



ideastations.org/alzcare

Alzheimer’s Caregiver’s Resources

November 2017

Finding Local Services:

Alzheimer’s Association of America: www.alz.org

24/7 Helpline: 1-800-272-3900 Caregiver Center: <http://alz.org/care/overview.asp>

Virginia Offices of Alzheimer’s Association:

- Greater Richmond Chapter Office <http://www.alz.org/grva/index.asp> Phone: (804) 967-2580
- Central and Western Virginia <http://www.alz.org/cwva/> Phone: (434) 973-6122
- Fredericksburg Branch Office Phone: 540-370-0835, ext. 8407
- Middle Peninsula/Northern Neck Branch Office Phone: 804-695-9382, ext. 8405
- Tri-Cities Branch Office Phone: 804-526-2359, ext. 8406

Virginia Division for the Aging (VDA)

www.vda.virginia.gov

1610 Forest Avenue, Suite 100
Henrico, VA 23229

Phone: (804) 662-9333
Toll Free: 1-800-552-3402

The Virginia Division for the Aging (VDA), within the state Department on Aging and Rehabilitative Services (VDARS), fosters the independence and well-being of older Virginians and supports their caregivers through leadership, advocacy and oversight of state and community programs, and guides the Commonwealth in preparing for an aging population.

A network of 25 local Area Agencies on Aging or AAAs provides most of the services for seniors. Each AAA serves a specific territory of counties and cities. AAAs provide services and programs tailored to the people who live within their service areas.

To Find AAA Services Nearest You: <http://www.vda.virginia.gov/aaalist.asp>

VDARS Community Based Services for DEMENTIA and Related Disorders:

<https://www.vadars.org/services.htm>

Dementia Services provides assistance across the Commonwealth to persons with Alzheimer’s disease and other forms of dementia, and their caregivers. Primary role is to monitor the development and implementation of Virginia’s Dementia State Plan. CONTACT: Devin M. Bowers, MPH – Dementia Services Coordinator, Phone: (804) 662 – 9154, Email: devin.bowers@dars.virginia.gov

State Online Search Engines for Services:

Virginia Easy Access: www.easyaccess.virginia.gov .

An easy to use and understand resource; provides a simple method to search for specific services anywhere in the state. It is available 24 hours a day, 7 days a week to provide information about topics and programs of particular interest to seniors, adults with disabilities, and those who care for them.

No Wrong Door/Aging & Disability Resource Connections:

<http://www.vda.virginia.gov/nowrongdoor.asp>

Provides older adults and adults with disabilities with comprehensive information and streamlined access to available long term supports.

Other (Non-Medicare) Prescription Drug Assistance: In addition to Medicare Part D, other types of prescription drug assistance programs are available, such as those offered by non-for-profit organizations, membership groups and pharmaceutical companies.

<http://www.vda.virginia.gov/prescripassist1.asp>

State Protection Agencies:

Virginia Office of the State Long-Term Care Ombudsman: <http://www.elderrightsva.org/>

Oversees the Commonwealth's advocates for older persons receiving long term care services, whether the care is provided in a nursing home or assisted living facility, or through community-based services to assist persons still living at home. It provides information, advocacy, and assistance to help resolve care problems. Phone: Toll-Free - (800) 552-3402 or Central Virginia - (804) 565-1600

Adult Protective Services Division, Virginia Department of Social Services:

<http://www.dss.virginia.gov/family/as/aps.cgi>

Investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older, and incapacitated adults age 18 or older. If protective services are needed and accepted by the individual, local family services specialists may arrange for a wide variety of health, housing, social and legal services to stop the mistreatment or prevent further mistreatment. Services may also be arranged for individuals in emergency situations who lack the capacity to consent to services.

To report suspected adult abuse, neglect or exploitation, call your local department of social services or the **24-hour, toll-free Adult Protective Services hotline at: (888) 832-3858.**

National Resources:

National Institute on Aging (NIA): <https://www.nia.nih.gov/>

Located within U.S. National Institutes of Health

Alzheimer's Disease, Education and Referral Center (ADEAR)

Email: adear@nia.nih.gov or call: 1-800-438-4380

Provides information, publications, news, resources, and research on Alzheimer's topics such as Causes, Symptoms, Diagnosis, Treatment, Risk Factors, Prevention and Research. ADEAR offers Fact Sheets specifically to assist caregivers and offers an email newsletter.

ADEAR Fact Sheets available at: <https://www.nia.nih.gov/alzheimers/publication>

Caregiver TIP SHEETS available at: <https://www.nia.nih.gov/alzheimers/topics/caregiving>

NIH Senior Health: <http://nihseniorhealth.gov/alzheimerscare/afterthediagnosis/01.html>

Offers information on caring for loved one with Alzheimer's disease, including educational videos.

U.S. National Library of Medicine: <https://medlineplus.gov/alzheimerscaregivers.html>

In collaboration with the National Alzheimer's Association, **Medline Plus** offers tip sheets, latest research information, videos, and **tutorials** on issues related to caregiving for an individual with Alzheimer's disease. MedlinePlus additionally provides links to health information and resources from the National Institutes of Health, other federal government agencies, and non-government Web sites.

Television and Media:

Public Broadcasting System, PBS – www.pbs.org

Many programs are available for viewing regarding Alzheimer's disease on PBS.org:

- "*The Forgetting: A Portrait of Alzheimer's*" - www.pbs.org/theforgetting. A 90-minute Emmy Award-winning documentary that follows the stories of several patients and their families. It also weaves in the biology of the disease and the attempts to find a cure. The Web site provides links to other videos as well as information on coping with a diagnosis and treatments.
- "*Can Alzheimer's Be Stopped?*" PBS NOVA, <http://www.pbs.org/wgbh/nova/body/alzheimers-be-stopped.html>. Join investigators as they untangle the cause of Alzheimer's and race to develop a cure.
- "*The Genius of Marion*" by POV, American Documentary, <http://www.pbs.org/pov/geniusofmarian/>. When Pam White is diagnosed at age 61 with early-onset Alzheimer's, her family grapples with the disease alongside her, and her eldest son attempts to recover her memories by recording conversations in this visually rich, poignant film.
- "*Inside the Mind of Alzheimer's*" <http://www.pbs.org/wgbh/nova/body/mind-of-alzheimers.html>. PBS NOVA. What's it like to have Alzheimer's disease? Journalist Greg O'Brien offers a glimpse into the mind of someone with this kind of dementia.

Community Idea Stations, Central Virginia's PBS & NPR stations – www.ideastations.org

The Community Idea Stations (CIS) uses the Power of Media to Educate, Entertain and Inspire and has been serving Central Virginia for over fifty years. As the largest locally owned and operated media company in the region, CIS reaches more than 300,000 people throughout central Virginia. In 2016 CIS produced the **documentary "ALZHEIMER'S: THE CAREGIVER'S PERSPECTIVE**, an in-depth look into the everyday life of those dedicated to caring for loved ones with dementia coupled with additional radio and web content as and community events. For more information go to www.ideastations.org/alzcare.

Visual Education Center for Family Caregivers, www.videocaregiving.org

Short, well-produced videos that portray the experience of Alzheimer's Disease through interviews of patients and caregivers.

Specific to Caregiving:

This Caring Home, <http://www.thiscaringhome.org/index.aspx>

Sponsored by Weill Cornell Medical College, this site features information (text & videos) to ensure a safe home – with room by room solutions - for an individual with Alzheimer's disease. The site additionally offers reviews of numerous assistive products such as faucet devices to prevent scalding, memory aids, and automatic stovetop fire extinguishers.

Caregiving organizations: Several groups provide special advice to caregivers of individuals with chronic conditions. Each group's website offers information on different aspects of caregiving, including finding respite care and adult day care, checking out health aides, family strife and caregiver wellness. You can find support groups and chat rooms where you can share your concerns and solutions with other caregivers. Organizations include, but are not limited to:

- National Family Caregivers Association, www.nfcares.org
- AARP Caregiver Connections- <https://careconnection.aarp.org/en/home.html> and <https://careconnection.aarp.org/en/connect-and-share/tips-and-hacks.html>
- Family Caregiver Alliance, www.caregiver.org
- Women's Alzheimer's Movement, founded by Maria Shriver, www.mariashriver.com and the women's brain challenge, <http://thewomensalzheimerschallenge.org>
- The Garner Foundation- Research: supporting caregivers of dementia - www.garnerfoundation.org
- Caregiver Action Network - <http://caregiveraction.org/> (formerly known as the National Caregiver's Association)
- Rosalyn Carter Institute for Caregivers http://www.rosalyncarter.org/case_for_caregiver_support/

Additional Websites for Caregiver Information:

- UVA Health System "Healthy Balance" blog by Laurie Archbald-Pannone, MD on healthy aging: <http://blog.uvahealth.com/2016/02/17/healthy-aging/>
- Alzheimer's Reading Room - well subscribed blog for caregivers - www.alzheimersreadingroom.com

Virginia Information Resources:

Virginia Division on Aging, Department for Aging and Rehabilitation (VDARS)

<http://www.vadrs.org/services.htm#aging>

Phone: 800-552-5019, TTY: 800-464-9950

Easy to read publications to assist caregivers are available through VDA. These, and other titles, are available online as well as by calling VDA offices:

- *Adult Guardianship and Conservatorship in Virginia (2008)* – Discusses laws and procedures
- *AlzPossible* - Flyer on Virginia's Comprehensive Virtual Center on Alzheimer's Disease
- *Checklist to Help in Choosing a Nursing Home*
- *Choosing a Dementia Special Care Unit*
- *Choosing a Medigap Policy: Guide to Health Insurance for People with Medicare*
(Produced by the Centers for Medicare and Medicaid Services, CMS)

University & other Research Resources in Virginia:

Clinical and other research is conducted at various universities statewide. At some sites, clinical services also are provided.

Virginia Center on Aging, Virginia Commonwealth University (VCoA)

<http://www.sahp.vcu.edu/departments/vcoa/programs/dementia-research/>

VCoA administers the Alzheimer's and Related Diseases Research Award Fund (ARDRAF), which provides seed money to researchers in Virginia to stimulate innovative research into biomedical and psychosocial aspects of dementia, including cell biology, caregiving, and animal modeling.

CONTACT: Dr. Constance L. Coogle, (804) 828-1525, or email: vcoa@vcu.edu

Individuals can subscribe to free ARDRAF program announcements and news online. Enacted by the Commonwealth through Code of Virginia section 2.2-719, this Fund is to stimulate research, foster the application of knowledge, examine the effects, and increase public understanding of Alzheimer's and related diseases. Reports on results of past funded grants can be viewed on the website.

Virginia Geriatric Education Center (VGEC), VCU at VCoA

<http://www.sahp.vcu.edu/departments/vcoa/programs/geriatrics-education/virginia-geriatric-education-center-vgec/>

The VGEC strives to advance the quality of healthcare for older adults across the Commonwealth of Virginia and to combat the shortage of geriatrically trained professionals through: inter-professional faculty development, curriculum development, clinical training of students, continuing professional education *and caregiver training*. VGEC is an interdisciplinary consortium of Virginia Commonwealth University, Eastern Virginia Medical School, and University of Virginia. Its members are healthcare and aging specialists who work together to develop and deliver training full of evidence-based practices and inter-professional teaming guidance. The VGEC also strives to partner with state agencies and services to reach even more Virginians.

Past grant reports of Geriatric Training Initiative, funded through General Assembly, are listed at:

<http://www.sahp.vcu.edu/departments/vcoa/programs/geriatrics-education/geriatric-training-and-education-gte-initiative/>

Virginia Tech Center for Gerontology

<http://www.gerontology.vt.edu/schoolInfo.html>

Resources for Families: <http://www.gerontology.vt.edu/resources/agingResources.html>

Phone: (540) 231-7657, Email: gero@vt.edu

The Center for Gerontology serves as the organizational unit for aging-related activities at Virginia Polytechnic Institute and State University (Virginia Tech). The Center's primary mission is to foster and facilitate multidisciplinary research that enhances the quality of life of older adults. In support of this mission, the Center focuses primarily on three streams of coordinated research: Family Gerontology, Health and Aging, and Elder Rights.

The Center's faculty frequently provide technical assistance, written materials, and educational programs to agencies, organizations, and individuals in the Commonwealth.

Virginia Tech Center for Gerontology Publications include, but are not limited to:

- *Community-Based Services for Older Adults and Their Families*
- *Living Options for Adults Needing Assistance*
- *Long-Distance Care-Giving: Five Steps*
- *Substitute Decisions by and for Older Adults and Their Families*
- *Taking Care of the Caregiver: Strategies for Reducing Stress*

Eastern Virginia Medical School (EVMS)

Glennan Center for Geriatrics and Gerontology

http://www.evms.edu/education/centers_institutes_departments/internal_medicine/divisions/geriatrics/

Primary care in the Department of Internal Medicine and the Department of Family & Community Medicine offer extensive geriatric and significant healthcare services at multiple locations to the seniors of Hampton Roads. In 1996, the Glennan Center for Geriatrics and Gerontology was established to help older adults maintain the highest possible degree of function and independence. Our focus is on prevention, compassionate care and research involving age-related diseases and the chronic disabilities of aging. EVMS offers various **services** tailored to the special needs of older adults:

Memory Consultation Clinic

Driver Evaluation Program

Geriatric Consultation

Palliative Medicine Consultation Service

Clinical Care services at local nursing and rehabilitation centers, assisted-living facilities, continuing care retirement communities and long-term transitional care hospitals

EVMS Geriatric Research- Review information online at

http://www.evms.edu/research/centers_institutes_departments/internal_medicine/div

EVMS Psychiatry - Current Clinical Trials

[http://www.evms.edu/research/centers_institutes_departments/psychiatry_behavioral_sciences/clinical trials/](http://www.evms.edu/research/centers_institutes_departments/psychiatry_behavioral_sciences/clinical_trials/)

Library Consumer Health Resources, https://www.evms.edu/library/resources/consumer_health/

University of Virginia School of Medicine, UVA Health System

Division of General, Geriatric, Palliative & Hospital Medicine

<https://med.virginia.edu/general-medicine/>

Geriatric Medicine: <https://med.virginia.edu/general-medicine/sections/geriatric-medicine/>

The Geriatric Medicine section operates four well-established community-based practices in the

Charlottesville area:

Blue Ridge PACE

Phone: 434-529-1300

Colonnades Medical Associates

Phone: 434-924-1212

University Physicians at JABA

Phone: 434-964-1333

Geriatric medicine focuses on achieving the highest possible level of physical and functional well-being for older adults, as well as on preventing disability and disease and promoting independence as aging occurs.

Services Offered By UVA Geriatricians:

- Geriatric assessment
- Neuro-cognitive assessment
- Pain management and rehabilitative evaluation and treatment
- Comprehensive primary health care

University of Virginia Memory and Aging Center-

<https://uvahealth.com/locations/profile/memory-and-aging-care-clinic>

The Memory and Aging Care Clinic (MACC) provides interdisciplinary care for people with dementia and other memory disorders, including Alzheimer's disease. Their services include:

- Neurological consultation
- Neuropsychological evaluation
- Treatment of dementia
- Psychotherapy
- Social work services
- Access to clinical trials

Phone: 434.924.2706

After-hours: 434.924.0000



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