

## Central New York Chapter

*There are many types of services available to assist you throughout the course of Alzheimer's disease. Although you may not need all these services immediately after receiving a diagnosis, it's important to identify what's available in your community. Our staff of outreach professionals are available to discuss the programs available in your community.*

### *Medical Services*

Families report they are most satisfied with a specialist who is well-informed about Alzheimer's disease. This may be a neurologist, geriatrician, psychiatrist or a family doctor who is experienced in treating people with the disease.

### *Legal Services*

Legal planning should begin soon after a diagnosis has been made. Planning should involve putting together documents that authorize another person to make health care and financial decisions, including plans for long-term care coverage.

An attorney can explain issues related to durable power of attorney for health care and finances, living wills and trusts, future medical care, housing and other key considerations. There are elder law attorneys who specialize in issues affecting older adults. If the person with Alzheimer's has the legal capacity — the level of mental functioning necessary to sign official documents — he or she should actively participate in legal planning.

### *Financial Services*

Important financial decisions will have to be made throughout the course of the disease. Attorneys, accountants and financial planners can help. If possible, include the person with Alzheimer's in the discussions.

Financial assistance and health care benefits may be obtained through several government sources. There are two types of entitlement programs that persons with Alzheimer's may apply for: those that provide income and those that help pay for medical expenses. Some of these include Social Security Disability, Supplemental Security Income, General Public Assistance, Medicare

and Medicaid. Contact the government agency directly involved or the Alzheimer's Association for more information.

### *Helpline*

The Alzheimer's Association 24-Hour Helpline is staffed by trained volunteers and staff experienced in issues related to the disease. Helpline specialists are available to offer ongoing support, suggest tips for caregiving and provide specific information that may help you.

### *Support Groups*

Your local chapter of the Alzheimer's Association also provides support groups for caregivers and family members throughout the disease process. In the Central New York region, we offer specialized groups for people with the disease and adult children of people with Alzheimer's. You can talk with others who are experiencing similar situations in a safe, non-judgmental group setting.

### *Information*

You can find information on everything from diagnosis and treatment to caregiving and support groups through the Alzheimer's Association. Resource libraries at our regional offices have an extensive collection of brochures, books and videos. You can also find more information on the chapter's Website at [www.alzcn.org](http://www.alzcn.org).

*As the disease progresses, you may need help with providing care. Care services generally fall into the categories of respite care, residential care and hospice. The Alzheimer's Association can assist you in determining what type of care is available in your community.*

**Respite care** refers to a short time of rest or relief. It allows caregivers a break from day-to-day duties and provides the person with Alzheimer's opportunities to interact with others. Three types of respite care most commonly available are:

**Day Services.** Programs in adult day centers can give the person with Alzheimer's an opportunity to socialize with others, exercise and engage in simple activities. One such program exists in Syracuse at the Kirkpatrick Day Program. Run by the Central New York Chapter, this social adult day center offers specialized Alzheimer's care in a secure setting. For more information about this or other day programs, contact the Alzheimer's Association.

**Home Care.** Visiting nurses, home health aides, homemakers and volunteers can provide services at home such as bathing, dressing or companionship while you go out for a while.

**Residential Respite.** Some hospitals, nursing homes and other residential facilities offer short-term stays of a few days or a few weeks.

**Residential care.** The type of residential care you may need will probably vary depending on the stage of the disease. Housing services are generally grouped in two categories:

**Assisted Living.** Also known as board and care homes, assisted living is a term for residential care settings that combine housing, personalized supportive services and health care. These settings offer more services than independent living, but fewer than a skilled nursing facility.

**Skilled Nursing.** Also known as nursing home care, this type of care provides an intermediate or skilled nursing setting for those who require more services. Some are designed to provide specialized care for persons with dementia.

**Hospice Services.** Designed to help people near the end of life, hospice programs combine at-home and skilled nursing services. Today, more hospices are offering specialized programs for persons with Alzheimer's disease.

**Other Support Services.** Other support services may be available from your county's area agency on aging, department of health, senior citizens' agency, religious-affiliated service and patient education departments of hospitals. Also, private physicians, social workers, nurses, psychologists and counselors may provide such services.



the compassion to care, the leadership to conquer

Chapter Office ..... 315-472-4201

**Regional Offices**

Jefferson, Lewis Oswego and St. Lawrence Counties..... 315-782-8755  
Broome, Chenango, Cortland and Tioga Counties ..... 607-785-7852  
Oneida County Alzheimer's Care Project ..... 315-794-4480  
24-Hour Helpline ..... 800-272-3900