

Spring/Summer 2026

Programs and Services Catalog



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STAY UP TO DATE
WITH OUR WEEKLY
E-NEWSLETTER



The Alzheimer's Association's E-News combines stories of nationwide interest with stories that have local focus. Every Wednesday, you'll receive the latest information on Alzheimer's care and support, advances in research, as well as inspirational stories and resources for people living with the disease and their caregivers. Sign up takes less than a minute at alz.org/e-news.

SAVE THE DATE: MINI-CONFERENCES



We are shifting from hosting one large conference to offering several smaller, community-based gatherings. This new approach allows us to meet participants where they are, making it easier for more people to engage, connect, and participate. Mini-Conferences will take place in Cayuga, Oneida, Onondaga and Oswego counties.

These Mini-Conferences offer a half-day of education, support and uplifting motivation for caregivers. As hosts of this event, our goal is to create a platform from which caregivers can learn the skills necessary to provide quality care for a person with dementia, as well as engage participants to support their well-being to manage stress, prevent burnout, and build resiliency.

Cayuga County
Tuesday, June 9, 9 a.m. – Noon

Oneida County
Tuesday, June 9, 9 a.m. – Noon

Onondaga County
Wednesday, June 3, 9 a.m. – Noon

Oswego County
Monday, June 15, 9 a.m. – Noon

Mini-Conferences are free to attend. Space is limited; advanced registration is required.
Call 315.472.4201 or 800.272.3900 or visit alz.org/crf to register.
Light refreshments will be served.



Care Consultations

High quality dementia care requires planning. Let our experts be your guide.

Care Consultations are not just a meeting with a care professional. We work with you to:

- Navigate difficult caregiving decisions and family issues
- Assess current needs and anticipate future care challenges
- Develop an effective care plan and problem solve barriers
- Offer supportive listening in a confidential, nonjudgmental environment

We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4201 ext. 227 or email cny-programs@alz.org.

Respite Care

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's or other dementia continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver. Respite care can help caregivers by providing time to relax, run errands, or go to appointments. Caregivers can receive respite funds from their county's Office for the Aging (OFA), made possible by a grant to the Alzheimer's Association. Interested caregivers must meet eligibility requirements of their county's respite program. The Central New York Chapter maintains relationships with OFAs in its 14-county service area, providing caregivers a direct connection to the resources each OFA provides. These 14 counties are Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins. For more information, please contact 315.472.4201 ext. 227.

MAY 10TH IS MOTHER'S DAY



JUNE 21ST IS FATHER'S DAY

Celebrating Mother's Day and Father's Day, like other holidays, can be bittersweet and challenging when a parent is living with Alzheimer's. These celebrations, however, can remain a meaningful and enjoyable occasion for families facing Alzheimer's and other dementia. To help families adjust, the Alzheimer's Association offers these tips:

- **Take a person-centered approach.** Focus on what is enjoyable for the person with Alzheimer's, such as looking at family pictures or enjoying the person's favorite food. If they get overwhelmed in large groups, a small quiet gathering may be preferable.
- **Keep it simple.** Consider a celebration over lunch or brunch at home or where the person is most comfortable. Ask family or friends to bring dishes for a potluck meal or have food delivered by a local restaurant or grocery store.
- **Connect with mom and dad virtually.** Schedule a FaceTime or Zoom call with mom or dad and invite other family members to participate. Prepare ahead of time to ensure the platform you use is one your parent can access easily. Consider taking the call to the next level by adding a slideshow with favorite pictures of mom or dad and cherished family photos.
- **Join in.** If the person with Alzheimer's lives in a care facility, consider joining in on any facility-planned activities.
- **Don't overdo it.** Sticking to the person's normal routine will help keep the day from becoming disruptive or confusing. Depending on the person's stamina, plan time for breaks so the person can rest in a quiet area away from noise and crowds.
- **Adapt gift giving.** Encourage safe and useful gifts for the person with Alzheimer's. If someone asks for gift ideas, suggest items the person with dementia needs or can easily enjoy. Ideas include: an identification bracelet, CDs of favorite music, comfortable clothing, favorite foods, and photo albums of family and friends.
- **Find support.** Many adult children may feel grief, sadness or guilt preceding or following a holiday. It can be helpful to discuss these feelings with a trusted friend or family member. The Alzheimer's Association also offers support groups and tips for coping with caregiver depression and stress.



Support Groups

OPEN TO ALL DEMENTIA CAREGIVERS

Advance screening and registration is required for ALL support groups before attending. Please call 315.472.4201 ext. 227 to be screened and obtain Zoom link and/or location information.

VIRTUAL

Group

- Chapterwide Caregiver Support Group
- Chenango County Caregiver Support Group
- Clinton Caregiver Support Group

Day of Month and Time

- 4th Monday at 5 p.m.
- 3rd Thursday at 6 p.m.
- Last Wednesday at 1 p.m.

IN-PERSON

Group

- Auburn Caregiver Support Group
- Baldwinsville Caregiver Support Group
- Canton Caregiver Support Group
- Cortland Caregiver Support Group
- Ithaca Caregiver Support Group
- Johnson City Caregiver Support Group
- Lowville Caregiver Support Group
- North Syracuse Caregiver Support Group
- Oswego Caregiver Support Group
- Rome Caregiver Support Group
- Skaneateles Caregiver Support Group
- Syracuse Caregiver Support Group
- Watertown Caregiver Support Group

Day of Month and Time

- 1st Thursday at 1:30 p.m.
- 2nd Tuesday at 6:30 p.m.
- 1st Tuesday at 6:30 p.m.
- 3rd Wednesday at 10 a.m.
- 1st Wednesday at 5:30 p.m.
- 3rd Wednesday at 4 p.m.
- 1st Wednesday at 10:30 a.m.
- 3rd Tuesday at 3 p.m.
- 4th Wednesday at 6 p.m.
- 2nd Tuesday at 5 p.m.
- Last Thursday at 2 p.m.
- 1st Thursday at 1 p.m.
- 4th Tuesday at 4:30 p.m.

Specialty Caregiver Groups (Virtual)

Group

Day of Month and Time

Long Term Care Caregiver Support Group

2nd Wednesday at 10 a.m.

Support group for family caregivers of people living with dementia in a long-term care residence.

Partner/Spousal Caregiver Support Group

4th Thursday at 3 p.m.

Support group for partners/spouses of people living with dementia.

Younger-Onset Caregiver Support Group

2nd Wednesday at 5:30 p.m.

Support group for caregivers of people living with younger-onset (under 65 years old) Alzheimer's disease or other dementia.

Don't see what you need? The Alzheimer's Association offers a variety of specialty support groups virtually nationwide. For example:

- IDD/Down Syndrome with Alzheimer's
- LGBTQ+ Caregivers
- Recently Bereaved Caregivers
- Groups in languages other than English (i.e. Spanish, Arabic, Mandarin-Chinese, Haitian-Creole)

Please call 800.272.3900 or visit alz.org/crf to get a full listing.

Early Stage/Caregiver Time-Limited Support Group

The Alzheimer's Association, Central New York Chapter is pleased to offer an early stage support group designed specifically for those in the early stage of the disease and their care partner. During this seven-week group, participants will have an opportunity for emotional, educational, and social support with peers in a safe and confidential space.

Virtual (via Zoom) 10-11 a.m.

Monday, July 6

Monday, July 13

Monday, July 20

Monday, July 27

Monday, Aug 3

Monday, Aug 10

Monday, Aug 17

In-Person (Syracuse) 4:30-5:30 p.m.

Wednesday, July 8

Wednesday, July 15

Wednesday, July 22

Wednesday, July 29

Wednesday, Aug 5

Wednesday, Aug 12

Wednesday, Aug 19

Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: "Loving Someone Who Has Dementia" by Pauline Boss, PhD. This group will meet on four consecutive Monday afternoons, beginning June 8 and ending June 29, from 1-2 p.m. The book will be provided at no cost to registrants. Space is limited to 10 participants. **Advance screening and registration are required before May 26 to allow time for mailing of book/materials.**

U.S. POINTER Results Show That Healthy Behaviors Have a Powerful Impact on Brain Health

This two-year clinical trial found that simultaneously targeting risk factors for cognitive decline – including regular physical activity, a brain-healthy diet, cognitive and social engagement and health monitoring – can improve brain function in older adults. While the cognitive health of all participants in U.S. POINTER improved, the group* that followed a more structured program improved even more, helping to protect thinking and memory from the normal decline that often comes with aging over the two-year period of the study. These results provide powerful, actionable guidance for promoting brain health in aging populations.

Learn more at alz.org/uspointer

THE U.S. POINTER BRAIN HEALTH RECIPE*

COGNITIVE EXERCISE

Computer-based brain training program three times a week for 30 minutes, plus regular engagement in other intellectually challenging and social activities.



PHYSICAL EXERCISE

30–35 minutes of moderate-to-intense aerobic activity four times a week, plus strength and flexibility exercises twice a week.



HEALTH MONITORING

Regular check-ins on blood pressure, weight and lab results.



NUTRITION

Adherence to the MIND diet, which emphasizes dark leafy greens, berries, nuts, whole grains, olive oil and fish, and limits sugar and unhealthy fats.

*Participants followed either a self-guided or structured lifestyle program. The two interventions both focused on the same lifestyle domains, but differed in structure, accountability and support provided.

Baker LB, Espeland, MA, Whitmer, RA, Snyder et al. Effects of Structured vs Self-Guided Multidomain Lifestyle Interventions for Global Cognitive Function: The U.S. POINTER Randomized Clinical Trial. JAMA. 2025.

Baker LB, Espeland, MA, Whitmer, RA, Snyder et al. U.S. POINTER Topline Results. Abstract presentation at the Alzheimer's Association International Conference (AAIC) 2025.



NEW YORK STATE ADVOCACY DAY

Wednesday, May 13, 2026
7 a.m.-8 p.m.

NYS Legislative Office
198 State St
Albany, New York 12210

Scan the QR Code to register



alz-ny.quorum.us/event/29948

State Advocacy is the most impactful event you can attend to help pass legislation here in the state of New York to help those living with Alzheimer's and their families. You will have the opportunity to meet with lawmakers to share your stories and advance policies.

We'll give you everything you need to converse with your own state senator and/or representative!





JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Take charge of your brain health today

During Alzheimer's & Brain Awareness Month, the Alzheimer's Association® encourages you to take charge of your brain health. Over 7 million Americans are living with Alzheimer's, and nearly 12 million serve as their caregivers. Two-thirds of Americans have at least one major potential risk factor for dementia.

While there is currently no cure for Alzheimer's, we know more than ever about brain health, risk reduction and ways to live well with the disease. Here are a few easy steps you can take today for your brain health and the cause:

- **Build healthy habits.** Research shows that adopting healthy behaviors — like getting exercise and good quality sleep — may reduce the risk of cognitive decline. alz.org/healthyhabits
- **Know the signs.** Learn to recognize common signs of Alzheimer's and dementia and next steps to take, including how to talk to the doctor. alz.org/10signs
- **Get checked.** Early detection of Alzheimer's offers significant benefits for the person diagnosed and their loved ones, including greater access to treatment options and the ability to plan for the future. alz.org/getchecked
- **Join the fight.** Volunteer, advocate or participate in an Alzheimer's Association fundraising event to advance Alzheimer's care, support and research. alz.org/getinvolved
- **Go purple.** Wear purple — the color of the Alzheimer's movement — to raise awareness of the disease. Share your story on social media using the hashtag **#ENDALZ**.
- **Donate.** Empower people at every age and stage of life to take charge of their brain health — support the Alzheimer's Association! alz.org/donate

To learn more about actions you can take during Alzheimer's & Brain Awareness Month, visit alz.org/abam.

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. **Start now!**



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

Be smoke-free



Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.

Manage diabetes



Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

Learn more at [alz.org/healthyhabits](https://www.alz.org/healthyhabits).

 **ALZHEIMER'S
ASSOCIATION**

VOLUNTEER OPPORTUNITIES

MAKE A DIFFERENCE TODAY

COMMUNITY EDUCATOR

Provide Alzheimer's education programs to community audiences.

COMMUNITY REPRESENTATIVE

Raise awareness of Alzheimer's Association and act as liaisons to local groups.

SUPPORT GROUP FACILITATOR

Create safe, open environments where people can share their feelings and learn to manage the experience of caring for or living with dementia.

WALK TO END ALZHEIMER'S & OTHER DEMENTIA:

These volunteers play a vital role in the Association's Walk events. They help plan and execute events that honor loved ones lost, support those currently facing the disease, and raise funds for a future free of Alzheimer's and dementia. Volunteer roles include:

- Planning Volunteers
- Day-of-Event Volunteers

ADVOCACY

Advocates work to raise awareness and drive change by:

- Engaging with campaigns and events, officials, and media
- Amplifying awareness via media and the community
- Strengthening ties with the Alzheimer's Impact Movement



INTERESTED IN LEARNING MORE?

Contact: CNY-Volunteer@alz.org

315.472.4201 or alz.org/volunteer



Save the Date!

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

SEPTEMBER 26
Binghamton

OCTOBER 17
Utica/Rome

OCTOBER 25
Ithaca/Cortland

NOVEMBER 8
Syracuse

**REGISTER
TODAY!**

Visit
alz.org/CNYwalk





ALZTogether: JOINT SOCIAL ENGAGEMENT PROGRAMS

The need for staying connected through activities and social engagement is important. **ALZTogether social engagement programs offer a FREE, fun and comfortable way for both a person living in**

the early stage of Alzheimer's or other dementia and their care partner to engage with each other, and connect with others in similar situations. This is done through a variety of social events and community-based activities by promoting social interaction and companionship. **Please call 315.472.4201 ext. 227 for screening and registration to obtain location/joining information.**

Tuesday, May 12, 2-3 p.m.

Tour of the Salt Museum, 106 Lake Rd., Liverpool

Join us for a tour of the Salt Museum, located on the scenic shores of Onondaga Lake, and discover the industry that created the City of Syracuse and supplied the nation with salt! Explore the site of an original boiling block where brine was turned into salt. Please note: the Salt Museum is wheelchair and walker accessible, however there are 2 areas inside the museum that are only accessible by a few steps.

Monday, May 18, 1-2 p.m.

Exploring Green Lakes State Park, 7900 Green Lakes Rd., Fayetteville

Green Lakes State Park is known for its striking glacial lakes and rare waters. During this program participants will learn about the unique geological features that make Green Lakes one of the most fascinating natural areas in New York State, including how glaciers shaped the landscape and why the lakes have their distinctive blue-green color. Following the introduction, we will take a guided stroll along the trails to observe the lakes and surrounding forest while discussing the natural history of the park and the plants and wildlife that call this ecosystem home.

Thursday, June 4, 2-3:30 p.m.

Visit to Old McDonald's Farm, 14369 County Rd. 145, Sackets Harbor

Visit with over 200 farm animals including dozens of goats, cows, horses and even reindeer in the Christmas Village. Additionally, we will take a Scenic Storybook Hayride where you get the chance to feed the cows!

Wednesday, June 17, 2-3 p.m.

Guided Tour of Chittenango Landing Canal Boat Museum, 717 Lakeport Rd., Chittenango

Take a guided tour of this historic piece of the original Erie Canal! Join the museum historian on a tour of a unique 19th century dry dock complex and journey through history. With a reconstructed general store, blacksmith shop, boat shop, and mule stable, it gives a fascinating look at what life was like working and living along the Erie Canal!

Tuesday, June 23, 11 a.m.-Noon

Movement and Meditation at Yoga Farm Ithaca, 129 W Falls St., Ithaca

Join us for a supportive, research-informed workshop exploring how gentle movement and meditation can support brain health, emotional well-being, and community connection. Participants will be guided through gentle chair-based and standing movements designed to increase circulation and awareness. We will also explore the 12-minute meditation, learning how sound, touch, and focused attention can create a calming and engaging experience for the brain. No prior yoga or meditation experience is required.

Tuesday, June 30, 2-3:30 p.m.

Tour of the H. Lee White Maritime Museum, 1 W 1st St., Oswego

Come join us for a guided tour of the H. Lee White Maritime Museum. This museum is dedicated to preserving the region's history through exhibits and artifacts covering over 400 years of maritime heritage. It is located on a pier in Oswego Harbor and features historic vessels like the WWII tugboat Nash and the Oswego West Pierhead Lighthouse. The museum's collections include thousands of artifacts, images, and archival records.

Thursday, July 9, 11 a.m.-Noon

Bumblebee Safari with Sterling Nature Center, 15730 Jensvold Rd., Sterling

Bumblebees are the one bee that most people adore due to their fuzzy appearance. During this program, we will look at the common bumblebee species found at the Sterling Nature Center and discuss their ecological role, importance, and conservation need. Following the presentation, we will go on a bumblebee safari seeking out these unique pollinators in their natural habitat.

Tuesday, July 28, 10-11 a.m.

Tour of the Matilda Joslyn Gage Center, 210 East Genesee St., Fayetteville

Join us visiting the home of suffragist Matilda Joslyn Gage. Matilda not only fought for women's rights but was also a social justice activist in the Abolition movement, participating in the Underground Railroad, advocating for Indigenous Rights, and acting as inspiration for L. Frank Baum, who created the Wonderful World of Oz.

Sunday, August 9, 2:30-4:30 p.m.

Islands, Lighthouses, and Castle Tour, Clayton Island Tours, 39611 Chateau Ln., Clayton

Join us for a two-hour tour in the heart of the 1000 Islands on the St. Lawrence River. Our guide will share history of the area and point out highlights on a 20-mile journey through many of the islands between Clayton and Alexandria Bay. Sights include Boldt Castle on Heart Island, Sunken Rock Lighthouse on Bush Island, Rock Island Lighthouse on Rock Island, Million Dollar Homes, Millionaires Row, and we may even get up close to a Great Lakes Freighter or "Salty" as they travel the Seaway Shipping Channel to/from the Great Lakes and Ports around the world.

Thursday, August 13, 10-11 a.m.

Exploring Parker F. Scripture Botanical Gardens, 121 2nd St., Oriskany

Butterflies are among the most beloved pollinators, admired for their vibrant colors and graceful flight. During this program, participants will explore the butterfly house at Parker F. Scripture Botanical Gardens and learn about the fascinating life cycle of butterflies, the native plants that support them, and the important role they play in our ecosystem. Following the introduction, we will take a guided tour through the butterfly house to observe these beautiful insects up close and discover the plants that help them thrive.



EDUCATION PROGRAMS

Alzheimer's and dementia don't come



with an instruction manual, but there are resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future. **Please call 800.272.3900, scan the QR code with your phone or visit alz.org/crf to get dates and location information.** You can also access education programs online, 24 hours a day, through the Alzheimer's Association Education Center by visiting www.training.alz.org.

Understanding Alzheimer's and Dementia

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

10 Warning Signs of Alzheimer's

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Building Brain Healthy Habits

This course provides research-backed guidance on brain health and the importance of taking action to protect your brain at every age.

New Advances in Alzheimer's Treatments

This course will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

Building Foundations of Caregiving: The Empowered Caregiver

This course explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence: The Empowered Caregiver

This course focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, and balancing safety and independence while managing expectations.

Communicating Effectively: The Empowered Caregiver

This course teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors: The Empowered Caregiver

This course details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services: The Empowered Caregiver

This course examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning. It teaches caregivers how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Community Partner Education Opportunity

Aging Forward Conference
Thursday, May 28, 9 a.m.-2 p.m.
Jefferson County Community College

The Jefferson County Office for the Aging, in partnership with the Alzheimer's Association, invites caregivers and family members to join us for valuable information, resources, and support for those who care for others. Attendees will have the opportunity to connect with experts, learn practical caregiving strategies, and explore local services designed to support caregivers in their important role. Transportation supported by St. Lawrence, Oswego, Lewis, and Jefferson Counties Office for the Aging. For any questions call 315.512.3427.



WANDERING AND TECHNOLOGY

With better weather comes the opportunity for more outdoor activity. Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It is common for a person living with dementia to wander or become lost or confused about their location, and it can happen at any stage of the disease. **Six in 10 people living with dementia will wander at least once;** many do so repeatedly. Although common, wandering can be dangerous—even life threatening—and the stress of this risk weighs heavily on caregivers and family. Technology (i.e. a location management system) may assist in keeping your loved one safe.

Choosing a location management system and device is like choosing a mobile phone. You select a device that has the look and features you want, but you also have to consider the service provider that comes along with that phone. Similarly, if you find a location device you like, the technology that powers it needs to also meet your needs. To hone in on the best device and service for your needs, ask yourself these questions

What stage of Alzheimer's is the person in now? Are they still active and driving?

A person who is in the early stage of the disease may be fine with a car-based solution or pocket device while driving or going about his or her daily routine. A person who has more significant memory problems may need a wrist-worn device that is more difficult to lose or remove.

Where does the person live: in an urban, rural, or suburban setting? Some technology (Global Positioning System (GPS) in particular) can be less accurate in dense areas, and so may not be a good fit for a person who lives in a city with many high buildings or next to a large body of water. Incorrect or inaccurate location information can occur in urban areas as a result of interference created by buildings and other infrastructure between the device and the satellites. Rural areas may have limited network coverage and people who live in these areas need to make sure the service they buy provides reliable coverage.

Where do you want to be able to locate someone: indoors, outdoors or both? While GPS does not always provide accurate indoor location information, it can be accurate to within a few feet outdoors. Network Assisted GPS (A-GPS) can provide indoor location information with greater accuracy than unassisted GPS. What might be helpful for both indoor and outdoor monitoring is the availability of zones or geofences. Some applications allow you to set up zones, or pre-determined boundaries around the home or community of the person with Alzheimer's. Some systems will send you alerts when the person has entered or left pre-set zones.

How frequently will you want to locate someone? Any time of day or night? Only when they leave home or a pre-set zone? Only when you suspect they have wandered or are lost? If you want to locate someone "on demand", or whenever you want, look for a system that provides location verification on a regular basis. By communicating frequently with the device, the system verifies and updates the person's location at regular intervals allowing you to look up the location at any given time. If you

are interested in the ability to monitor a person's activities over a period of time, you might want to consider a system that can provide constant tracking. Constant tracking will show a person's location as they move about.

Should you consider zone alerts and how do they work? If you are confident in the person with Alzheimer's ability to be independent but would like alerts when he or she has entered or left a pre-set zone, make sure the device or system has a zone or geofence feature and is able to deliver alerts through multiple methods (to your cell phone, email, etc.). For location management systems to send an alert when a person exits a zone, the application must communicate with the device at regular intervals. The time interval between communication points is determined by the location management service. For example, if the device communicates every 30 minutes with the application, a zone alert could take from 1 to 30 minutes to be received by the family. It is important for families to review the time interval to determine if it meets their level of comfort in terms of the length of time it may take to receive an alert. Additionally, the communication between the device and the application typically takes place on a cellular network. If the network coverage is poor, the ability of the device to communicate with the application may be impacted and an alert may not go out.

How comfortable are you with computers and the Internet? Do you have access to a computer and a reliable Internet connection? If you have a dial-up connection to the internet, or are not comfortable using a web application, you may be more comfortable with an emergency-only solution or one with monitoring assistance. Some solutions have a monitoring center that can help locate the person on a map for you and in an emergency, launch a community support network, and/or facilitate communication with law enforcement to help reunite the family with a person with Alzheimer's.

What is your budget for a tracking solution? Have you identified all your needs? Tracking devices and solutions can vary in price and usually include a one-time purchase fee for the device and/or application, an activation fee and a monthly plan. Identify what your needs are before you select a plan. For example, if you will need a lot of "locates" or "finds" or have a need to continuously track a person over time, you will need a bigger data plan, and your cost may be higher. The cost of your monthly plan is impacted by the location verification frequency. If the plan calls for communication at more frequent intervals, the monthly cost may be higher. If you are interested in an emergency-only system that provides help from the call center during a wandering incident, you may not need a large data plan. Make sure you check the cancellation policy or see if the solution you choose has the option to change as the person's safety needs change.

How do you want to receive alerts? If you are in front of a computer all day, you may wish to receive alerts via email. If you are on the go, you may want to have alerts sent via text message to your mobile phone. Some solutions also have a 24/7 monitoring center that can help with location assistance or activate a community network during an emergency. There are solutions that do not require you to check your computer for information. Some plans include zone alerts, which notify family members when the person with Alzheimer's travels in and out of zones, the person's device has a low battery or lost connection. Most of these solutions allow you to choose who should receive the alerts. There is no system that is real time. There may be a delay in the alerts received based on the monthly plan purchased. Often a plan is designed to help balance battery life, costs and to accommodate the time intervals of the location verification.

If a family member does wander and gets lost, begin your search immediately. Start by searching the immediate vicinity, including "less-traveled" areas in your home. Outside the home, search the yard and nearby surroundings. Most wanderers are found within a half mile of their homes or starting location. If, after 15 minutes, the person is not located, call 911 to file a missing person's report. To learn more about ways to prevent wandering or how to take action when wandering occurs, visit alz.org or call 800.272.3900.

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alz.org/cny

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