

Connecting You To Services

DEMENTIA RESOURCE GUIDE





DEMENTIA RESOURCE GUIDE

Presented to Alabama by:



**Alabama Department
of Senior Services**
201 Monroe Street - Suite 350
Montgomery, Alabama 36104
1-800-AGE-LINE (1-800-243-5463)
www.AlabamaAgeline.gov



**Central Alabama
Aging Consortium**
2500 Fairlane Drive - Suite 200
Montgomery, Alabama 36116
334-240-4680 • 1-800-264-4680
www.CentralAlabamaAging.org

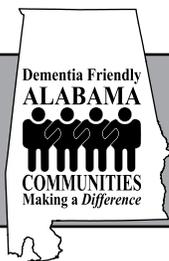


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ABOUT THIS RESOURCE GUIDE

This Resource Guide was created to assist you if you, a friend or family member has a diagnosis of dementia. It is normal to have questions with a diagnosis of dementia. This Guide provides you with some basic information, and may help someone in Alabama who is not sure where to go for resources and basic information.

The goal of this guide is to point you in the right direction about a specific topic related to dementia. Many common questions you may want to ask are provided. There are a lot of resources related to dementia available on the Internet and through the public library. We have included links to the Internet and provided toll-free telephone numbers for more information.

This guide provides an overview about common types of dementia, and the types of healthcare providers you may work with. The Guide also offers tips on how to talk with healthcare providers. We have also tried to explain some confusing terms used when talking about dementia. The Guide then describes some basic information related to the diagnosis and treatment of dementia. The Guide also describes types of care and housing options, as well as agencies that provide support to individuals with dementia and their caregivers. Information about health care funding options is available to individuals and caregivers.

If you have any questions pertaining to this Guide please feel free to reach out to the Dementia Project Coordinator for Central Alabama Aging Consortium at **334-240-4680 ext 105**.



DEMENTIA

Dementia is not easy to describe or understand. Dementia is most easily described as changes in memory, thinking, language, judgement, and behavior. There are many types and causes of dementia, and not all types of dementia present the same way. Dementia is usually diagnosed in older adults but there is also early onset dementia that may be diagnosed in younger adults. Most causes of dementia cannot be stopped and will progress over time.

When we hear the word dementia we often think about someone being forgetful; however, forgetfulness does not mean one has dementia. Forgetfulness that gets worse over time, or changes in one's ability to do tasks they had done before without help is a concern. Changes in behavior like getting mad or becoming fearful is also a concern.

Some of the common types of dementia are described on the Types of Dementia on page 3. You should ask your healthcare providers questions about the specific type of dementia you or your loved one has, how that type of dementia is best treated, and how it progresses over time.

COMMON QUESTIONS

- **Have I considered other medical or mental causes?**
- **How will the dementia change over time?**
- **What treatments are available for this type of dementia at this time?**
- **What healthcare and legal decisions should we make now?**

ONLINE RESOURCES

www.AlabamaDementia.gov/definition.html

CONTACTS

Alzheimer's Association 24/7 Helpline:

1-800-272-3900

Alzheimer's Foundation of America
National Toll-free Hot Line:

1-866-232-8484



DIAGNOSIS OF DEMENTIA

Finding out if someone has dementia is not always easy. There are many health issues that can cause changes in memory, so one should not assume dementia is the problem when someone is forgetful.

When individuals begin to show changes in memory, it is important that they see their primary care provider. There are at least a dozen advantages to obtaining an early and accurate diagnosis when cognitive symptoms are

first noticed. Ruling out other possible causes, like depression, will need to be checked.

Your primary care provider may recommend that a specialist, like a neurologist, psychiatrist, or neuropsychologist, be seen. Once a diagnosis of dementia has been made, a treatment plan can be built based on the type and stage of dementia.

Receiving a diagnosis of dementia is difficult. It is important to ask your healthcare provider about the future, so that you can make a plan for how to best move forward.

COMMON QUESTIONS

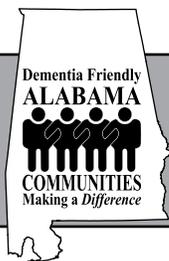
- Does my loved one need to see a specialist?
- What services are available to provide assistance?
- What treatment options are available?
- If one treatment option doesn't work well, are there other options?
- Is there a local support group in my area?

ONLINE RESOURCES

www.AlabamaDementia.gov/diagnosis.html
www.alz.org

CONTACTS

Alzheimer's Association 24/7 Helpline:
1-800-272-3900
Call your local Area Agency on Aging for information and dementia resources in your area.
1-800-243-5463



TYPES OF DEMENTIA

There are a number of types of dementia. Some of the more common diagnoses are described here. Do not be afraid to ask your healthcare provider questions about a specific type of dementia.

- **Alzheimer's Disease:** The most common type of dementia. Occurs most often in old age, the disease slowly and progressively destroys the brain. As the disease progresses, new symptoms will be present and old symptoms will worsen.
- **Dementia with Lewy Bodies:** Common in individuals with Parkinson's Disease or Alzheimer's Disease, this form of dementia affects thinking, reasoning, and movement.
- **Frontotemporal Dementia:** Also known as **Pick's Disease**, this type of dementia affects more men than women and is common between 40 to 60 years of age. Behavioral changes in personality, judgment, language, and memory are common.
- **Mild Cognitive Impairment:** Problems with memory are usually the most common symptom. For some, memory improves over time, yet for others it gets worse. This diagnosis can often be the first step to a diagnosis of Alzheimer's Disease.
- **Normal Pressure Hydrocephalus:** Caused by a build up of cerebrospinal fluid in the brain, which causes enlargement. Symptoms are often confused with Alzheimer's Disease and Parkinson's Disease. Symptoms improve best when treated early.
- **Parkinson's Disease Dementia:** Associated with Parkinson's Disease and occurs later in the diagnosis. This type of dementia is similar in characteristics to Dementia with Lewy Bodies.
- **Vascular Dementia:** Sometimes called Multi-Infarct Dementia. This type of dementia is the result of small or large strokes, or poor blood supply to the brain.



COMMON TERMS

The words used in healthcare can be confusing to many. When you do not understand medical terms, do not feel bad about asking that the information be explained to you in words that you will understand. A few common terms are described below, but others can be found online.

- **ADLs:** Activities of Daily Living (ADLs) are activities performed for self-care, such as bathing, dressing, toileting, cooking, laundry, or shopping.
- **Aphasia:** A disorder of communication, including speaking, understanding what others are saying, or naming objects.
- **Cognition:** The process of knowing something.
- **Delirium:** Confusion and changes in brain function that appear rapidly are often short term and should not be confused with dementia.
- **Dementia:** A change in mental processes that can include memory problems, changes in personality, and changes in reasoning.
- **Diagnosis:** The cause of a medical problem.
- **Gait:** A medical term for walking.
- **Incontinent:** Difficulty or inability to control urine in the bladder, or to keep feces in the rectum. There are different types and causes.
- **Memory:** Ability to recover (remember) information from the past. With some forms of dementia, short-term (recent) memory is lost, while long-term (older) memory remains.
- **Prognosis:** The most likely outcome of the disease process.
- **Vascular:** Relating to the blood vessels.



ACTIVITY AND DEMENTIA

Functional Activity Considerations

Being active is important for both mental and physical health. Having a diagnosis of dementia does not mean giving up all of the activities you love. Staying active enhances quality of life, and may distract from behaviors like wandering or getting upset.

Activities like taking care of yourself, working on a hobby, and playing games have been shown to improve cognition.

Activity that is meaningful to the person and is done in a safe place is important. Activities should be done at a specific time of the day, and in a set order, to help with memory and decrease confusion. An Occupational Therapist (OT) can create an activity plan based on what your loved one is interested in and able to do. An OT may also provide help on other ways to improve memory and function.

COMMON QUESTIONS

- **What type of activity program is safe and appropriate?**
- **How much guidance/physical assistance will he/she need?**
- **What equipment will be needed?**
- **Will the OT teach me how to manage the activity plan?**
- **How can I work these activities into a daily routine?**

ONLINE RESOURCES

www.AlabamaDementia.gov/activity.html
www.BrainHealthandPuzzles.com

CONTACTS

Alzheimer's Association 24/7 Helpline:
1-800-272-3900
American Occupational Therapy Assoc.:
1-800-729-2682



DRIVING AND DEMENTIA

Deciding when driving is unsafe for someone with dementia can be hard, especially if the driver is not aware that there is a problem. For many, driving is important. But, allowing someone who is unsafe to drive puts them and others at risk.

Suggestions:

- Talk to them about your concern for their safety;
- Discuss options to meet their needs that require driving (i.e., shopping, church, social activities) and how those needs can be met; and
- Consider asking a physician to provide a prescription that “No Driving is Allowed” when driving becomes unsafe.

You may want to consider an assessment of your loved one’s driving from an occupational therapist or driving specialist.

COMMON QUESTIONS

- **Is my loved one safe to continue driving?**
- **Have I planned to have a conversation about not driving?**
- **Do I need to talk to their physician or a specialist about their driving?**
- **Have I considered options for other transportation?**
- **Can my local Area Agency on Aging help?**

ONLINE RESOURCES

www.AlabamaDementia.gov/driving.html

CONTACTS

Alabama Department of Senior Services:
1-800-AGE-LINE (243-5463)



EXERCISE AND DEMENTIA

Exercise Considerations

Exercise is important for both mental and physical health. Activity and exercise are important to maintaining one's balance, flexibility, strength, and endurance. All of these things help someone stay safely mobile.

Physical exercise has been shown to improve memory. Making sure exercises relate to function and are done in a safe place is important. Exercises

should be done at a specific time of the day, and in a set order, to aid memory and avoid confusion. Before starting any exercise program you should talk to your physician or physical therapist (PT). A PT will help make an exercise program specific to your loved one's ability.

COMMON QUESTIONS

- **What type of exercise program is safe and appropriate?**
- **How much guidance/physical assistance will he/she need?**
- **What equipment will be needed?**
- **Will the PT teach me how to manage the exercise plan?**
- **How long and hard should he/she workout?**

ONLINE RESOURCES

www.AlabamaDementia.gov/exercise.html

CONTACTS

Alabama Physical Therapy Association:
1-800-999-2782



MEDICATION AND DEMENTIA

COMMON QUESTIONS

Individuals with dementia and their caregivers should become familiar with both prescribed and non-prescribed medications being taken. Becoming familiar with common side effects of medication, and how medications can negatively interact is important.

Keeping a list of all drugs taken, whether prescribed or over-the-counter, can be helpful in managing medication. Writing down the drug name, the amount of drug taken, and how often the drug is taken is important. Your pharmacist can create this list for you if you need assistance.

When medication is prescribed, ask the healthcare provider or pharmacist about side effects and drug interactions, and when you should contact them if an unexpected reaction is noticed. Make sure you add newly prescribed drugs to your medication list, and remove drugs that are no longer being prescribed or taken.

- **Are there any special instructions to follow? Do I understand those instructions?**
- **Is a generic (and possibly cheaper) version of the medication available?**
- **How will we know if the drug is helping?**
- **Have I made a list of medication and shared it with healthcare providers?**

ONLINE RESOURCES

www.AlabamaDementia.gov/medication.html

CONTACTS

My local pharmacy phone number is:

My local 24 hour pharmacy phone number is:



NUTRITION AND DEMENTIA

Eating right is important to stay healthy. Not getting the right amount and type of nutrition can lead to behavior changes. Following a healthy nutrition plan is important.

Mealtime can be made easier by:

- Eating in a calm and quiet place;
- Avoiding things that take attention from the meal;
- Serving food that is not too hot or too cold;
- Don't serve too many foods at one time; and
- Allowing for extra time to eat if needed.

Prepare foods that are easy to chew and swallow. If it appears that food and drinks are hard to swallow, ask your physician about a swallowing test by a speech-language pathologist (SLP) or an occupational therapist (OT). They can make an eating and swallowing plan specific to your loved one.

COMMON QUESTIONS

- **If swallowing is an issue, is a swallowing evaluation needed?**
- **Have I reduced distractions during mealtime?**
- **Have I planned meals that provide proper nutrition?**

ONLINE RESOURCES

www.AlabamaDementia.gov/nutrition.html

CONTACTS

Alzheimer's Association 24/7 Helpline:

1-800-272-3900

Family Caregiver Alliance:

1-800-445-8106



DEMENTIA FRIENDLY ALABAMA

Who... can contribute to a dementia friendly community?

In a dementia friendly community, every part of the community plays a role and works together to create a dementia friendly culture. It's all about **partnerships**: Partnerships with those diagnosed with dementia; partnerships with those caring for loved ones with dementia; partnerships with religious organizations; partnerships with schools; and partnerships with businesses and the community to promote awareness of dementia.

What... is a dementia friendly community?

Dementia Friendly is much more than simply being kind to those impacted by dementia. A dementia friendly community is one where those living with Alzheimer's and their care partners feel respected, supported, and included in every day community life.

Why... are there dementia friendly communities?

With 10,000 people daily turning 65, and age being the greatest risk factor for dementia, Alabama is committed to raising awareness throughout the state, striving to reduce stigma and fostering individual engagement through training and participation within a "dementia friendly community." Having a solid community of people we can trust enough to be vulnerable with and who will sustain us through difficult times is a foundational part of life. Imagine a community where people with dementia feel included, respected and valued, where they can participate in activities that are meaningful to them.

ONLINE RESOURCES

www.CentralAlabamaAging.org
www.CareToPlanAlabama.org
www.Facebook.com/CentralAlabamaAging

CONTACTS

Alzheimer's Association 24/7 Helpline:
1-800-272-3900



CAREGIVER SERVICES

Your local Area Agency on Aging is the best one-stop shop to learn more about options and resources for caregivers.

Alabama Cares is a caregiver program that offers support to caregivers in five basic areas for those who qualify. Those areas are:

- Information on resources and services are available within your community through public education, help fairs, brochures and newsletters.
- Caregiver Access Assistant helps caregivers obtain access to the services and resources that are available within your community through outreach and case management.
- Caregiver Education assists caregivers in making decisions and solving problems relating to areas such as health, nutrition and financials.
- Respite provides caregivers temporary relief from caregiving by assisting with personal care, home-maker services, adult day care, and other services requiring a skilled helper in the home.
- Supplemental Services provide caregivers with medical supplies and are available on a limited basis.

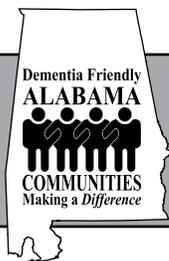
For more information about the Alabama Cares Program, please contact your local Area Agency on Aging.

ONLINE RESOURCES

www.AlabamaDementia.gov
www.alz.org/care/
www.caregiving.org
www.CareToPlanAlabama.org

CONTACTS

Alzheimer's Association 24/7 Helpline:
1-800-272-3900



CAREGIVER TIPS

Some tips offered by caregivers:

- Discuss important decisions early in the diagnosis of dementia.
- Include family in planning discussions, when appropriate.
- Short-term memories are usually lost first, so have conversations about things in the past they can remember.
- Music from the past can bring back memories, and can be calming.
- When playing games, allow your loved one the time they need to play. If the game becomes frustrating, change to a different activity.
- Keep instructions simple. Few words are sometimes best. Don't add too many steps to instructions. Speak slowly and clearly.
- Don't assume that if you are asked for advice that your loved one cannot make a decision. Even people without dementia ask for advice and like to talk things out with family and friends.
- As memory gets worse, don't argue about things they can't remember—they aren't forgetting on purpose.
- Don't repeatedly ask if they know someone—that can lead to frustration. They may know someone without remembering their name.
- Maintain a daily routine. Change can be frustrating. Let your loved one do what they can for themselves as long as they are safe.
- If drinking with a cup is hard, use a straw so they can suck the liquid. If using a spoon or fork is too hard to use, let them use their hands.
- Anger can be a sign of frustration or pain. Try to recognize pain early and act appropriately.
- Search the internet for "10 Tips For Talking To Someone With Alzheimer's" for more guidance.



CAREGIVER CHECKLIST

The following items are tasks you might consider completing when a diagnosis of dementia has been made:

- Do I know the specific type and stage of dementia?
- Have I asked the physician about what to expect in the future?
- Have I asked about medication and other treatments available?
- Have I or my family and friends discussed the diagnosis?
- Have we created a list of questions that we need answers for?
- Have I identified the local Area Agency on Aging and made contact?
- Have I created a plan/schedule for:
 - Medication?
 - Activity?
 - Exercise?
 - Nutrition?
- Have I thought about living arrangements?
 - Is staying at home an option? If so, are home modifications needed?
 - What supports are needed (e.g., adult day services, meals on wheels, companion services, respite services, etc.)?
 - Will a caregiver be needed? If so, what arrangements need to be made?
- Have I determined what insurance and financial supports are available?
Do I need to discuss this with an insurance provider or banker?
- Have legal issues been addressed?
 - Has a Living Will for health care decisions been created?
 - Who has legal Power of Attorney for non-health issues?
 - Has a Will or Trust been created?
- As a caregiver, am I taking care of myself?
 - Do I have a backup plan if I am unable to provide care?
 - Have I planned time for me?



SUPPORT GROUPS

COMMON QUESTIONS

Caregiving can be both rewarding and stressful. Over time, the stress of being a caregiver for someone with dementia can become difficult. Too often, caregivers don't make time for themselves, which can result in anger, sadness, or changes in their own physical health.

If you are a caregiver, it is important to make a plan, so that you can take breaks when needed. If you notice changes in your own health or well

being, it is important to seek support so that both you and your loved one stay as healthy and well as possible.

Caregiver Support Groups are available in many counties across the state where caregivers can attend and receive support from other caregivers. Your local Area Agency on Aging (AAA) is a good place to start. They may offer classes for caregivers, and can also connect you to resources such as adult day services, caregiver support groups, sitter services, and other helpful services. Caregiving is hard, so make sure you take care of yourself too.

- **Who can help with caregiving duties?**
- **Can my local AAA provide support?**
- **When I need a break, who will provide care?**
- **If I hire a caregiver, what skills do they need to have to help?**
- **Do I have a plan to make sure I give myself the time and attention I need?**

ONLINE RESOURCES

www.AlabamaDementia.gov/support.html

CONTACTS

Alzheimer's Association 24/7 Helpline:

1-800-272-3900

My Local AAA telephone number is:



AREA AGENCIES ON AGING (AAA)

An Area Agency on Aging (AAA) serves as a resource for older adults and their families and caregivers. One goal of AAAs is to help individuals stay in their homes as long as possible.

Once you have identified the AAA that serves your county in Alabama, you should contact them and ask about the services they offer. Your local AAA may be able to connect you to needed services, such as:

- FREE Screenings
- Meals-on-Wheels
- Sitter Services
- Transportation Services

Alabama has 13 designated Area Agencies on Aging which are responsible to administer the Senior Services programs and services available to older adults and people of any age with a disability. The AAAs cover all 67 counties in the state. Most area agencies are governed by a Regional Planning Council. They also serve as Alabama’s Aging and Disability Resource Centers - also known as AccessAlabama.

The Area Agencies of Aging were established under the Older Americans Act (OAA) in 1973 to respond to the needs of Americans 60 and over in every local community. They provide a range of options that allow older adults and people of any age with a disability to choose the home and community-based services and living arrangements that suit them best. This network makes it possible for individuals to “age in place” and/or remain in their homes and communities.

COMMON QUESTIONS

- **What services does my local AAA provide?**
- **Can my local AAA recommend a provider for a specific service, like transportation?**
- **What available resources are specific to dementia?**
- **Is there a local caregiver support group?**

ONLINE RESOURCES

www.AlabamaDementia.gov/aaa.html

CONTACTS

Alzheimer’s Association 24/7 Helpline:

1-800-272-3900

My Local AAA telephone number is:



LOCAL AAA TELEPHONE LIST

Autauga	Central Alabama Aging Consortium	334-240-4680	800-264-4680
Baldwin	South Alabama Regional Planning Commission	251-433-6541	
Barbour	South Alabama Regional Council on Aging	334-793-6843	800-239-3507
Bibb	West Alabama Regional Commission	205-333-2990	800-432-5030
Blount	Middle Alabama Area Agency on Aging	205-670-5770	866-570-2998
Bullock	South Central Alabama Development Commission	334-244-6903	800-243-5463
Butler	South Central Alabama Development Commission	334-244-6903	800-243-5463
Calhoun	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Chambers	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Cherokee	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Chilton	Middle Alabama Area Agency on Aging	205-670-5770	866-570-2998
Choctaw	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Clarke	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Clay	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Cleburne	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Coffee	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507
Colbert	Northwest Alabama Council of Local Governments	256-389-0500	
Conecuh	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Coosa	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Covington	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507
Crenshaw	South Central Alabama Development Commission	334-244-6903	800-243-5463
Cullman	North Central Alabama Regional Council of Govs	256-355-4515	
Dale	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507
Dallas	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
DeKalb	Top of Alabama Regional Council of Governments	256-830-0818	
Elmore	Central Alabama Aging Consortium	334-240-4680	800-264-4680
Escambia	South Alabama Regional Planning Commission	251-433-6541	
Etowah	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Fayette	West Alabama Regional Commission	205-333-2990	800-432-5030
Franklin	Northwest Alabama Council of Local Governments	256-389-0500	
Geneva	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507
Greene	West Alabama Regional Commission	205-333-2990	800-432-5030
Hale	West Alabama Regional Commission	205-333-2990	800-432-5030
Henry	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507



LOCAL AAA TELEPHONE LIST

(continued)

Houston	Southern Alabama Regional Council on Aging	334-793-6843	800-239-3507
Jackson	Top of Alabama Regional Council of Governments	256-830-0818	
Jefferson	Regional Planning Comm of Greater Birmingham	205-623-3551	(Medicaid Waiver only)
Jefferson	United Way Area Agency of Aging of Jefferson County	205-458-3330	
Lamar	West Alabama Regional Commission	205-333-2990	800-432-5030
Lauderdale	Northwest Alabama Council of Local Governments	256-389-0500	
Lawrence	North Central Alabama Regional Council of Govs	256-355-4515	
Lee	Lee-Russell Council of Governments	334-749-5264	800-239-4444
Limestone	Top of Alabama Regional Council of Governments	256-830-0818	
Lowndes	South Central Alabama Development Commission	334-244-6903	800-243-5463
Macon	South Central Alabama Development Commission	334-244-6903	800-243-5463
Madison	Top of Alabama Regional Council of Governments	256-830-0818	
Marengo	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Marion	Northwest Alabama Council of Local Governments	256-389-0500	
Marshall	Top of Alabama Regional Council of Governments	256-830-0818	
Mobile	South Alabama Regional Planning Commission	251-433-6541	
Monroe	Tombigbee Regional Commission	334-682-5206	888-617-0500
Montgomery	Central Alabama Aging Consortium	334-240-4680	800-264-4680
Morgan	North Central Alabama Regional Council of Govs	256-355-4515	
Perry	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Pickens	West Alabama Regional Commission	205-333-2990	800-432-5030
Pike	South Central Alabama Development Commission	334-244-6903	800-243-5463
Randolph	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Russell	Lee-Russell Council of Governments	334-749-5264	800-239-4444
Shelby	Middle Alabama Area Agency on Aging	205-670-5770	866-570-2998
St. Clair	Middle Alabama Area Agency on Aging	205-670-5770	866-570-2998
Sumter	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Talladega	East Alabama Regional Planning & Dev Commission	256-237-6741	800-239-6741
Tallapoosa	East Alabama Regional Planning & Dev Comm ission	256-237-6741	800-239-6741
Tuscaloosa	West Alabama Regional Commission	205-333-2990	800-432-5030
Walker	Middle Alabama Area Agency on Aging	205-670-5770	866-570-2998
Washington	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Wilcox	Alabama Tombigbee Regional Commission	334-682-5206	888-617-0500
Winston	Northwest Alabama Council of Local Governments	256-389-0500	



ALABAMA DEPARTMENT OF SENIOR SERVICES

The Alabama Department of Senior Services advocates on behalf of our consumers by administering programs and services locally through the 13 Area Agencies on Aging (AAAs) and other partners. This network is actively involved in promoting advocacy and providing assistance to the aging public and people of any age with a disability. Alabama Department of Senior Services works with Area Agencies on Aging to see that an older person’s care, health, safety and well-being needs are met. Alabama Department of Senior Services provides help with:

- Caregiver assistance
- Diet and nutrition
- Elder abuse prevention
- Accessing medication
- Legal issues
- Long-term care issues

Your local Area Agency on Aging can also assist you in finding the help that you need.

COMMON QUESTIONS

- **Have I reviewed the services available on the Alabama Department of Senior Services website?**
- **Have I contacted my local AAA about resources and services available?**
- **Does the Alabama Department of Senior Services or AAA provide any education programs that might be helpful?**
- **Have I planned ahead for the care changes expected with dementia?**

- Medicaid
- Medicare and insurance counseling
- Ombudsman services
- And more!

ONLINE RESOURCES

www.AlabamaDementia.gov/AlabamaDepartmentofSeniorServices.html

CONTACTS

Alabama Department of Senior Services:
1-800-AGE-LINE (243-5463)
My Local AAA telephone number is:



ELDER ABUSE PREVENTION

Elder abuse can occur anywhere. Data shows that elders are most often abused by family members or those in a position of trust. Elder abuse is defined as:

- **Abandonment** - Desertion of an elder by anyone who assumes the responsibility for care or custody of that person.
- **Emotional Abuse** - Inflicting mental pain, anguish, or distress on an elder through verbal or nonverbal acts.
- **Financial Exploitation** - The illegal taking, misuse, or concealment of funds, property, or assets of an elder for someone else's benefit.
- **Neglect** - The failure by those responsible to provide food, shelter, health care or protection of an elder.
- **Physical Abuse** - Inflicting physical pain or injury on an elder.
- **Sexual Abuse** - Non-consensual sexual contact of any kind.

It is important to understand how to prevent and report elder abuse. Alabama Department of Senior Services (Alabama Department of Senior Services) has a FREE Elder Abuse Protection Toolkit available with important information on how to identify, prevent, and report elder abuse. Call Alabama Department of Senior Services to get your free Toolkit at **1-800-243-5463**.

TO REPORT ELDER ABUSE CONTACT

Department of Human Resources (DHR)
Adult Protective Services

ADULT ABUSE HOTLINE

1-800-458-7214

The hotline is available 24 hours, 7 days a week
Reports can also be made to your local County DHR office or local law enforcement

Reports can be made anonymously.



ELDER JUSTICE COUNCIL

Alabama Department of Seniors Services (Alabama Department of Senior Services) was appointed by the State Legislature to establish and oversee the work of the Interagency Council for the Prevention of Elder Abuse. The council's mission is to strengthen partnerships to protect elders and raise awareness of elder abuse through education, advocacy, and outreach.

Alabama Department of Senior Services has the responsibility to empower, protect, and advocate on behalf of the state's aging population. The council provides education and awareness to seniors, their caregivers, professionals, and the general public on the rights of elders and elder abuse prevention.

Through the collaboration and work of the council, Alabama has one of the strongest criminal elder abuse laws in the nation and the council meets several times each year to advocate for new state initiatives and laws to better protect Alabama elders.

Please contact Alabama Department of Senior Services for more information at **1-800-243-5463**.

ONLINE RESOURCES

www.AlabamaDementia.gov/ADSS.html

CONTACTS

Alabama Department of Senior Services:
1-800-AGE-LINE (243-5463)



OMBUDSMAN ADVOCATE

Alabama’s Long-Term Care Ombudsmen Representatives are advocates for residents of long-term care facilities (Nursing Homes, Board & Care Homes, Specialty Care, and Assisted Living Facilities). Ombudsmen work to protect the health, safety, welfare and rights of Alabama’s long-term care residents.

Ombudsmen investigate and resolve complaints, ensure that residents are receiving quality care, educate residents, their families, and facility staff about residents’ rights, provide information to the public, and represent residents interests by working to change laws, regulations and policies that affect those who live in long-term care facilities.

Anyone can use Ombudsman services, including residents, staff of long-term care facilities, or friends and family members of residents. A complaint can be filed in writing, by phone, or in person. Do not feel afraid to ask for an Ombudsmen’s assistance - they can help - and you can remain anonymous.

COMMON QUESTIONS

- **Do I know who my local Ombudsman is? Do I have their contact information?**
- **Am I concerned about the care my friend or family member is receiving? If so, have I contacted the Ombudsman?**
- **Have I clearly explained my concern to the Ombudsman?**

ONLINE RESOURCES

www.AlabamaDementia.gov/ombudsman.html

CONTACTS

Alabama Long-term Care Ombudsmen Representatives: **1-800-243-5463**
Assisted Living Complaint Hotline: **1-800-873-0366**
Elder Abuse Hotline: **1-800-458-7214**



PRESCRIPTION ASSISTANCE

The SenioRx Program is a state funded prescription drug assistance program that assists in obtaining free or low cost prescription drugs from pharmaceutical companies. To qualify, an individual must:

Be an Alabama resident and meet one set of the following criteria:

If you are 55+ and

- Have a chronic medical condition(s) and
- Have no prescription drug insurance, and
- Meet certain income limits.

OR

If you have a disability at any age

- You have been deemed disabled by Social Security, or have applied for disability and are waiting on a decision, or have a doctor's declaration of disability, or
- You are in the 24-month Medicare waiting period

OR

- You have Medicare and have reached your Medicare Part D coverage gap (donut hole).

ONLINE RESOURCES

www.AlabamaAgeline.gov

CONTACTS

Alabama Department of Senior Services:

1-800-243-5463

SenioRx Program:

1-800-243-5463



SENIOR CENTERS

Senior Centers act as a focal point for older adults to receive many aging services. They are a vital part of the aging network. Alabama has approximately **350 local Senior Centers** with at least one in each county. Senior Centers are community-based and may provide many services including:

- Daily fun activities
- Nutritious meals
- Health and wellness education
- Arts and humanities
- Transportation services
- Volunteer opportunities
- Educational opportunities
- Leisure travel programs

Stay active and involved and contact your Area Agency on Aging to find your local Senior Center today.

Call **1-800-243-5463** to find your local Senior Center.

ONLINE RESOURCES

www.AlabamaDementia.gov

CONTACTS

Alabama Department of Senior Services:
1-800-AGE-LINE (243-5463)



ADULT DAY SERVICES/RESPIRE

Medical and Social Models of Service

Adult day care bridges the gap between living alone and high levels of care. Adult day services may offer help for caregivers who are unable to watch their loved one during the day. Adult day services provide safe and proper care.

There are at least two kinds of day care models, social and medical. Social models of adult day services are designed to provide activities that will allow participants to use their cognitive, motor, language, and social skills. Medical models of adult day services provide health and rehabilitation service, in addition to social interaction activities. The type of adult day services you seek may be determined by the level of care required. Speak to a facility representative to determine if the fit is right for you and your loved one.

COMMON QUESTIONS

- **Is the facility safe and meets fire and health codes?**
- **Is the atmosphere friendly (How do you feel when you walk in)?**
- **Is the cost affordable?**
- **Are appropriate activities planned each day?**
- **Do days and times of service meet your needs?**

ONLINE RESOURCES

www.AlabamaDementia.gov/dayservices.html

CONTACTS

Alabama Alzheimer's Association:
1-800-272-3900 (for a local referral)
Eldercare Locator: **1-800-677-1116**
Find your AAA: **1-800-243-5463**



ASSISTED LIVING ENVIRONMENTS

An Assisted Living Facility is a long-term care option that provides individuals personal care and assistance with daily activities as needed.

An Assisted Living community provides housing, meals, housekeeping, medication management, transportation, and social activities. Many facilities also have Specialized Care Assisted Living Facilities (SCALF) that can provide more specialized support to individuals with dementia. Residents are assessed upon

move in, or any time there is a change in condition. The assessment is used to develop an Individualized Service Plan.

The costs for residency in a facility may vary and require private pay, and it is important to get a full breakdown of charges to determine if an Assisted Living long-term care facility is an option.

COMMON QUESTIONS

- **Do I know anyone with personal experience with this facility?**
- **Do they have SCALF?**
- **Is the facility licensed?**
- **Does your loved one's physician provide service at this facility?**
- **Is the cost within my budget?**
- **Have I reviewed complaints about this facility?**

ONLINE RESOURCES

www.AlabamaDementia.gov/assisted.html

CONTACTS

Alabama Long-term Care Ombudsmen
Representatives: **1-800-243-5463**
Assisted Living Association of Alabama:
1-800-826-9410
Assisted Living Facilities Complaint Line:
1-866-873-0366



HOME HEALTH CARE

Getting medical care at home may be an option for some. This option helps many to stay at home longer. Home Health Care is a benefit under Medicare (Part A hospital benefit), and may also be covered by private insurance. Home Health service must be related to a current diagnosis that makes someone homebound. Homebound means that leaving the home requires a “taxing effort”, and must be ordered by a physician.

Home health agencies may offer both medical and non-medical services. Health services include skilled care provided by a nurse, certified nurse aid, occupational therapist, physical therapist, speech-language pathologist and/or medical social worker. Home health care agencies may offer other services, like sitters and housekeepers, for a fee.

COMMON QUESTIONS

- **Does the individual qualify as homebound?**
- **Are skilled healthcare services required?**
- **Does the individual have Medicare or other insurance to cover the cost?**
- **Is it safe for the individual to be home? Or, will home care improve the safety of the individual at home?**

ONLINE RESOURCES

www.AlabamaDementia.gov/homecare.html

CONTACTS

National Association for Home Care & Hospice: **1-202-547-7424**



HOSPICE CARE

Hospice care focuses on making sure that your loved one is comfortable and supported at the end of life. Hospice care also supports caregivers and family members during this difficult time.

A physician must order hospice care. The focus of hospice is to provide care that ensures comfort and dignity at the end of life. But, healthcare services similar to those available in home health care are available.

For patients with Medicare, hospice services are covered under Part A of their health care benefits. Once admitted to hospice services, caregivers will have access to respite support services that may be covered by Medicare.

It is important to remember that hospice services also provide counseling, spiritual/religious support, and social work services to the family.

COMMON QUESTIONS

- **What hospice agencies are located nearby?**
- **Does my loved one's physician agree that hospice services are appropriate?**
- **Do I know someone locally who has used the hospice service who can guide me?**
- **Have I asked a hospice care representative about the services they provide?**

ONLINE RESOURCES

www.AlabamaDementia.gov/hospice.html

CONTACTS

Alabama Hospice and Palliative Care Organization: **1-334-421-8884**
National Association for Home Care & Hospice: **1-202-547-7424**
My Local AAA phone number is:



LONG-TERM/ NURSING HOME CARE

For those who have needs beyond those that can be provided by adult day services, home health care, or other residential care, or when it becomes too difficult on the caregiver to provide adequate and safe care, long-term care (also known as nursing home care) may be required.

There are more than 220 nursing homes in Alabama with a total of more than 26,000 beds. Medicare.gov recommends the following when finding a nursing home that meets your needs:

- Find nursing homes in your area.
- Compare the quality of the nursing homes you are considering.
- Visit the nursing homes you are interested in, or have someone visit for you.
- Ask specifically about dementia care services.
- Choose the nursing home that meets both your and your loved ones' needs.

COMMON QUESTIONS

- **Do I know anyone with personal experience with this facility?**
- **Do they have a dementia unit?**
- **Does your loved one's physician provide service at this facility?**
- **Is the cost within my budget?**
- **Have I reviewed complaints about this facility?**

ONLINE RESOURCES

www.AlabamaDementia.gov/longterm.html

CONTACTS

Alabama Long-term Care Ombudsmen
Representatives: **1-800-243-5463**
Alabama Medicaid Call Center: **1-800-362-1504**
Alabama Nursing Home Association:
1-334-271-6214
Health Care Facilities Complaint Line:
1-800-356-9596



PSYCHIATRIC IN-PATIENT CARE

At some point, someone with dementia may have need for assessment and treatment at an inpatient psychiatric center. This type of care may be needed if your loved one has another mental health condition besides dementia. Using this type of hospital is done to help find out what your loved one needs, not to “put them away.” Your loved one’s primary care provider will be able to guide you if this option needs to be considered.

Often, in-patient psychiatric care is beneficial when patients have severe agitation, poor sleep, poor appetite, or other conditions. The facility will evaluate your loved one’s mental and physical health, and suggest a treatment plan.

Other than psychiatrists (physicians who specialize in mental health), healthcare providers who may work with your loved one in the facility might include nurses, social workers, psychologists, occupational therapists, recreation therapists and others.

If your loved one is admitted to a psychiatric inpatient facility, begin working with the social worker early to determine what will happen next.

COMMON QUESTIONS

- **Do I have copies of all documents the facility requires?**
- **Do I know hwo will be responsible for finances and other arrangements?**
- **Do I have copies of medical and psychiatric records to share?**
- **Do I know which next-of-kin will interact with the treatment team?**

ONLINE RESOURCES

CONTACTS

www.AlabamaDementia.gov/psychiatric.html

Bryce Hospital (Tuscaloosa):
1-205-507-8000
 Mary Starke Harper Geriatric Psych. Ctr.
 (Tuscaloosa): **1-205-759-0900**
 Taylor Hardin Secure Medical Facility
 (Tuscaloosa): **1-205-556-7060**



RESPIRE CARE OPTIONS

Respite is a word describing a short period of rest or relief from something difficult. Respite care provides caregivers with temporary rest from their caregiving duties. Too often caregivers overwork themselves to the point where their own health or relationships begin to decline. Sometimes caregivers need a break too--and that is okay.

Taking the time to relax, and focusing on yourself or family and friends can be hard for some caregivers. Knowing that your loved one is in a safe and supportive environment during this break time makes your experience much better. Arranging respite care takes planning. Respite care is commonly offered through in-home care services, adult day services, and residential facilities. If your loved one is receiving hospice care, Medicare may cover respite care on a short-term basis.

COMMON QUESTIONS

- **Have I planned for emergency care if I have to be away?**
- **Have I considered my own health as a caregiver?**
- **Have I planned for the cost of respite care?**
- **Can my Area Agency on Aging provide me advice?**
- **Do other local caregivers have advice they can offer me?**

ONLINE RESOURCES

www.AlabamaDementia.gov/respite.html

CONTACTS

Alabama Lifespan Respite:
1-866-737-8252

Alabama Respite Connections:
1-256-739-8621

Call your local AAA for more information:
1-800-243-5463



STAYING AT HOME

Staying at home (aging in place) for as long as possible is the goal for many individuals and their families. Staying in a familiar place is comforting for many, and may decrease confusion. Individuals with dementia may benefit from changes to their home that could help them stay at home longer. Examples are:

- Change paint colors to make things easier to see;
- Put safety bars in the bathroom;
- Make things in the kitchen safe to avoid burns, cuts, and fires; and
- Move furniture and other things that could cause falls.

Occupational therapists who make home evaluations and safety checks can help. Many professionals like architects, builders, and interior designers can also provide assistance. Use licensed or certified providers when possible.

COMMON QUESTIONS

- **What is limiting us from keeping our loved one at home? Can these issues be addressed?**
- **How will aging in place benefit me, my family, and my loved one?**
- **What are the costs of modifying our environment?**
- **Does modifying my home environment meet my needs and those of my loved one?**

ONLINE RESOURCES

www.aarp.org/liveablecommunities/publications
www.AlabamaDementia.gov/staying.html

CONTACTS

American Occupational Therapy Association:
1-800-729-2682

National Association of Home Builders:
1-800-368-5242

Order your AARP Home Fit Guide:
1-800-243-5463



VETERANS ADMINISTRATION HOMES

Alabama Veterans Administration (VA) Homes may provide living options for veterans with long-term health conditions. There are four VA Homes in Alabama. The VA decides who can receive services. To find out about VA programs, you should contact a facility, or the Department of Veterans Affairs.

Eligibility for services, and the level of funding available, is not the same for everyone. The VA will decide how much funding is available.

The VA offers a number of guides related to housing services, including a Shared Decision Making Worksheet and a Caregivers Self-Assessment Worksheet. These worksheets can help individuals and their caregivers determine what type of care might be best, at a given point in time.

COMMON QUESTIONS

- **Is my loved one eligible for services in a VA facility?**
- **What paperwork is required to determine eligibility for VA services?**
- **What portion of the services, if any, will be covered by the VA?**
- **What VA facilities are near me?**

ONLINE RESOURCES

www.AlabamaDementia.gov/vahomes.html
www.benefits.va.gov

CONTACTS

Bill Nichols State Veterans Home
(Alexander City): **1-256-329-3311**
William F. Green State Veterans Home
(Bay Minette): **1-251-937-8049**
Floyd E. Tut Fann State Veterans Home
(Huntsville): **1-256-851-2807**
Colonel Robert L. Howard State Veterans Home
(Pell City): **1-205-338-6487**



TYPES OF HEALTHCARE PROVIDERS

Counselor: Works with the individual and/or his or her caregiver/family to address issues associated with the diagnosis, including: anxiety, communication, coping, depression, emotions, family dynamics, grief, and others. Counselor types may include Family Therapists, Mental Health Counselors, Psychologists, Rehabilitation Counselors, and Social Workers.

Geriatrician: A physician (M.D. or D.O.) who specializes in aging.

Internist: A physician (M.D. or D.O.) who specializes in adult medicine.

Neurologist: A physician (M.D. or D.O.) who specializes in the nervous system, including the brain, spinal cord, muscles and nerves.

Neuropsychologist: A neuropsychologist is a psychologist who specializes in behaviors related to brain function and brain structure.

Occupational Therapist (OT): An OT works to help individuals engage in meaningful activity designed to improve or maintain the highest possible level of independence and quality of life. Activities frequently focus on activities of daily living (also known as ADLs).

Pharmacist: A pharmacist dispenses and provides information about drugs/medicine. Pharmacists can answer questions about different types of medicines and how they interact in the body.

Physical Therapist (PT): A PT works with the individual to promote functional ability and quality of life. Activities frequently focus on exercise, movement and safety.

Primary Care Provider: The physician (M.D. or D.O.) or non-physician (Nurse Practitioner or Physicians Assistant) that a patient usually sees for general health concerns.

Psychiatrist: A physician (M.D. or D.O.) who specializes in mental health.

Social Worker: A professional who seeks to improve the quality of life and well being of individuals, families, and communities.

Speech-Language Pathologist (SLP): A SLP not only addresses speech and communication disorders, but also addresses swallowing disorders (also known as dysphagia).



COMMUNICATING WITH HEALTHCARE PROVIDERS

Communicating with a healthcare provider can be intimidating for some, especially when discussing the healthcare of a loved one. Healthcare providers chose their profession because they wanted to help others—like you. So, **do not be afraid to ask questions.**

When preparing for a visit with a healthcare provider:

- Ask them, “What information you need to bring to the first visit?”
- Take a list of your concerns and questions, especially those related to that professional’s area of expertise. If you ask questions that are not in their area of expertise, they will refer you to someone who can answer. If you do not take a list of concerns or questions, you may forget.
- Take a list of all medication, including the dose and times per day. Your pharmacist can help you make this list. Or, you can take the medicine bottles with you to the appointment.
- If you do not understand something the provider is trying to explain to you, simply tell them that you do not understand. Help the provider by telling them what you do understand, so that they can focus on the parts that you don’t. It is important to stay calm if you do not understand everything. Write things down, if that helps. Or, if you are at the provider’s office and have a cellular phone that records, ask if you can record what they are trying to explain on your telephone.
- If you understood something when they explained it to you, but you have forgotten—ask again.
- Take good notes, especially with appointment times, things to bring with you, medication, activity and exercise instructions, and issues related to safety.



INSURANCE COVERAGE

Insurance coverage varies by policy. It is very important to understand what your policy does cover. More important is that you understand what it does not cover. If your loved one does not have Medicare, it is important to get information about coverage.

It is important to understand what you are signing when you are seeking services from a health care provider. You don't want any surprises, and you do not want to pay for something you should not have to.

For questions, contact the insurance provider's customer service department or the insurance agent. Ask about coverage for all conditions, including those associated or commonly associated with dementia.

If your loved one has not started the process for disability eligibility to receive Medicare, it would be a good idea to begin that process now.

COMMON QUESTIONS

- **Does the individual have an insurance policy to cover health or long-term care?**
- **Have I asked the insurance provider about coverage?**
- **Does the individual qualify for Medicare coverage due to disability?**
- **Are any out-of-pocket expenses required? If so, are they affordable?**

ONLINE RESOURCES

www.AlabamaDementia.gov/insurance.html

CONTACTS

Alabama Department of Insurance:
1-334-269-3550
State Health Insurance Assistance
Program: **1-800-243-5463**



MEDICAID

Medicaid is a state/federal program that pays for medical and long-term care services for low-income pregnant women, children, certain people on Medicare, individuals with disabilities, and nursing home residents. These individuals must meet certain income and other requirements.

To qualify for Medicaid, all individuals must:

- Be an Alabama resident;
- Be a US citizen or be in this country legally; and
- Meet income and age requirements (varies according to program).

Those individuals applying for assistance through a program for the elderly or disabled must also:

- Meet certain medical criteria; and
- Have resources below a certain limit (varies according to program).

The three agencies that certify a Medicaid recipient are the Social Security Administration, the Department of Human Resources, and the Alabama Medicaid Agency. Your local Aging and Disability Resource Center will also screen and help you apply for Medicaid benefits.

Senior Services is the operating agency for various Medicaid programs and services.

ONLINE RESOURCES

www.AlabamaDementia.gov/insurance.html

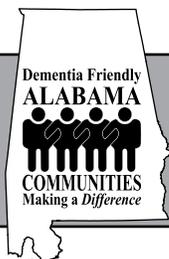
CONTACTS

Aging and Disability Resource Center

1-800-243-5463

Alabama Medicaid

1-800-362-1504



MEDICAID WAIVER PROGRAM

Alabama Department of Senior Services operates this and four other Medicaid Waiver programs that are available to eligible individuals. Please call **1-800-243-5463** for eligibility requirements. They will screen and help individuals apply for Medicaid Waiver programs and services.

The Alabama Medicaid Elderly & Disabled Waiver Program is designed to provide services to older adults and others whose needs would qualify for placement in a long-term care facility.

This program is for those who qualify for Medicaid, and would require placement in a long term care facility if they did not get help in their home. The kinds of help available to those who qualify include:

- Case management
- Personal care
- Homemaker services
- Companion services
- Respite care
- Adult day services (where available)
- Nutrition and meals.

Waiver program enrollment is limited and a waiting period may be required.

COMMON QUESTIONS

- **Does my loved one qualify for Medicaid?**
- **Does my loved one's current level of care qualify for Waiver Services?**
- **Do I have all the documentation (financial, legal, medical) needed to apply for services?**
- **Can my local Area Agency on Aging help?**

ONLINE RESOURCES

www.AlabamaDementia.gov/medicaid.html

CONTACTS

Alabama Medicaid: **1-800-362-1504**
Waiver Services Program: **1-800-243-5463**
My local AAA telephone number is _____



MEDICARE COVERAGE

Medicare coverage for dementia is dependent on the patient's need. Medicare covers services that are "reasonable and medically necessary" for the treatment of any condition that has resulted in a loss in abilities and health. Medicare cannot deny services because of a diagnosis of dementia.

Medicare does cover home health care services for patients with dementia, as long as the person requires the skills of a qualified provider.

It is important to understand what you are signing when you are seeking services from a health care provider. You do not want to pay for something that the provider is responsible for paying. Supplemental insurance policies vary, and it is important to understand what your policy does cover and what it does not.

ONLINE RESOURCES

www.AlabamaDementia.gov/medicare.html

CONTACTS

Medicare: **1-800-633-4227**
State Health Insurance Assistance Program:
1-800-243-5463



LEGAL ISSUES

There are a number of legal actions that need to be considered early in the diagnosis of dementia. Making decisions about healthcare, money, and property soon after the diagnosis can reduce confusion and stress. Early decision-making also assures the individual with dementia can communicate what his or her wishes are.

If the individual is able to make legal decisions, it is important that he or she be involved in the process. However, if he or she does not understand the importance of the issues being discussed, you may need to seek legal advice from an attorney.

An attorney can help you complete documents that make sure the wishes of your loved one are carried out. An attorney can also help you plan and address needs when the person is no longer able to make decisions. An attorney can guide you on legal actions that need to be taken.

Call your local AAA to find out more about their free legal assistance program.

COMMON QUESTIONS

- **Have I gathered legal documents, bank records and other financial and legal information?**
- **Is there an attorney in my area who specializes in elder law?**
- **Who will have decision making authority on issues related to finances and health?**
- **Have I spoken to the bank?**
- **Can my local AAA help me?**

ONLINE RESOURCES

www.AlabamaDementia.gov/legal.html

CONTACTS

Alabama Department of Senior Services:

1-800-243-5463

Alabama Family Trust

1-844-238-4630



LEGAL ASSISTANCE

The **Legal Assistance Program** in Alabama provides no cost legal assistance in non-criminal matters. The program targets people 60 or above with the most social or economic need, low income minorities, or individuals in rural areas.

The program can assist you with the following:

- **Accessing Health and Long-term Care**
- **Advanced Directives (Living Will)** - sets out what kind of care you want to receive if and when you become ill or incapacitated and unable to speak for yourself.
- **Consumer Issues**
- **Debt Collection**
- **Durable Power of Attorney of Finances** - allows someone to manage your financial affairs, pay bills, sell property, and other financial matters.
- **Durable Power of Attorney for Healthcare** - allows your loved one to make health care decisions for you.
- **Elder Abuse, Exploitation, and Fraud**
- **Guardianship Issues**
- **Housing**
- **Income Maintenance**
- **Medicaid and Medicare**
- **Revocable Living Trust** - allows your loved one to retain control over your estate while making transfers of assets to beneficiaries. They designate what property goes into the trust and to whom it will be granted. A revocable living trust has an important advantage which allows your estate to possibly avoid probate at the time of your death.
- **Social Security**
- **Wills** - make clear who will receive your assets and personal property. A properly written will helps to avoid disagreements over your estate after your death.

For more information call **1-800-243-5463**



MY LIST OF QUESTIONS

It is okay to ask questions about your or your loved one's health. It helps to prepare a list of questions you want to ask ahead of time. This list will help you remember what your questions are.

Question	Answer



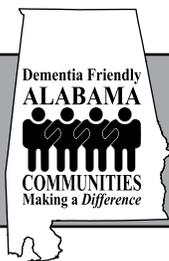
MY NOTES

A large, empty rectangular box with a black border, intended for taking notes.



MY NOTES

A large, empty rectangular box with a black border, intended for taking notes.



HELPFUL TELEPHONE LIST

AARP	1-866-542-8167
Adult Abuse Hotline	1-800-458-7214
Adult Day Services	1-334-242-5743
Aging and Disability Resource Center	1-800-243-5463
Alabama Cares Program Coordinator	1-334-242-5772
Alabama Department of Insurance	1-334-269-3550
Alabama Department of Mental Health	1-800-367-0955
Alabama Department of Public Health Complaint Line	1-800-356-9596
Alabama Disability Advocacy Program	1-800-826-1675
Alabama Elderly & Disability Waiver Program	1-800-243-5463
Alabama Family Trust - Doug Marshall	1-844-238-4630
Alabama Hospice & Palliative Care Organization	1-334-421-8884
Alabama Lifespan Respite Resource Network	1-866-737-8252
Alabama Nursing Home Association	1-334-271-6214
Alabama Respite Connections	1-256-739-8621
Alabama State Health Assistance Program	1-800-243-5463
Alzheimer's Association	1-800-272-3900
Alzheimer's Association or AL/FL Panhandle Chapters	1-205-379-8065
Alzheimer's of Central Alabama	1-866-806-7255
Alzheimer's Foundation of America National Toll Free HOTLINE	1-866-232-8484
Area Agency on Aging (AAA)	1-334-240-4666
Assisted Living Association of Alabama	1-800-826-9410
Attorney General's Office	1-800-392-5658
Central Alabama Aging Consortium (Local)	1-334-240-4680
Central Alabama Aging Consortium (Toll Free)	1-800-264-4680
WWW.ALABAMADEMENTIA.GOV	1-800-AGE-LINE



Dementia Education & Training Program (DETA)	1-800-457-5679
Division of Health Care Facilities	1-866-873-0366
Dothan Alzheimer's Resource Center	1-334-702-2273
Eldercare Locator	1-800-677-1116
Elder Justice & Advocacy	1-877-425-2243
Long-term Care Ombudsman (Advocate)	1-334-353-8689
Mobile-Alzheimer's Foundation of the South	1-251-209-6766
Morgan County Mental Health Assoc. in Decatur	1-256-353-1160
National Association for Home Care & Hospice	1-202-547-7424
Northwest Alabama-Florence-Coalition of Alz & Related Disorders	1-256-740-5431
Senior Legal Assistance Program	1-800-243-5463
SenioRx (Prescription)	1-800-243-5463
Support Groups	1-800-243-5463



ONLINE RESOURCES

10 Warning Signs of Alzheimer's

<http://m.alz.org/10-warning-signs.asp>

Alabama Family Trust

www.alabamafamilytrust.com

Alabama Lifespan Respite Resource Network

www.alabamarespite.org

American Society on Aging

www.asaging.org

Alzheimer's Association

www.alz.org

Alzheimer's of Central Alabama

www.alzca.org

Alzheimer's Disease Education & Referral (ADEAR) Center

www.nia.nih.gov/alzheimers

Alzheimer's Education, Resources and Sources

www.alzheimersers.org

Alzheimer's Foundation of America

www.alzfdn.org

Alzheimer's Foundation of America Teens

www.youngleadersofafa.org



Alzheimer's Foundation of America FREE Monthly Webinars

www.alzfdn.org/AFAservices/careconnection.html

Alzheimer's Support Groups

www.alz.org/grva/in_my_community_support.asp

Central Alabama Aging Consortium

www.CentralAlabamaAging.org

Dementia Education and Training Act (DETA)

www.alzbrain.org

Dementia Friendly Alabama Facebook Page

www.facebook.com/CentralAlabamaAging

Dothan Alzheimer's Resource Center

www.wesharethecare.org

Learn More about Alzheimer's Genetics Studies

<http://ncrad.iu.edu>

Montgomery - Alzheimer's Education Resources and Services, Inc. (AERS)

www.alzheimersers.org

Morgan County Mental Health Association

www.mhainmc.net

National Institute on Aging

www.nia.nih.gov



Northwest Alabama - Florence - Coalition of Alz. & Related Disorders

www.cardnwa.org

Project Life Saver

www.alabamatroopers.net/Portals/0/ProjectLifesaverflier.pdf

Volunteer for Clinical Trials & Studies

www.nia.nih.gov/alzheimers/volunteers



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Dementia Friendly ALABAMA COMMUNITIES Making a *Difference*

How... can Alabama become a dementia friendly community? Central Alabama Aging Consortium (CAAC) is the Area Agency on Aging responsible for providing programs to foster dementia friendliness in Alabama. Current programs promoting dementia friendliness include:

- ▶ Dementia Friendly Businesses
- ▶ Dementia Friendly Schools
- ▶ Dementia Resource Guide
- ▶ Memory Screenings
- ▶ Project Life Saver/Tracking Technology for Individuals with Cognitive Disorders
- ▶ Speaking Opportunities
- ▶ Virtual Dementia Tours

For more information about dementia friendly programs in Alabama, please contact:

Stephanie C. Holmes
Project Coordinator for Dementia Friendly Alabama
(334) 240-4680

