alzheimer’s association
programs & services session

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we are the alzheimer’s association

Mission: To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.
our work is about people and science
alzheimer's association
greater maryland chapter provides:

• Information and referral
• Care consultation
• Education
• Safety services
• Support groups
• Early-stage programs
24/7 helpline
1.800.272.3900
our helpline serves:

• Over 4,000 people per year
  • 90% caregivers
    • 50% adult children
    • 25% spouses
    • 25% other family/friends
  • 5% healthcare professionals
  • 5% people with dementia
• Callers from every MD county
helpline provides 24/7 service and support

1.800.272.3900

Calls are answered by highly-trained volunteers and staff who provide emotional support and valuable information in intimate, confidential calls.

• Understanding memory loss, dementia and Alzheimer’s
• Strategies to reduce caregiver stress
• Communication skills and coping with difficult behaviors
• Personal care techniques
• Learning skills to find the best care from professionals
• Guidance through legal, financial and long-term care decisions
local resources:

• Physicians and diagnostic centers
• Elder law attorneys
• Nursing homes with locked and dedicated dementia units
• Driving evaluation programs
• Web resources
• Respite services
• Adult day centers
• Geriatric care managers
• Doctors who do house calls
care consultation
the role of the care consultant

• Help navigate through the course of the disease
• Assessment, planning and problem solving
• Emotional support for those affected by Alzheimer’s disease
how can we help?

• Community resources
• Support groups
• Supportive interventions
• Action steps
• Disease education
goal of level 1 care consultation:

To enhance the quality of life and decrease the stressful impact of the disease for the person with Alzheimer’s or related dementias and/or the caregiver through the provision of support, in-depth information, problem solving and planning for future needs, and linkages with resources, particularly during transitional situations.
goal of level 2 care consultation:

To improve the quality of life and decrease the stressful impact of Alzheimer’s or related dementias for the person with the disease and/or the caregiver by identifying areas of need and providing assistance and psychosocial support through education about the disease and symptom management, problem solving, planning for future needs and linkages with resources, particularly during transitional and/or crisis situations.
safety programs

• Safe Return + Medic Alert
  24-hour emergency response service
  for people with dementia who wander

• Comfort Zone
  GPS location management services
  that help families monitor a person
  with Alzheimer’s or dementia
early-stage
### voices of alzheimer’s disease

<table>
<thead>
<tr>
<th>What we know</th>
<th>What early-stage constituents say they want</th>
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<tbody>
<tr>
<td>Experience of individuals post diagnosis may include:</td>
<td>• Remain active and vital as long as possible</td>
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<tr>
<td>• Reluctance to admit their diagnosis</td>
<td>• Non-traditional supportive services</td>
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<tr>
<td>• Feeling abandoned and isolated</td>
<td>• Make meaningful contributions</td>
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<tr>
<td>• Desire to establish connections and develop peer support</td>
<td>• Activities that bring purpose to their life</td>
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<td>• Maintain positive self image</td>
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<td>• Connect with others having a similar experience</td>
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early-stage programs and services

Education

- If you have Alzheimer's: For people with Alzheimer's
- If you have Alzheimer's: For Younger-Onset Alzheimer's
- I have Alzheimer's: www.alz.org

Support

- Early-Stage Support Group
- AlzConnected
- Care Consultations

Engagement

- Early-Stage Social Engagement Program
early-stage social engagement program

- Builds a social network that promotes social interaction and companionship
- Connect with individuals experiencing similar situations
- Meaningful social activities
- Adaptable to each community
- Activities determined by individual needs and interests
support groups
support groups are:

• Regularly scheduled
• In-person or online
• Include people affected by dementia
• Social, educational and supportive
• Facilitated by people trained by the Alzheimer’s Association
purpose of a support group:

• Provides an opportunity for family members & caregivers to develop a mutual support system
• Offers contact with people who really understand, because they’ve been there too
what can a support group provide its members?

• Exchange information
• Share ways of adapting to stress
• Share in a safe and supportive atmosphere
• Talk about feelings associated with caregiving
• Help develop realistic expectations
• Provide social contact
what can a support group provide its members?

• Establish sympathetic connections between families
• Emphasize physical & mental health
• Learn about resources
• Help families advocate on behalf of people with dementia
• Receive information on aspects of Alzheimer’s
education
we offer:

- Community training
- Conversations about dementia
- Know the 10 signs
- The basics
- Living with Alzheimer’s series
- Legal and financial planning
- Connected Conversations
- Annual Dementia Conference
- Annual African American Forum on Memory Loss
• Professional training
  • Dementia Care Consortium
  • 1st Responder Training
  • Mandatory Long-Term Care Dementia Care Training
    • 5-hour training
    • 2-hour training
advocacy
Maryland advocates meet with Senator Benjamin Cardin during the Alzheimer’s Advocacy Forum on April 9, 2014
• Policy can help every family living with Alzheimer’s
• Elected officials are educated and personally affected by your stories
• Alzheimer’s Association Ambassador Program
• Relationships with key staff and meetings in district offices
• National Alzheimer’s Advocacy Forum, e-mails, Letters to the Editor, sharing your story and town hall meetings
Be an advocate!

www.alz.org/advocacy/take-action.asp
chapter information
resources at www.alz.org

• Alz Connected message boards
• Caregiver stress check
• The Alzheimer’s Navigator: help creating customized action plans and providing access to information, support and local resources
• Free online courses: Living with Alzheimer’s (early, middle and late stages)
• Online support groups (www.alzconnected.org)
volunteer opportunities

• Walk to End Alzheimer’s
• Memory Ball
• Advocacy
• Community outreach
• Public education
• Helpline specialist
• Fundraising events
• Support group facilitation
• Administrative support
• Health fairs
the end of alzheimer’s starts with you

Howard County Walk
September 27, 2014

Greater Baltimore Walk
October 25, 2014

Eastern Shore Walk
October 18, 2014

Anne Arundel County Walk
October 25, 2014

Western Maryland Walk
October 19, 2014

Harford County Walk
November 1, 2014
stay connected

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