

STATE HEALTH IMPROVEMENT PLAN

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# Caregiver ToolKit

*Supporting Your Caregiving Journey*



[ELDERAFFAIRS.ORG](http://ELDERAFFAIRS.ORG)



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# Introduction

## Dear Florida Caregivers

This resource guide is here to help you find answers to your caregiving questions. The resources included are from non-profits, businesses, and government agencies that specialize in caregiving, senior care, aging, and end-of-life issues. Our goal is to make caring for loved ones less stressful by helping you become a more confident and well-informed caregiver. We wish you success throughout your caregiving journey!

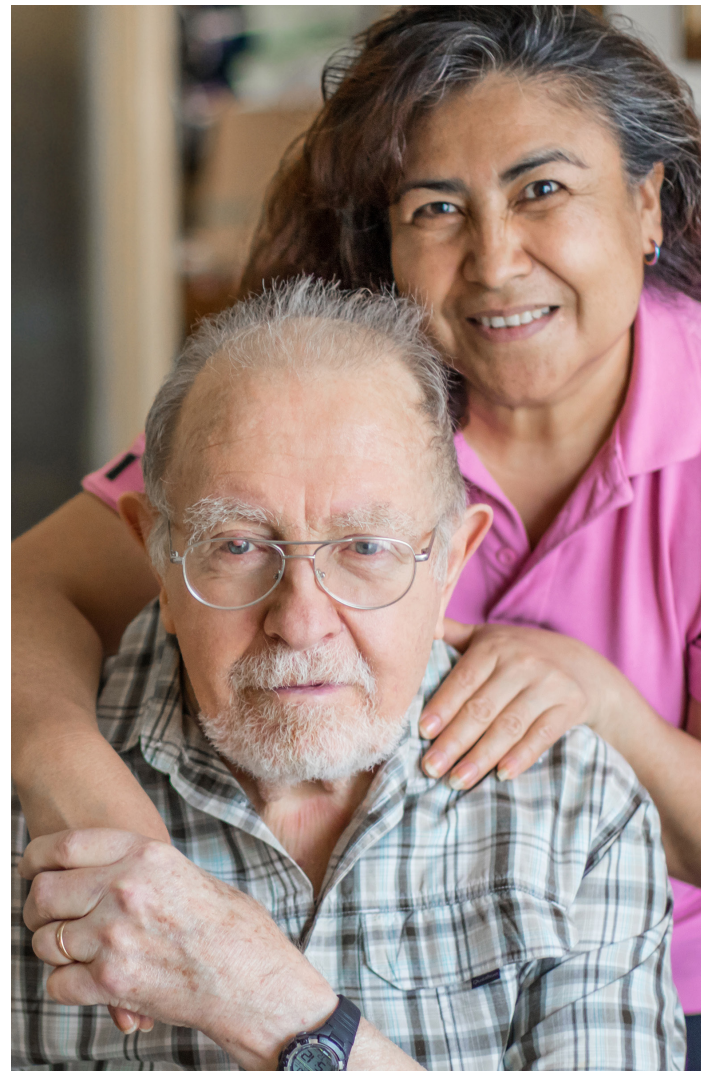
## Who Can Be a Caregiver?

Many individuals are caregivers without even realizing it. Caregivers are responsible for the physical care and emotional support of someone who can no longer care for themselves due to illness, injury, or disability. This often includes providing support with financial and legal affairs.

Caregiving comes in many varieties – including from afar. Long-distance caregivers support a loved one who lives an hour or more away. Many types of support are possible from any distance: assistance organizing appointments and in-home services, medication reminders, financial and legal assistance, emergency preparedness, and a growing number of telehealth options make it possible to assist a loved one no matter where you live.

## You Are Not Alone

Today, Floridians are expected to live longer than the average American life expectancy. However, many are facing chronic health problems that can develop in later years. Families are stepping up to help. Caring for a person with Alzheimer's disease or related dementias sometimes requires a team of people. If you provide daily care, participate in decision-making, or simply care about a person with the disease, this guide has resources to help.



## Get the Support You Need

Providing care to a loved one may not always be easy. This guide will provide you with the right resources and support to deepen your caregiving knowledge and become more confident when caring for a loved one.





## Getting Started

People step into caregiving roles with widely varying needs and resources. As you work with your loved one to develop a care plan, consider the following helpful first steps:

- **Ask your loved one how you can be supportive.** Be respectful of their right to make decisions about their care needs and protect their dignity.
- **Call your local Area Agency on Aging helpline (see map, page 9).** Their helpline operators can share more about the programs and services your loved one may be eligible to receive. The AAAs act as the gateway for all state services, and their helplines serve as the primary entry point for all needs.
- **Start early.** Get to know the types of resources that are available before your loved one develops a critical need for the service.

- **Learn more about their illness or condition.** Many of the resources within the toolkit offer education programs and support groups that can help you prepare for future needs and make informed decisions.
- **Share responsibilities** with your loved one's inner circle of caregivers and maintain open communication with everyone whom your loved one wishes to include.
- **Develop a support system for yourself.** Connect to a support group or share your caregiving experiences with a few close friends. Caregiving is hard work. Take care of your mental and physical health and practice self-care.

# Resources



# Resources

## National Organizations

Alzheimer's Disease Supportive Services Program (ADSSP)

[acl.gov/programs/support-people-alzheimers-disease/support-people-dementia-including-alzheimers-disease](https://acl.gov/programs/support-people-alzheimers-disease/support-people-dementia-including-alzheimers-disease)

Alzheimer's Foundation of America

[alzfdn.org](https://alzfdn.org)

John A. Hartford Foundation

[johnahartford.org](https://johnahartford.org)

National Alliance for Caregiving

[caregiving.org](https://caregiving.org)

National Academy of Elder Law Attorneys

[naela.org](https://naela.org)

National Alzheimer's Disease Education and Referral Center (NIH ADEAR)

[nia.nih.gov/health/about-adear-center](https://nia.nih.gov/health/about-adear-center)

National Alzheimer's and Dementia Resource Center (NADRC)

[nadrc.acl.gov](https://nadrc.acl.gov)

National Alzheimer's Project Act

[aspe.hhs.gov/daltcp/napa](https://aspe.hhs.gov/daltcp/napa)

National Council of Aging

[ncoa.org](https://ncoa.org)

National Family Caregiver Support Program

[ncoa.org/caregivers](https://ncoa.org/caregivers)

National Institute on Aging

[nia.nih.gov/health/caregiving](https://nia.nih.gov/health/caregiving)

Alzheimer's Association

To find a chapter in your community:

[alz.org/local\\_resources/find-your-local-chapter](https://alz.org/local_resources/find-your-local-chapter)



National Institutes of Health

[nih.gov](https://nih.gov)

National Resource Center on LGBT+ Aging

[lgbtagingcenter.org](https://lgbtagingcenter.org)

SAGE Advocacy & Services for LGBT+ Elders

[sageusa.org](https://sageusa.org)

## US Federal & International Organizations

Administration for Community Living (ACL)

[acl.gov](https://acl.gov)

ACL Brain Health Resources

[acl.gov/brain-health](https://acl.gov/brain-health)

Alzheimer's Society

[alzheimers.org.uk](https://alzheimers.org.uk)

Centers for Disease Control  
Healthy Brain Road Map

[cdc.gov/aging/healthybrain/roadmap.htm](https://cdc.gov/aging/healthybrain/roadmap.htm)

Dementia Alliance International (DAI)

[dementiaallianceinternational.org](https://dementiaallianceinternational.org)

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US Department of Health and Human Services  
[hhs.gov](https://hhs.gov)

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US Department of Veterans Affairs  
[va.gov](https://va.gov)

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Veterans Administration (VA)  
[va.gov/GERIATRICS](https://va.gov/GERIATRICS)

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World Dementia Council  
[worlddementiacouncil.org](https://worlddementiacouncil.org)

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World Health Organization (WHO)  
[who.int/news-room/fact-sheets/detail/dementia](https://who.int/news-room/fact-sheets/detail/dementia)

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## State of Florida Alzheimer's Organizations

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211 Florida  
[unitedwayncfl.org/211](https://unitedwayncfl.org/211)

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Alzheimer's Association  
[Alz.org](https://Alz.org)

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Alzheimer's Family Organization  
[alzheimersfamily.org](https://alzheimersfamily.org)

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Alzheimer & Parkinson Association  
[alzpark.org](https://alzpark.org)

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Disaster Preparedness  
[floridadisaster.org](https://floridadisaster.org)

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Find a Ride Florida  
[findarideflorida.org](https://findarideflorida.org)

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Florida Department of Elder Affairs  
[elderaffairs.org](https://elderaffairs.org)

- Alzheimer's Disease Initiative (ADI)  
[elderaffairs.org/programs-services/bureau-of-elder-rights/alzheimers-disease-initiative](https://elderaffairs.org/programs-services/bureau-of-elder-rights/alzheimers-disease-initiative)

- Caregiver Assistance Programs  
[elderaffairs.org/programs-services/caregiving/community-care-for-the-elderly-cce-program](https://elderaffairs.org/programs-services/caregiving/community-care-for-the-elderly-cce-program)
- Dementia Care and Cure Initiative (DCCI) Task Forces  
[elderaffairs.org/programs-services/bureau-of-elder-rights/dementia-care-cure-initiative](https://elderaffairs.org/programs-services/bureau-of-elder-rights/dementia-care-cure-initiative)
- Elder Law  
[law.elderaffairs.org](https://law.elderaffairs.org)
- Long-Term Care Ombudsman Program  
[ombudsman.elderaffairs.org](https://ombudsman.elderaffairs.org)
- Memory Disorder Clinic  
[elderaffairs.org/wp-content/uploads/MDC-Map\\_WEB.pdf](https://elderaffairs.org/wp-content/uploads/MDC-Map_WEB.pdf)
- Office of Public and Professional Guardians  
[elderaffairs.org/programs-services/office-of-public-professional-guardians-oppg](https://elderaffairs.org/programs-services/office-of-public-professional-guardians-oppg)
- SHINE  
[floridashine.org](https://floridashine.org)

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Florida Abuse Hotline  
[myflfamilies.com/service-programs/abuse-hotline](https://myflfamilies.com/service-programs/abuse-hotline)

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Florida Adult Protective Services (APS)  
[www.myflfamilies.com/service-programs/adult-protective-services](https://www.myflfamilies.com/service-programs/adult-protective-services)

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Florida Council on Aging  
[fcoa.org/index.php](https://fcoa.org/index.php)

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Florida County Health Departments  
[floridahealth.gov/all-county-locations.html](https://floridahealth.gov/all-county-locations.html)

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Florida Department of Veterans' Affairs  
[floridavets.org/locations/#svnh](https://floridavets.org/locations/#svnh)

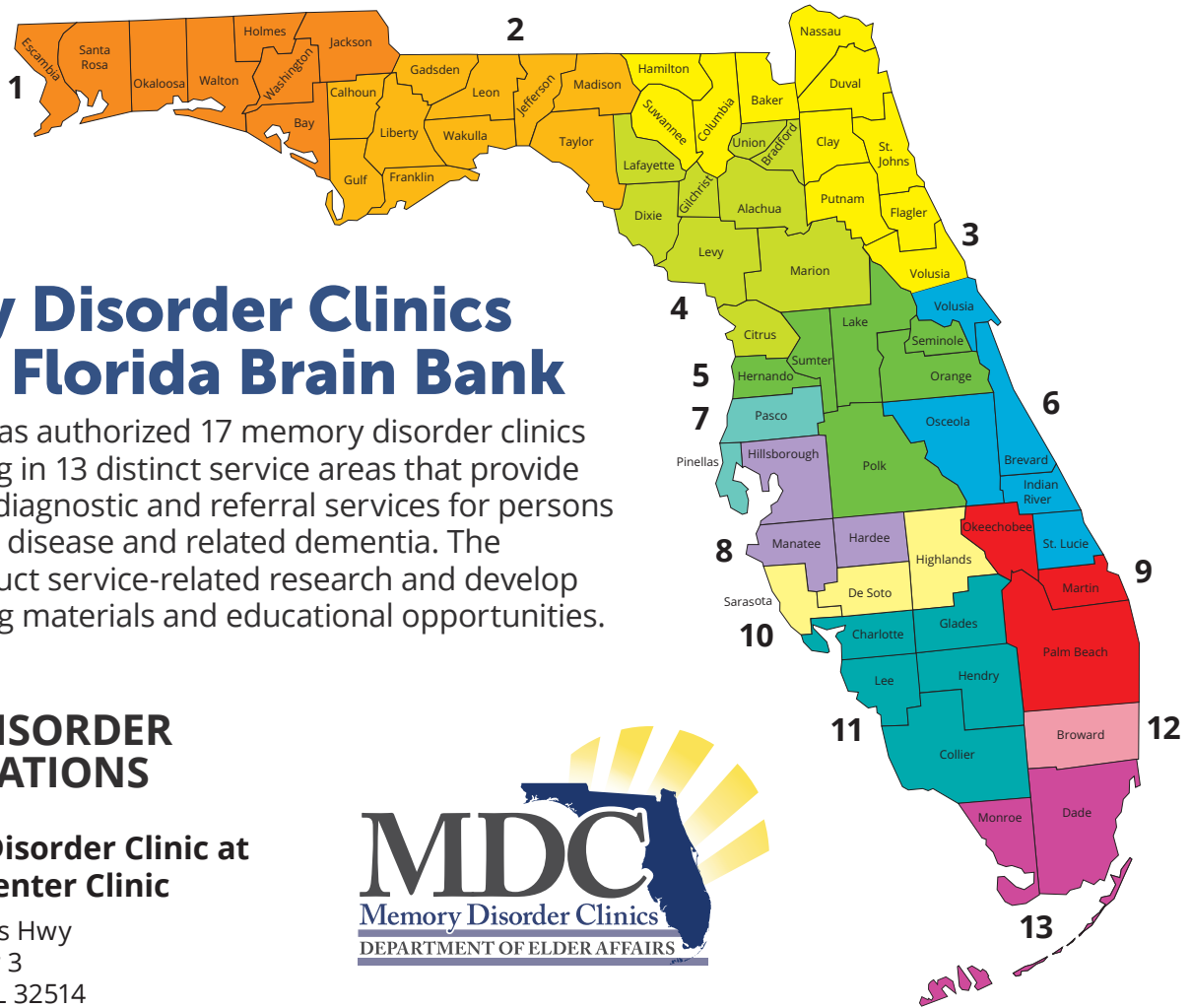
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Florida Silver Alert  
[www.fdle.state.fl.us/Amber-Plan/Silver-Alert](https://www.fdle.state.fl.us/Amber-Plan/Silver-Alert)

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Florida Special Needs Registry  
[snr.flhealthresponse.com](https://snr.flhealthresponse.com)





# Memory Disorder Clinics and the Florida Brain Bank

The legislature has authorized 17 memory disorder clinics (MDCs) operating in 13 distinct service areas that provide comprehensive diagnostic and referral services for persons with Alzheimer’s disease and related dementia. The clinics also conduct service-related research and develop caregiver training materials and educational opportunities.

## MEMORY DISORDER CLINIC LOCATIONS

1

**Memory Disorder Clinic at Medical Center Clinic**  
 8333 N. Davis Hwy  
 Bldg. 1, Floor 3  
 Pensacola, FL 32514  
 850-474-8353

2

**Tallahassee Memorial HealthCare Memory Disorder Clinic**  
 1401 Centerville Rd., Ste. 504  
 Tallahassee, FL 32308  
 (850) 431-5001

3

**Mayo Clinic Jacksonville Memory Disorder Clinic**  
 4500 San Pablo Rd.  
 Jacksonville, FL 32224  
 (904) 953-7103

4

**University of Florida Memory Disorder Clinic**  
 3009 SW Williston Rd.  
 Gainesville, FL 32608  
 (352) 294-5400



5

**Orlando Health Center for Aging and Memory Disorder Clinic**  
 32 West Gore Street  
 Orlando, FL 32806  
 (321) 841-9700

5

**AdventHealth Memory Disorder Clinic**  
 1573 W. Fairbanks Ave, Ste. 210  
 Winter Park, FL 32789  
 (407) 392-9237

6

**Health First Memory Disorder Clinic**  
 3661 S. Babcock St.  
 Melbourne, FL 32901  
 (321) 434-7612

8



7

**Morton Plant Madonna Ptak  
Center for Alzheimer's Research  
and Memory Disorders Clinic**

430 Morton Plant St., Ste. 401  
Clearwater, FL 33756  
(727) 298-6025

8

**University of South Florida  
Memory Disorder Clinic**

3515 E. Fletcher Ave.  
Tampa, FL 33613  
Phone: (813) 974-3100

9

**St. Mary's Medical Center  
Memory Disorder Clinic at Palm  
Beach Neuroscience Institute**

901 Village Blvd., Ste. 702  
West Palm Beach, FL 33409  
(561) 990-2135  
8756 Boynton Beach Blvd., Ste. 2500  
Boynton Beach, FL 33472  
(561) 990-2135

9

**Florida Atlantic University  
Louis and Anne Green Memory  
and Wellness Center**

777 Glades Rd., Bldg. AZ-79  
Boca Raton, FL 33431  
(561) 297-0502

10

**Sarasota Memorial Memory  
Disorder Clinic**

1515 S. Osprey Ave., Ste. A-1  
Sarasota, FL 34239  
(941) 917-7197

11

**Lee Memorial LPG Memory Care**

12600 Creekside Ln., Ste. 7  
Fort Myers, FL 33919  
(239) 343-9220

12

**Broward Health North  
Memory Disorder Center**

201 E. Sample Rd.  
Deerfield Beach, FL 33064  
(954) 786-7392

13

**Mt. Sinai Medical Center Wien  
Center for Alzheimer's Disease  
and Memory Disorders**

4302 Alton Rd., Ste. 650  
Miami Beach, FL 33140  
(305) 674-2543 ext. 54461

13

**University of Miami Center for  
Cognitive Neuroscience and Aging**

1695 N.W. 9th Ave., Ste. 3202  
Miami, FL 33136  
(305) 355-9065

13

**The MIND Institute at  
Miami Jewish Health**

5200 NE 2nd Avenue  
Miami, FL 33137  
(305) 514-8652

## BRAIN BANK LOCATIONS

5

**State of Florida Brain Bank- Satellite  
Office Orlando Alzheimer's and  
Dementia Resource Center**

1410 Gene Street  
Winter Park, FL 32789  
(407) 436-7755

13

**State of Florida Brain Bank  
Wien Center for Alzheimer's  
Disease and Memory Disorders**

4302 Alton Road, Suite 650  
Miami Beach, Florida 33140  
(305) 674-2018

NOTE: County coloring represents area served by the corresponding Memory Disorder Clinic.

## Florida Associations

Florida Adult Day Services Association

[fadsafl.org](http://fadsafl.org)

Florida Assisted Living Association

[fala.org](http://fala.org)

Florida Health Care Association

[fhca.org](http://fhca.org)

Home Care Association of Florida

[homecarefla.org](http://homecarefla.org)

Florida Hospice and Palliative Care Association

[floridahospices.org](http://floridahospices.org)

Florida Senior Living Association

[floridaseniorliving.org](http://floridaseniorliving.org)

Aging Life Care Association

[aginglifecare.org/ALCA/Regional\\_Chapters/Florida\\_Chapter/Florida\\_Chapter\\_Home\\_Page.aspx](http://aginglifecare.org/ALCA/Regional_Chapters/Florida_Chapter/Florida_Chapter_Home_Page.aspx)

Leading Age Florida

[leadingageflorida.org](http://leadingageflorida.org)

## Alzheimer's and Related Dementias Organizations

Association for Frontotemporal Degeneration

[theaftd.org](http://theaftd.org)

Huntington's Disease Society of America

[hdsa.org](http://hdsa.org)

Lewy Body Dementia Association

[lbda.org](http://lbda.org)

Parkinson's Foundation

[parkinson.org](http://parkinson.org)



## Florida Department of Elder Affairs Partner Organizations

Aging and Disability Resource Centers (ADRCs)

[elderaffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs](http://elderaffairs.org/resource-directory/aging-and-disability-resource-centers-adrcs)

AARP

[aarp.org](http://aarp.org)

- Age-Friendly States and Communities  
[aarp.org/livable-communities/network-age-friendly-communities](http://aarp.org/livable-communities/network-age-friendly-communities)
- Dementia  
[aarp.org/health/dementia](http://aarp.org/health/dementia)

Dementia Friendly America

[dfamerica.org](http://dfamerica.org)

Florida Department of Health

[floridahealth.gov](http://floridahealth.gov)

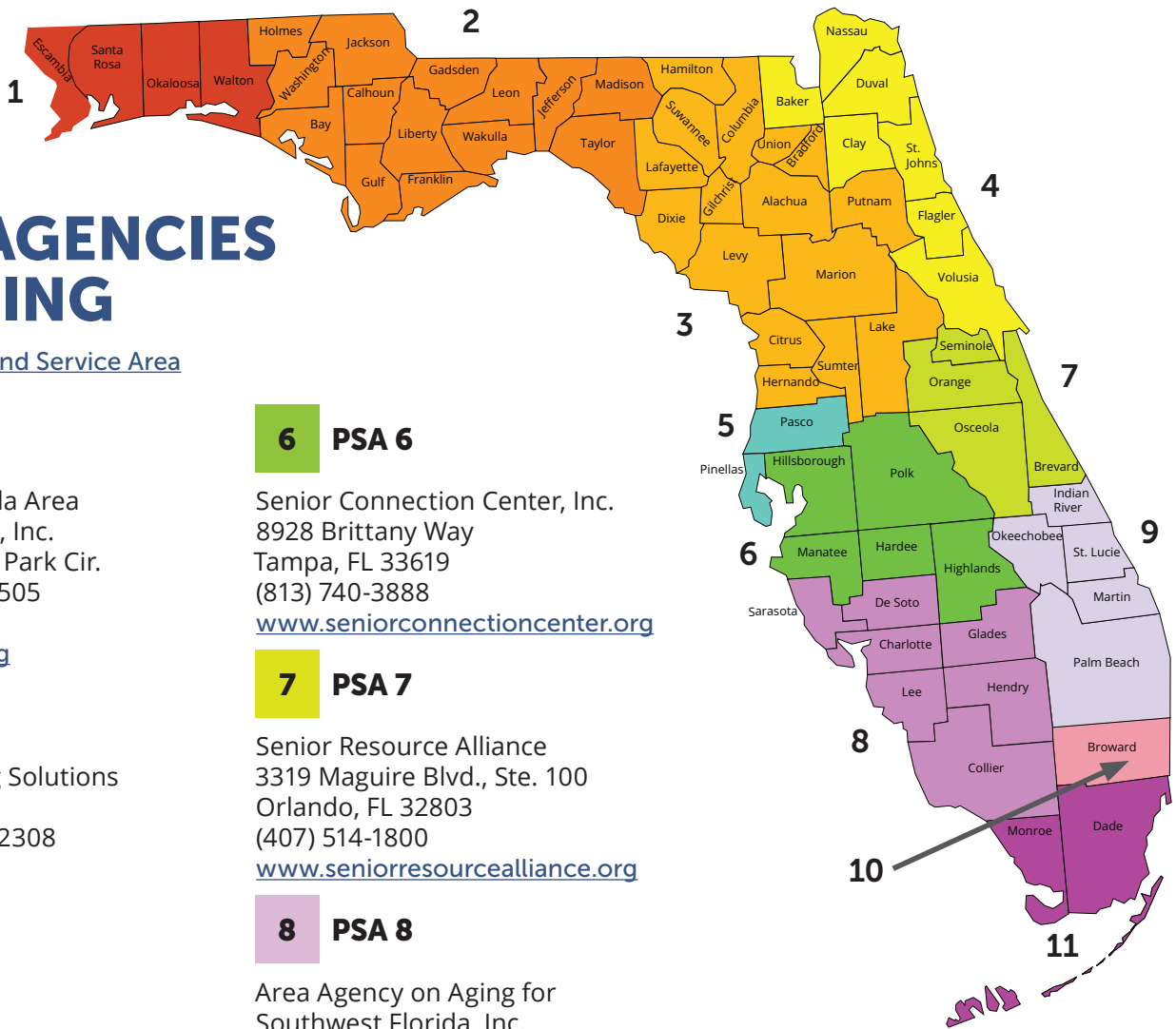
- Florida Department of Health SHIP  
[floridahealth.gov/about/state-and-community-health-assessment/ship-process/FINAL\\_SHIP.pdf](http://floridahealth.gov/about/state-and-community-health-assessment/ship-process/FINAL_SHIP.pdf)
- Florida Health Finder  
[floridahealthfinder.gov/index.html](http://floridahealthfinder.gov/index.html)

Florida Safe Mobility for Life Coalition

[safemobilityfl.com/FamiliesandCaregiverResources.htm](http://safemobilityfl.com/FamiliesandCaregiverResources.htm)

USAging

[usaging.org](http://usaging.org)



# AREA AGENCIES ON AGING

PSA - Planning and Service Area

## 1 PSA 1

Northwest Florida Area Agency on Aging, Inc.  
5090 Commerce Park Cir.  
Pensacola, FL 32505  
(850) 494-7101  
[www.nwflaaa.org](http://www.nwflaaa.org)

## 2 PSA 2

Advantage Aging Solutions  
2414 Mahan Dr.  
Tallahassee, FL 32308  
(850) 488-0055  
[www.aaanf.org](http://www.aaanf.org)

## 3 PSA 3

Elder Options  
100 S.W. 75th St., Ste. 301  
Gainesville, FL 32607  
(352) 378-6649  
[www.agingresources.org](http://www.agingresources.org)

## 4 PSA 4

ElderSource, The Area Agency on Aging of Northeast Florida  
10688 Old St. Augustine Rd.  
Jacksonville, FL 32257  
(904) 391-6600  
[www.myeldersource.org](http://www.myeldersource.org)

## 5 PSA 5

Area Agency on Aging of Pasco-Pinellas, Inc.  
9549 Koger Blvd.  
Gadsden Bldg., Ste. 100  
St. Petersburg, FL 33702  
(727) 570-9696  
[www.agingcarefl.org](http://www.agingcarefl.org)

## 6 PSA 6

Senior Connection Center, Inc.  
8928 Brittany Way  
Tampa, FL 33619  
(813) 740-3888  
[www.seniorconnectioncenter.org](http://www.seniorconnectioncenter.org)

## 7 PSA 7

Senior Resource Alliance  
3319 Maguire Blvd., Ste. 100  
Orlando, FL 32803  
(407) 514-1800  
[www.seniorresourcealliance.org](http://www.seniorresourcealliance.org)

## 8 PSA 8

Area Agency on Aging for Southwest Florida, Inc.  
15201 N. Cleveland Ave., Ste. 1100  
North Fort Myers, FL 33903  
(239) 652-6900  
[www.aaaswfl.org](http://www.aaaswfl.org)

## 9 PSA 9

Area Agency on Aging of Palm Beach/Treasure Coast, Inc.  
4400 N. Congress Ave.  
West Palm Beach, FL 33407  
(561) 684-5885  
[www.youragingresourcecenter.org](http://www.youragingresourcecenter.org)

## 10 PSA 10

Aging and Disability Resource Center of Broward County, Inc.  
5300 Hiatus Rd.  
Sunrise, FL 33351  
(954) 745-9567  
[www.adrcbroward.org](http://www.adrcbroward.org)

## 11 PSA 11

Alliance for Aging, Inc.  
760 N.W. 107th Ave., Ste. 214, 2nd Floor  
Miami, FL 33172  
(305) 670-6500  
[www.allianceforaging.org](http://www.allianceforaging.org)

*County coloring represents area served by the corresponding Area Agency on Aging.*

Department of

**ELDER AFFAIRS**

STATE OF FLORIDA





## Organizations for Persons Living with Dementia

Dementia Action Alliance (DAA)

[daanow.org](http://daanow.org)

Dementia Mentors

[dementiamentors.org](http://dementiamentors.org)

I'm Still Here Foundation

[imstillhere.org](http://imstillhere.org)

Living Well with Dementia,  
University of Waterloo

[uwaterloo.ca/partnerships-in-dementia-care](http://uwaterloo.ca/partnerships-in-dementia-care)

Memory Café Directory

[memorycafedirectory.com](http://memorycafedirectory.com)

## Caregiving Resources

ALZConnected

[alzconnected.org](http://alzconnected.org)

A Place for Mom

[aplaceformom.com/assisted-living/florida](http://aplaceformom.com/assisted-living/florida)

BrightFocus® Foundation

[brightfocus.org/alzheimers](http://brightfocus.org/alzheimers)

Care Patrol

[carepatrol.com](http://carepatrol.com)

Community Resource Finder

[communityresourcefinder.org](http://communityresourcefinder.org)

Easterseals, Inc. Caregiver Support Groups

[easterseals.com/explore-resources/  
for-caregivers/](http://easterseals.com/explore-resources/for-caregivers/)

Eldercare Locator

[eldercare.acl.gov/Public/Index.aspx](http://eldercare.acl.gov/Public/Index.aspx)

Family Caregiver Alliance

[caregiver.org](http://caregiver.org)

Health In Aging

[healthinaging.org](http://healthinaging.org)

Help for Alzheimer's Families

[helpforalzheimersfamilies.com](http://helpforalzheimersfamilies.com)

Information & Support for In-Home Dementia  
Caregivers developed by the Veterans Health  
Administration (VHA) Office of Rural Health

[https://www.ruralhealth.va.gov/vets/resources.  
asp#support](https://www.ruralhealth.va.gov/vets/resources.asp#support)

Long-Term Care

[acl.gov/ltc](http://acl.gov/ltc)

National Long-Term Care Ombudsman  
Resource Center

[ltcombudsman.org](http://ltcombudsman.org)

Talking with Your Doctor Toolkit

[nia.nih.gov/health/publication/  
talking-your-doctor-presentation-toolkit](http://nia.nih.gov/health/publication/talking-your-doctor-presentation-toolkit)

Project Lifesaver

[projectlifesaver.org](http://projectlifesaver.org)

Rosalynn Carter Institute for Caregivers

[rosalynncarter.org](http://rosalynncarter.org)

Scent Evidence K9

[scentevidencek9.com](http://scentevidencek9.com)

Senior Living

[seniorliving.org](http://seniorliving.org)

Veterans Affairs Caregiver Support

[caregiver.va.gov](http://caregiver.va.gov)

# 10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



**Find time for yourself.** Consider respite care so you can spend time doing something you enjoy.



**Know what resources are available.** Adult day programs, in-home assistance and meal delivery are some of the services that can help.



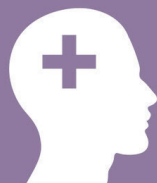
**Become an educated caregiver.** As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



**Get help and find support.** Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



**Make legal and financial plans.** Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



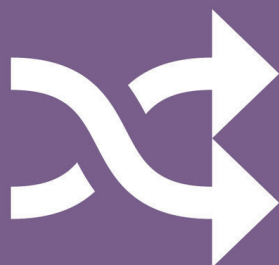
**Manage your level of stress.** Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek professional help.



**Take care of yourself.** Try to eat well, exercise and get plenty of rest.



**Know you're doing your best.** Remember that the care you provide makes a difference and that you are doing the best you can.



**Accept changes as they occur.** The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



**Visit your doctor regularly.** Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: **800.272.3900**  
Alzheimer's and Dementia Caregiver Center: [alz.org/care](https://alz.org/care)

alzheimer's  association®



# SLEEP ISSUES & SUNDOWNING

## 8 COPING STRATEGIES



### 1 MAKE A COMFORTABLE AND SAFE SLEEP ENVIRONMENT.

The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks. Door sensors and motion detectors can be used to alert family members when a person is wandering, as can safety systems like Comfort Zone.



2

### PLAN MORE ACTIVE DAYS.

A person who rests most of the day is likely to be awake at night. Discourage afternoon napping and plan more challenging activities such as doctor appointments, trips and bathing in the morning or early afternoon. Encourage regular daily exercise, but no later than four hours before bedtime.



### 3 KEEP THE HOME WELL LIT IN THE EVENING.

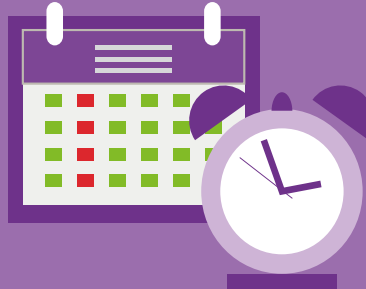
Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.



3

### 4 MAINTAIN A SCHEDULE.

As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.



4

### 5 BE MINDFUL OF YOUR OWN MENTAL AND PHYSICAL EXHAUSTION.

If you are feeling stressed by the late afternoon, the person may pick up on it and become agitated or confused. Try to get plenty of rest at night so you have more energy during the day.



5

### 6 AVOID STIMULANTS AND BIG DINNERS.

Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.



6



7

### 7 TRY TO IDENTIFY TRIGGERS.

Limit environmental distractions particularly during the evening hours (TV, children arriving, chores, loud music, etc.).

### 8. SHARE YOUR EXPERIENCE WITH OTHERS.



Join ALZConnected ([alzconnected.org](http://alzconnected.org)), our online support community and message boards, and share what response strategies have worked for you and get more ideas from other caregivers.

alzheimer's  association®

800.272.3900 | [alz.org](http://alz.org)®



## Research Organizations

1Florida Alzheimer's Disease Research Center

[1floridaadrc.org](http://1floridaadrc.org)

Alzheimer's Prevention Registry

[endalznow.org](http://endalznow.org)

Brain Health Registry

[brainhealthregistry.org](http://brainhealthregistry.org)

ClinicalTrials.gov

[clinicaltrials.gov](http://clinicaltrials.gov)

DS-Connect®

[dsconnect.nih.gov](http://dsconnect.nih.gov)

Florida Brain Bank

[msmc.com/neurosciences/  
wien-center-florida-brain-bank](http://msmc.com/neurosciences/wien-center-florida-brain-bank)

Join Dementia Research (UK)

[joindementiaresearch.nihr.ac.uk](http://joindementiaresearch.nihr.ac.uk)

Mayo Clinic Alzheimer's Disease Research Center

[mayo.edu/research/centers-programs/  
alzheimers-disease-research-center](http://mayo.edu/research/centers-programs/alzheimers-disease-research-center)

National Alzheimer's Coordinating Center

[nia.nih.gov/research/dn/  
national-alzheimers-coordinating-center-nacc](http://nia.nih.gov/research/dn/national-alzheimers-coordinating-center-nacc)

Recruiting Older Adults into Research (ROAR)

[nia.nih.gov/health/  
recruiting-older-adults-research-roar-toolkit](http://nia.nih.gov/health/recruiting-older-adults-research-roar-toolkit)

TrialMatch

[alz.org/research/clinical\\_trials/find\\_clinical\\_  
trials\\_trialmatch.asp](http://alz.org/research/clinical_trials/find_clinical_trials_trialmatch.asp)

The Michael J. Fox Foundation for Parkinson's Research

[michaeljfox.org](http://michaeljfox.org)



## Caregiver Training

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

[Acts2project.org/index.html](http://Acts2project.org/index.html)

Alzheimer's Association

[alz.org/help-support/caregiving](http://alz.org/help-support/caregiving)

Alzheimer's Community Care

[alzcare.org](http://alzcare.org)

Alzheimer's Foundation of America

[alzfdn.org/caregiving-resources/  
webinars-support-groups](http://alzfdn.org/caregiving-resources/webinars-support-groups)

Alzheimer's Project

[alzheimersproject.org](http://alzheimersproject.org)

Best Practice Caregiving

[bpc.caregiver.org/#home](http://bpc.caregiver.org/#home)

BrightFocus® Foundation

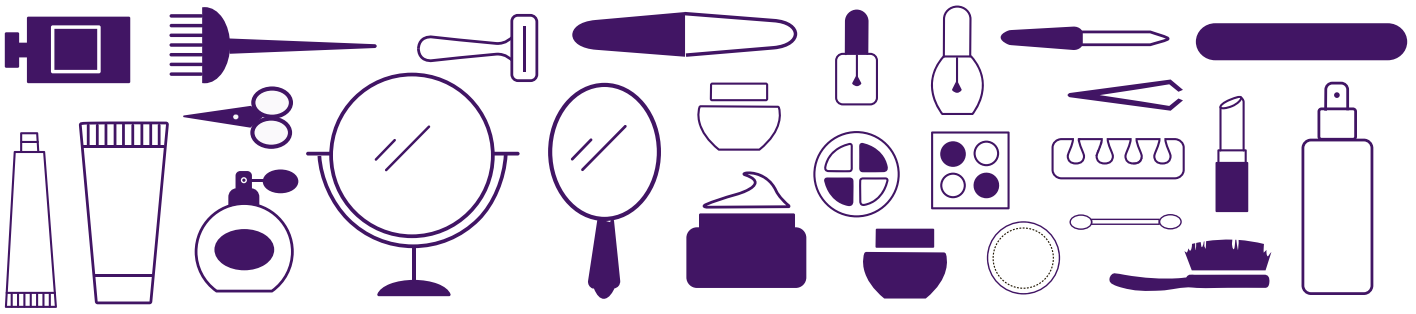
[brightfocus.org/alzheimers/caregiving](http://brightfocus.org/alzheimers/caregiving)

Center for Applied Research in Dementia

[cen4ard.com](http://cen4ard.com)

REACH: Resources & Education for Aging, Community, and Health

[reach.med.fsu.edu](http://reach.med.fsu.edu)



## 4 GROOMING TIPS



## 1. Maintain Grooming Routines

If the person has always gone to the beauty shop or a barber, continue this activity. If the experience becomes distressing, it may be

possible to have the barber or hairstylist come to the person's home.



## 2. Use Favorite Toiletries

Allow the person to continue using his or her favorite toothpastes, shaving cream, cologne or makeup.

### 3. Perform tasks alongside the person

Comb your hair, and encourage the person to copy your motions.

#### 4. Use safer, simpler grooming tools

Cardboard nail files and electric shavers can be less threatening than clippers and razors.



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# 5 DRESSING TIPS

**1. Be Flexible** It's critical to maintain good personal hygiene. Sometimes you may have to be flexible. Layered clothing is fine - just watch out for overheating. Offer praise, not criticism, for mismatched clothing. If your loved one insists on wearing the same outfits over and over, buy duplicates or have similar options available.

**2. Simplify Choices** Keep the closets free of excess clothing. A person may panic if clothing choices become overwhelming. If appropriate, give the person an opportunity to select favorite outfits or colors, but try just offering two choices.

**3. Organize the Process** Lay out clothing in the order that each item should be put on. Hand the person one item at a time while going simple, direct instructions such as "Put on your shirt," rather than "Get dressed."

**4. Choose Comfortable Shoes** Be sure the person has comfortable, non-slip shoes.

**5. Pick Comfortable & Simple Clothing**

Cardigans, shirts and blouses that button up in the front are easier work than pullover tops. Substitute Velcro® for buttons, snaps or zippers, which may be too difficult to handle. Make sure that clothing is loose fitting, especially at the waist and hips, and select fabrics that are soft and stretchable.



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# MEDICATION SAFETY

## GIVING MEDICATION TO SOMEONE WITH DEMENTIA

- Use a pill box organizer.
- Develop a routine for giving the medication.

*As the disease progresses, you'll need to provide a greater level of care. Try these additional tips:*

- Use simple language and clear instructions.
- If the person refuses to take the medication, stop and try again later.
- If swallowing is a problem, ask if the medication is available in another form.
- Make changes for safety.
- Have emergency numbers easily accessible.

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# Self Assessment Tools



# Fall Risk Assessment

Circle "Yes" or "No" for each statement below			Why it matters
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes <input type="checkbox"/>	No <input type="checkbox"/>	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
Total <input type="text"/>		Add up the number of points for each "yes" record the answer. If you scored 4 points or more, you may be at risk for falling. Discuss this result with your doctor.	

*This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011:42(6)493-499). Adapted with permission of the authors.*

# Home Safety Checklist

## FLOORS

- Clear pathways of furniture.
- Pick up objects that are on the floor.
- Remove low chairs that are difficult to sit in and get out of easily.
- Remove throw rugs or secure them with double-sided floor tape.
- Secure carpet edges.
- Gather cords and wires and tape them to a wall.
- Do not use floor wax.

## STAIRS AND STEPS

- Remove all objects from the stairs.
- Fix broken or uneven steps and secure loose carpet.
- Install handrails on both sides of the stairs. Fix any loose handrails.
- Apply reflective tape to the top and bottom of the stairs.

## CLOTHING AND ACCESSORIES

- Wear sturdy shoes with thin, non-slip soles.
- Hem pants so they don't touch the floor when walking barefoot.
- Wear non-slip socks with grips on the bottom.
- Consider wearing a medical alert device.

## OUTDOORS

- Repair cracks and gaps in sidewalks and driveways.
- Trim shrubbery along the path to the door.

## KITCHEN

- Keep frequently used items within reach on the lower shelves (about waist level).
- Keep current list of healthcare information on your refrigerator in case of an emergency.

## BATHROOMS

- Use a non-slip rubber mat on the shower or tub floor.
- Install grab bars next to the tub and toilet.
- Install a raised toilet seat.
- Use a padded tub or shower seat.
- Use a handheld shower head.
- Have a low- or no-threshold shower.

## TELEPHONES

- Make sure the phone can be reached from the bed and the floor.
- Consider keeping a cordless or cellular phone in your pocket.
- Keep a list of emergency numbers next to each phone.

## LIGHTING

- Install good lighting by the doors and walkways.
- Install lights at the top and bottom of stairs.
- Replace burnt out light bulbs.

## BEDROOMS

- Adjust bed height to a comfortable position.





## Get Involved

We ask that you help us by sharing these critical guides with your partners, clients, and members. If you have any questions, please let us know. Do you have a resource that we haven't listed? Do you believe your agency should be included? Do you have any testimonies that we could include? We are welcoming any and all suggestions on how this toolkit can continue to evolve. Please email your suggestions to us using the button at the bottom of the page.



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