1997.
- Casale, Anne. **The Long Life Cookbook: Delectable Recipes for Two**. New York; Ballantine, 1991.
- Cohen, D. and Eisdorfer, C. **Seven Steps to Effective Parent Care: A Planning and Action Guide for Adult Children with Aging Parents**. New York: Putnam, 1994.
- Colgrove, Melba. **How to Survive the Loss of a Love**. Los Angeles: Prelude Press, 1991.
- Coste, Joanne Koenig. **Learning to Speak Alzheimer's**. New York: First Mariner Books, 2003.
- Davis, Robert. **My Journey Into Alzheimer's Disease**. Wheaton, IL: Tyndale House, 1989.
- Frank, Julia. **Alzheimer's Disease: The Silent Epidemic**. Minneapolis: Lerner, 1985.
- Gibbons, Leeza, Huysman, James, and Laird, Rosemary: **Take Your Oxygen First: Protecting Your Health and Happiness While Caring for a Loved One with Memory Loss**. LaChance Publishing LLC, 2009.
- Gruetzner, Howard. Alzheimer's: **A Caregiver's Guide and Sourcebook**. New York: John Wiley & Sons, 1992.
- Guthrie, Donna. **Grandpa Doesn't Know It's Me**. Human Sciences Press, 1986.
- Heath, Angela. **Long Distance Caregiving: A Survival Guide for Far Away Caregivers**. Lakewood, CO: American Source Books, 1993.
- Mace, Nancy L. and Rabins, Peter. **The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss**. Baltimore: Johns Hopkins Press, 1991.
- MacLean, Helene. **Caring for Your Parents: A Sourcebook of Options and Solutions**. Garden City, N.Y.: Doubleday, 1987.
- Moskowitz, Francine. **Parenting Your Aging Parents**. Woodland Hills, CA: Key Publications, 1991.
- Norris, Jane. **Daughters of the Elderly: Building Partnerships in Caregiving**. Bloomington: Indiana University Press, 1988.
- Oliver, Rose. **Coping with Alzheimer's: A Caregiver's Emotional Survival Guide**. New York: Dod, Mead & Co., 1987.
- Powell, Leonore S. **Alzheimer's Disease: A Guide for Families**. Reading, MA: Addison-Wesley, 1983.

Sheridan, Carmel. **Failure Free Activities for the Alzheimer's Patient: A Guidebook for Caregivers.**

Oakland: Cottage Books, 1987.

Wirsig, Woodrow. **I Love You, Too!** New York: M. Evans, 1990.

NEWSLETTERS

Central Florida Alzheimer's News, Alzheimer Resource Center, P O Box 560129, Orlando, FL 32856-0129.

l.i.a.f. line, (a monthly newsletter from the Long Island Alzheimer's Foundation), 3333 New Hyde Park Road, Suite 414, New Hyde Park, NY 11042. Or phone (516) 869-9627.

Monthly Caregiver Calendar of Events, Alzheimer's Project of Tallahassee, 301 East Tharpe Street, Tallahassee, FL 32301.

The Alzheimer's Support Network News, Alzheimer's Support Network, 660 Tamiami Trail North, Suite 21, Naples, FL 33940.

The Caregiver, Duke Family Support Program, Box 3600, Duke Medical Center, Durham, NC 27710.

INTERNET

Alzheimer's Bookstore.....www.alzheimersbooks.com

The bookstore contains books and information about caregiving and activities for loved ones.

Alzheimer's Caregiver Support Online www.alzonline.net

A statewide, interactive website which provides education, support and many other resources to caregivers of elders with Alzheimer's disease and other progressive dementias. Call toll free: 1-866-260-2466.

Alzheimer's Disease Education and Referral (ADEAR).....www.alzheimers.org

ADEAR is a service of the National Institute on Aging. The site contains a toll-free number that connects caregivers with a specialist in dementia care. Caregivers may also order ADEAR publications, many of which are free.

Alzheimer's Foundation of America (AFA) www.alzfdn.org

A national organization created to give support to organizations that help lighten the burden and improve the quality of life for those suffering with AD and their caregivers.

Alzheimer's Research Forumwww.alzforum.org

Alzheimer’s Store..... www.alzstore.com

Products and resources for people with Alzheimer’s disease and related dementias. Products are selected on quality, application to serving people with AD and their caregivers.

AAA/ADRC www.aaanf.org

American Association of Retired Persons (AARP)..... www.aarp.org

Includes an introduction to caregiving and assistance to new caregivers.

BenefitsCheckUp..... www.benefitscheckup.org

A free, fast, and confidential web based service that helps users find the right agencies to contact and provides detailed instructions on how to apply for benefits.

Caregiver Links..... www.adrc.wustl.edu

Provides links to caregiver resources.

Caregiving.com..... www.caregiving.com

An online support group for caregivers of all kinds.

Finding Care..... www.careguide.com

Information and online support groups to caregivers of older people for issues such as finding the right care and specific elder care situations.

Dementia Guide..... www.dementiaguide.com

Helping people affected by dementia. Provides helpful information and tools created by people who understand what it’s like to care for someone who has Alzheimer’s Disease..

Family Caregiver Alliance www.caregiver.org

This website offers a mix of practical, hands-on information for caregivers to assist in care, planning, stress relief, and locating and using community resources, along with a clearinghouse of research findings and trends, information on specific diagnosis of cognitive disorders, statistics on long-term care, and recommended readings.

Florida Agency for Health Care Administration..... ahca.myflorida.com

Provides information on “accessible, affordable, quality health care for all Floridians.”

Florida Department of Elder Affairs <http://elderaffairs.state.fl.us>

Contains resources for elders such as services, elder abuse and health care.

KnowItAlz: Alzheimer’s Caregiver’s Community..... www.knowitalz.com

They hope to provide you with information, resources, connections to other caregivers, and most importantly a few laughs. They also have new caregiving information available.

To build a true community, your feedback and contributions are critical. Who better to provide expert advice than those who are living or have lived through it? We can build this extended support group, but only with your help. Let's do this together!

Medicare www.medicare.gov

Medicare – Compare Nursing Home Ratings www.medicare.gov/NHCompare/

National Alliance for Caregiving..... www.caregiving.org

National Alzheimer’s Association..... www.alz.org

REACH www.edc.gsph.pitt.edu/reach/abstract.html

REACH (Resources for Enhancing Alzheimer’s Caregiver Health), started by the National Institute of Health. This site’s purpose is “to develop and test new ways to help families manage the daily activities and the stresses of caring for people with Alzheimer’s disease or a related disorder.”

Teens for Alzheimer’s Awareness www.afateens.org

The official teenage branch of the Alzheimer’s Foundation of America that helps teens raise funds and awareness for Alzheimer’s. Includes an interactive message board for teens to discuss Alzheimer’s disease, volunteer opportunities, and more.

U.S. Administration on Aging (AoA) www.aoa.gov/

This site has a main caregivers resource website and several mini-sites for family caregiver information within its main webpage. Mini-sites include:

Caregiving Resources for the Aging Network – this mini-site links to resources designed to assist the aging network develop caregiver support programs.

Veterans Affairs Office (Florida) www.floridavets.org

Wellspouse www.wellspouse.org

Virtual support community for spouses of the frail elderly. Offers support for spousal caregivers and advocates for the needs.

AUTOPSY INFORMATION

Because a definite diagnosis of Alzheimer's disease can only be determined post-mortem, an autopsy is important so that families can have complete medical records. If other family members develop dementia, an autopsy confirmed diagnosis of previous cases can be essential for any early treatment. Families may also want to consider brain tissue donations to research in order to gain a greater understanding of this catastrophic disease.

Florida Brain Bank Program

Wien Center for Alzheimer's Disease & Memory

Disorders

Contact: Maria T. Greig, MD, Coordinator

Mount Sinai Medical Center

4300 Alton Road

Miami Beach, FL 33140

(305) 674 2543

Alzheimer Resource Center of Greater Orlando, Inc.

Contact: Martha Purdy

1506 Lake Highland Dr

Orlando, FL 32803

(407) 843-1910 800-330-1910

**Dr. Ben Turner of Pathology Associates, (850) 878-5143, in Tallahassee will provide autopsy services for this area. Call for cost and availability.

FUNERAL HOMES

Abbey's Funeral Home (850)562-1518

4037 N Monroe St Tallahassee, FL 32303 <http://www.abbeyfh.com>

AFH provides a variety of services designed to fit each family's needs, including Traditional Funeral Services, Graveside Services, Cremation with Memorial Services, and Basic Cremation.

Beavis Funeral Home (850)385-2193

2710 N Monroe St Tallahassee, FL 32303 <http://www.beavisfh.com>

BFH is an independent family owned funeral home that's committed to providing caring, compassionate service to the families of Leon and surrounding communities.

Culley's MeadowWood Funeral Home (850)893-4177

700 Timberlane Rd Tallahassee, FL 32312 www.culleysmeadowwoodfuneral.com

Culley's is located on the grounds of MeadowWood Memorial Park, offering the convenience of funeral, cremation and cemetery options as well as traditional burial spaces, lawn crypts, mausoleum, columbaria and ossuary, as well as private family estates.

Neptune Society (850) 656-7024

3111 Mahan Drive, Unit #2, Tallahassee, FL 32308www.neptunesociety.com

Neptune Society provides simple and affordable options for pre-need and at-need cremation services. Financing options available. Call toll free: 1-800-637-8863.

Richardson's Family Funeral Home (850)576-4144

2627 South Adams Street Tallahassee, FL 32310richardsoncares.org

At Richardson's Funeral Home, staff strives to assist families in their time of need by providing a service which will make a statement, giving meaning and value to the profession of funeral service and care at a reasonable price.

Strong & Jones Funeral Home Inc (850)224-2139

551 West Carolina Street Tallahassee, FL 32301strongandjonesfuneralhome.com

"Gracious and dignified Service" is the motto of Strong & Jones Funeral Home. Strong & Jones offers a full coverage funeral service including cremations, direct burials, shipping services and additional funeral services to families in their time of need.

Faith Funerals & Cremations..... (850)-539-4300

6972 Fl-Ga Hwy. Havana, Florida.....www.faithfuneralhome.com

Faith Funerals & Cremations was founded to be a place of comfort and peace for grieving families. Located on 10 acres of beautiful grounds with a multi-use reception/chapel, enclosed Family & Friends Garden and an onsite Crematory we are thinking of your needs. From the moment we are called it's about caring for your family's needs and wishes. Every detail of planning a loving tribute for your loved one is important to us because it's important to you! We are as close as your telephone.

FLORIDA MEMORY DISORDER CLINICS

**Tallahassee Memorial Healthcare
Memory Disorder Clinic**
1401 Centerville Road, Suite 504
Tallahassee, FL 32308
(850) 431-5001 press 2

University of Florida MDC
McKnight Brain Institute
Department of Neurology
P.O. Box 100236
Gainesville, FL 32610-0236
(352) 273-5550

**Mayo Clinic Jacksonville
Memory Disorder Clinic**
4500 San Pablo Road
Jacksonville, FL 32224
(904) 953-7103

East Central Florida MDC
3661 S Babcock Street
Melbourne, FL 32901
(321) 768-9575

**Florida Atlantic University
Memory Disorder Clinic**
Memory and Wellness Center
777 Glades Road, Bldg. AZ-79
Boca Raton, FL 33431
(561) 297-0502

**Lee Memorial Health Systems
Memory Care**
2776 Cleveland Avenue, Suite 807
Fort Myers, FL 32901
(239) 343-2634

Morton Plant Memory Disorder Clinic
430 Pinellas St. Suite 401
Clearwater, FL 33756
(727) 461-8635

Broward Health North
Memory Disorder Center
201 East Sample Road
Deerfield Beach, FL 33064
(954) 786-7392

**Orlando Health Lucerne Hospital
Memory Disorder Clinic**
21 W. Columbia St. second floor
Orlando, FL 32801
(407) 244-3281

**St. Mary's Medical Center
Memory Disorder Clinic**
1515 S. Osprey Ave., Suite A-1
West Palm Beach, FL 33407
(561) 882-6363

**Sarasota Memorial Hospital
Memory Disorder Clinic**
1700 S Tamiami Trail
Sarasota, FL 34239
(941) 917-7197

The Wein Center (& Brain Bank)
Mount Sinai Medical Center
4300 Alton Road
Miami Beach, FL 33140
(305) 674-2121

**University of Miami
Memory Disorder Clinic**
1695 NW 9th Ave, Suite 3202
Miami, FL 33136
(305) 355-9065
Contact Gloria Peruyera

**University of South FL
Memory Disorder Clinic**
3515 E Fletcher Ave, MDC-14
Tampa, FL 33613
(813) 974-3100

West Florida Hospital MDC
8383 N Davis Hwy
Pensacola, FL 32514
(850) 494-649

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WORDS TO LIVE BY FROM A PERSON LIVING WITH DEMENTIA

Treat the individual living with dementia in the gift of the present, not in the past or the future....rather in the present moment. Dr. Sandy Halperin

What a person living with dementia would tell you if they could.

You know what makes me feel safe, secure, and happy? **A smile.**

Did you ever consider this? **When you get tense and uptight it makes me feel tense and uptight.**

Instead of getting all bent out of shape when I do something that seems perfectly normal to me, and perfectly nutty to you, why not just smile at me? **It will take the edge off the situation all the way around.**

Please try to understand and remember it is my short term memory, **my right now memory**, that is gone -- don't talk so fast, or use so many words.

You know what I am going to say if you go off into **long winded explanations on why we should do something?** I am going to say **No**, because I can never be certain if you are asking me to do something I like, or **drink a bottle of Castor oil**. So I'll just say **No** to be safe.

Slow down. And **don't sneak up on me and start talking**. Did I tell you I like smiles?

Make sure you have my attention before you start blabbering away. What is going to happen if you start blabbering away and you don't have my attention, or confuse me? I am going to say **No** - count on it.

My attention span and ability to pay attention are not as good as they once were, **please make eye contact with me before you start talking**. A nice **smile** always gets my attention. Did I mention that before?

Sometimes you talk to me like I am a child or an idiot. How would you like it if I did that to you? Go to your room and think about this. Don't come back and tell me you are sorry, I won't know what you are talking about. Just stop doing it and we will get along very well, and probably better than you think.

You talk too much, instead try taking my hand and leading the way. I need a guide not a person to nag me all the time.



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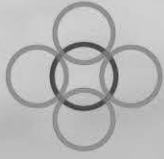
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