

## What is Care Consultation?

Care Consultation is one of the core services of the Alzheimer's Association, Minnesota-North Dakota. It is a grouping of services to assist the person with Alzheimer's disease or related dementias and/or their family care partners in planning for, and dealing with, all aspects of the illness experience. Individuals with dementia and their care partners will receive valuable one-on-one assistance that will enable them to better manage care and make more informed decisions regarding services and treatments.

Care Consultation may include any of the following:

- Assessment of needs
- Assistance with developing a care plan
- Assistance with resources and facilitating referrals
- Problem solving
- Providing individual and family meetings
- Providing education and support
- Providing ongoing support and follow-up

Services can be delivered via telephone, email, home visits, office visits or one on one in another convenient location. Family meetings are frequently scheduled with a Care Consultant's assistance, and can be beneficial when attempting to involve multiple family members in care planning and/or decision-making, and when attempting to increase an entire family's awareness of the disease.

Care Consultation can be a valuable source of support for those coping with dementia's impact on their lives. This service is meant to address the unique and individual needs which will arise throughout the process of the disease.

If you have questions or concerns and feel you could benefit from Care Consultation services please call the Alzheimer's Association Minnesota – North Dakota's 24/7 Information Helpline at **1-800-272-3900** to request a care consult.

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research.

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