



Central New York Chapter

**SPRING/SUMMER 2025**

## **Programs and Services Catalog**



# CONTACT US

## Reach us at:

Alzheimer's Association  
5015 Campuswood Dr.  
Suite 102  
East Syracuse, NY  
13057

## Office Phone

315.472.4201

## 24-Hour Helpline

800.272.3900

## On the Web

[alz.org/cny](http://alz.org/cny)

## On Social Media



[facebook.com/  
alzcnny](https://facebook.com/alzcnny)



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alzcnny](https://twitter.com/alzcnny)



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# TABLE OF CONTENTS

## PAGE 3 | Dementia Care Conference

An opportunity to learn and network.

## PAGE 4 | Care Consultations and Respite Care

Care assessment, planning, and respite.

## PAGE 5 | Awareness

ABAM and upcoming Community Forums.

## PAGES 6-7 | Support Groups

Caregiver and specialty support groups both virtual and in-person.

## PAGES 8-12 | Wandering Support

Receive a free MedicAlert® membership with wandering support.

## PAGE 13 | Volunteer

Join the fight to end Alzheimer's.

## PAGES 14-15 | Social Engagement Programs

Connect with ALZTogether.

## PAGES 16-17 | Education Programs

Opportunities to learn more about Alzheimer's or other dementia.

## PAGES 18-19 | Dementia and Driving

Planning ahead can help ease the transition.

## PAGE 20 | The Longest Day and Walk to End Alzheimer's

Raise awareness and funds to further the fight to end Alzheimer's.

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](http://alz.org/e-news).

# Dementia Care Conference 2025

Wednesday May 28th  
DoubleTree by Hilton  
East Syracuse, New York



This program is supported (in part) by a grant from the New York State Department of Health.

ALZHEIMER'S  
ASSOCIATION

Central New York Chapter

REGISTRATION IS OPEN NOW THROUGH  
MAY 1- \$25 per person \$10 per person virtually.  
SCAN or Call today 315.472.4201

\*limited financial assistance is available



## JOLENE BRACKEY

*Creating Moments of Joy  
Along the Alzheimer's Journey*



## BRIDGING THE GAPS IN ALZHEIMER'S CARE: INSIGHTS FROM THE EXPERTS

Serena Jackson, Paul Musso,  
Julie Whitbeck-Lewinski, Allie Jardin



## WALKING THE PATH TOGETHER: A FAMILY CAREGIVER CONVERSATION

Jennifer Thayer, Liz Jarosz, Debbie Stack



## ALLISON GRAFF

*Is Being Present Good for our  
Health? The Whole Health  
Benefits of Mindfulness*

New this year! Limited **FREE** Respite Care available at the conference. Call 315.472.4201 x 227 for more information.



# Care Consultations

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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

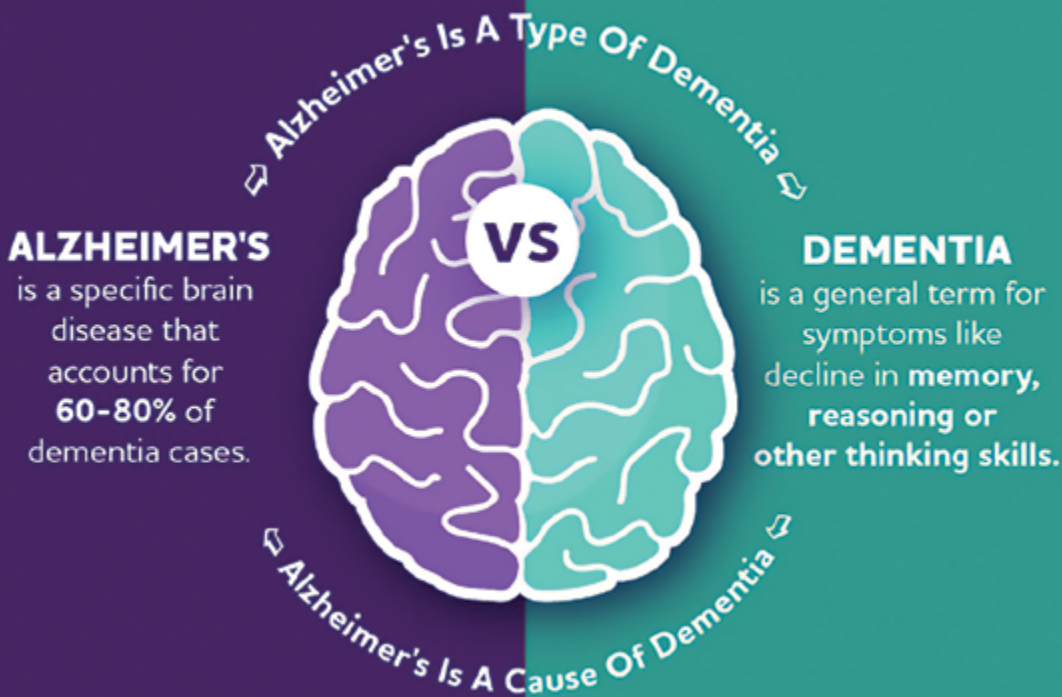
We coach you and your family to find mutually acceptable solutions to improve the quality of life and care for the individual living with Alzheimer's. This service is FREE. To schedule a phone, video or in-person meeting, call 315.472.4201 ext. 227 or email [cny-programs@alz.org](mailto:cny-programs@alz.org).

## Respite Care

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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. For more information, please contact 315.472.4201 ext. 227.

# JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH



## UPCOMING COMMUNITY FORUMS

Join us for a listening session on Alzheimer's disease, dementia and memory loss. We want to hear from you! Attend a community forum to share your experience with Alzheimer's disease and discuss how the Association can best serve your community. Together, we can help enhance care and support resources for those facing the disease.

### **Cayuga County Community Forum**

Offered in partnership with Cayuga County Office for the Aging

Wednesday, May 14 | 11:30 a.m. - 1 p.m.

Seymour Library

176 Genesee Street | Auburn, NY 13021

### **Onondaga County Community Forum**

Offered in partnership with Onondaga County Department of Adult and Long-Term Care Services

Tuesday, June 17 | Noon-1:30 p.m.

Liverpool Public Library

310 Tulip Street | Liverpool, NY 13088

Registration is preferred, call 315.472.4201 or visit [alz.org/crf](http://alz.org/crf).

Refreshments will be served.





# 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 Support Group #1
- Chapterwide Support Group #2
- Clinton Caregiver Support Group
- Lowville Caregiver Support Group
- Norwich Caregiver Support Group
- Owego Caregiver Support Group

#### Day of Month and Time

- 2nd Wednesday at 1:30 p.m.
- 4th Monday at 5 p.m.
- Last Wednesday at 1 p.m.
- 3rd Thursday at 10 a.m.
- 3rd Thursday at 6 p.m.
- 3rd Tuesday at 1:30 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
- 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 12:30 p.m.
- 1st Wednesday at 5:30 p.m.
- 3rd Wednesday at 4 p.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

Group	Day of Month and Time
African American Caregiver Support Group (In-Person)	2nd Thursday at 4:30 p.m. Support group for Black/African American caregivers of people living with dementia.
Long Term Care Caregiver Support Group (Virtual)	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 (Virtual)	4th Thursday at 3 p.m. Support group for partners/spouses of people living with dementia.
Younger-Onset Caregiver Support Group (Virtual)	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](http://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.

### Spring Session

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

Monday, July 7  
Monday, July 14  
Monday, July 21  
Monday, July 28  
Monday, August 4  
Monday, August 11  
Monday, August 18

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

Wednesday, July 9  
Wednesday, July 16  
Wednesday, July 23  
Wednesday, July 30  
Wednesday, August 6  
Wednesday, August 13  
Wednesday, August 20

## Caregiver Book Club Support Group

This unique virtual Caregiver Support Group offers emotional, social, and educational support based upon the book: Creating Moments of Joy by Jolene Brackey. This group will meet on four consecutive Monday afternoons, beginning June 9 and ending June 30, 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 27<sup>th</sup> to allow for mailing of book/materials.**



# 24/7 WANDERING SUPPORT

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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.

The MedicAlert® Foundation is a nationwide emergency response service that facilitates the safe return of individuals living with Alzheimer's disease or other dementia who wander or have a medical emergency. A MedicAlert® membership plan with 24/7 Wandering Support also provides peace of mind to dementia caregivers in the event that an unexpected incident, such as an automobile accident or sudden hospitalization, affects their immediate ability to fulfill caregiving duties.

Families residing in Central New York (Broome, Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, St. Lawrence, Tioga and Tompkins counties) are eligible for new and renewal enrollments at no cost to the person living with dementia and their caregiver, courtesy of a grant from the New York State Department of Health Caregiver Support Initiative.

**To take advantage of this free program, scan the QR code above or remove the included application, complete form and return to the Central New York Chapter office by mail (5015 Campuswood Dr. Suite 102 East Syracuse, NY 13057) or email ([cny-programs@alz.org](mailto:cny-programs@alz.org)). Please note that an application must be completed for both the person living with dementia and their caregiver. If you have any questions, please call our office at 315.472.4201 ext. 227.**



## MEDICALERT NEW ENROLLMENT FORM

Please complete one form for the caregiver and one form for the person living with dementia

**RETURN THIS FORM TO:** Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or [cny-programs@alz.org](mailto:cny-programs@alz.org)

### PERSON WEARING THE MEDICAL ID

(All fields required)

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

PHONE \_\_\_\_\_ MOBILE / HOME (CIRCLE ONE)

ADDRESS \_\_\_\_\_ APT # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

BIRTHDATE (MM/DD/YYYY) \_\_\_\_\_

GENDER (CHECK ONE)

☐ FEMALE ☐ MALE ☐ Prefer not to say

☐ Prefer to self-describe: \_\_\_\_\_

ENROLLEE IS (CHECK ONE):

☐ Person Living With Dementia

☐ \*Caregiver for: \_\_\_\_\_ FULL NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

### INFORMATION FOR YOUR EMERGENCY HEALTH RECORD

*\* All fields must be completed*

#### \*MEDICAL CONDITIONS & DEVICES

For example: Alzheimer's, memory impaired, diabetes, insulin pump, pacemaker  
*If this does not apply, please write "None."*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### \*ALLERGIES

List all known food, drug or other allergies  
*If this does not apply, please write "None."*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IDENTIFYING INFORMATION

HEIGHT (FT.-IN.)

WEIGHT (LBS.)

EYE COLOR:

☐Blue

☐Brown

☐Black

☐Green

☐Hazel

☐Other

HAIR COLOR:

☐Bald

☐Black

☐Blonde

☐Brown

☐Gray

☐Other

☐Red

OTHER IDENTIFYING FEATURES:

☐Hearing Aid

☐Contacts

☐Cane

☐Beard

☐Mole\*

☐Mustache

☐Wig

☐Dentures

☐Glasses

☐Tattoo

☐Birthmark\*

If you selected a choice with an asterisk, please list its/their location(s) here:

RACE:

☐American Indian/Native Alaskan

☐Hispanic

☐White

☐Other

☐Asian or Pacific Islander

☐Not Specified

☐Black

ETHNICITY:

☐African American

☐Hispanic

☐Other

☐Asian

☐Indian

☐Portuguese

☐Caucasian

☐Japanese

☐Russian

☐Chinese

☐Jewish

☐Vietnamese

☐Korean

LANGUAGE/ACCENT:

☐English (US/Canada)

☐Italian

☐Polish

☐English (UK)

☐Chinese

☐Russian

☐Spanish

☐Vietnamese

☐Hindi

☐French

☐Portuguese

☐Arabic

VETERAN:

☐Yes

☐No

WHAT IS INCLUDED WITH YOUR FREE MEMBERSHIP\*

- 24/7 Emergency Response Team
  - Emergency Health Profile
  - Emergency Contact Notification
  - Personalized Jewelry
- 24/ Wandering Support
  - Personal Profile for Each Enrollee
  - Portrait Photo (selfie) for Emergency Identification\*\*
  - Printable Health Profile

\*ALL MEMBERSHIPS ARE PAID FOR IN FULL THROUGH A GRANT BY THE NEW YORK STATE DEPARTMENT OF HEALTH CAREGIVER SUPPORT INITIATIVE. CAREGIVERS AND THEIR LOVED ONE LIVING WITH DEMENTIA LIVING IN THE CENTRAL NEW YORK AREA MAY BOTH BE ENROLLED AND RENEWED AT NO COST ON A YEARLY BASIS IN PERPETUITY DEPENDENT ON AVAILABILITY OF GRANT FUNDING

\*\*IF YOU WOULD LIKE A PHOTO ADDED TO YOUR ACCOUNT FOR EMERGENCY IDENTIFICATION, PLEASE INCLUDE IT WITH YOUR APPLICATION.

USE THIS SPACE TO PROVIDE ADDITIONAL NECESSARY INFORMATION

RELEASE - SIGN & DATE BELOW

**Important:** By accepting membership in MedicAlert Foundation, for yourself as a member or caregiver and/or as caregiver on behalf of the member named above (collectively, "you"), you authorize MedicAlert to release all medical and other confidential information about you in emergencies and to other health care personnel you designate. Read the full consent at [www.medicalert.org/consent](http://www.medicalert.org/consent).

SIGNATURE OF MEMBER OR REPRESENTATIVE      DATE

PLEASE RETURN THIS FORM TO: Alzheimer’s Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or [cny-programs@alz.org](mailto:cny-programs@alz.org)

*\*NOTE: If the person you are a caregiver for is enrolled in Medicalert, your ID will include "Caregiver for" and the member ID of that person.*

**EMERGENCY CONTACT** (only 1 Emergency Contact is allowed.)

FIRST AND LAST NAME

RELATIONSHIP TO ENROLLEE

PHONE MOBILE / HOME (CIRCLE ONE) EMAIL

**\*MEDICATIONS**  
List all medications, including inhalers  
If this does not apply, please write "None." Dosages are not needed.

*\*\*Please use provided area on second page if additional space is needed for this section, or attach additional documentation*

**SELECT YOUR PREFERRED JEWELRY BELOW** \*SELECT ONE JEWELRY OPTION PER ENROLLMENT FORM

**CLASSIC STEEL BRACELET WITH COLOR**



☐ Purple (A659)  
Sizes available: 4" - 10" in 1/2" increments  
Size needed: \_\_\_\_\_



**SPORT SILICONE BRACELET**  
☐ Violet (A013)  
Sizes available: 5m: 6", Med: 6.75", Lg.: 7.5"  
Size needed: \_\_\_\_\_



**CLASSIC STEEL NECKLACE WITH CURB CHAIN**  
☐ Purple (A730)  
Comes on a 26" or 30" curb chain  
Size needed: \_\_\_\_\_



**LARGE CLASSIC STEEL BRACELET WITH COLOR**  
☐ Purple (A729)  
Sizes available: 4" - 10" in 1/2" increments  
Size needed: \_\_\_\_\_



**LACED UP SHOE TAG**  
☐ Steel/Red (A661)

**SIZING INFORMATION**

It's important your Medicalert® emblem fits comfortably around your wrist. To determine your size, snugly wrap a tape measure around your wrist. Note the measurement, then add half an inch. This is the size Medicalert bracelet you'll need.

**PLEASE RETURN THIS FORM TO: Alzheimer's Association, 5015 Campuswood Dr Ste 102 Syracuse, NY 13057 or [cny-programs@alz.org](mailto:cny-programs@alz.org)**

# VOLUNTEERS NEEDED!

Are you able to spend a few hours a month helping people living with dementia and their caregivers?



## Make a difference as a

### COMMUNITY EDUCATOR

Community Educators provide Alzheimer's Association education programs to community audiences.

### COMMUNITY REPRESENTATIVE

Community representatives raise awareness of Alzheimer's Association programs and act as liaisons to local groups

### SUPPORT GROUP FACILITATOR

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

Interested in learning more?  
Contact Pamela Gratton at  
[pbgratton@alz.org](mailto:pbgratton@alz.org) or 315.472.4201  
or apply online at [alz.org/volunteer](http://alz.org/volunteer)

 **ALZHEIMER'S<sup>®</sup>  
ASSOCIATION**  
Central New York Chapter





## 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.**

### Wednesday, May 14, 11 a.m.-12:30 p.m.

**Tour of the Adirondack Mennonite Heritage Farm, 8778 Erie Canal Road, Croghan**  
Travel back in time and tour the historic Adirondack Mennonite Heritage Farm. Learn about the family who settled in the area, explore artifacts of the local Mennonite community, and watch farm demonstrations like barn loom weaving and corn shelling. After the tour, enjoy a picnic with light snacks!

### Tuesday, May 20, 11 a.m.-12:30 p.m.

**Mining at the Herkimer Diamond Mines, 4626 NY-28, Herkimer**

Join us for 1.5-hour hands-on-experience to mine for your own Herkimer Diamonds at the world-famous Herkimer Diamond Mines. Everything you find is yours to keep! After, sluice for guaranteed treasures and then make jewelry out of your finds from the day! Please note that mining is not handicap accessible. We will be renting goggles for you while mining and you must wear close-toed shoes. You are more than welcome to bring your own tools & equipment. Power tools and tools over 12 lbs. are prohibited.

### Friday, May 30, 10-11 a.m.

**Exploring the Five Senses Through the Seasons at Liverpool Public Library, 310 Tulip Street, Liverpool**

Join us as we explore the spring season through sight, sound, smell, taste, and touch. Observing the world with our senses bolsters our cognitive function and mental health!

### Thursday, June 12, 10-11 a.m.

**Lavender Yoga at Farmstead 1868, 4690 Shephards Road, Cazenovia**

Come take a break and balance your mind, body, and spirit in the Farmstead 1868 Lavender Patch. Live instruction with Marla Reger, surrounded by lavender to bring you back to center! These 'one of a kind' 60 minute experiences cover yoga essentials and are geared toward all levels.

**Wednesday, June 18, 1-2:30 p.m.**

**Tour of the All Things Oz Museum, 219 Genesee Street, Chittenango**

Join us for a second tour of the All Things Oz Museum located in Chittenango, NY, birthplace of L. Frank Baum, author of "The Wonderful Wizard of Oz." We will take a guided tour of the museum with all new displays, viewing the curation of memorabilia honoring the famous story of Oz.

**Wednesday, June 25, 10-11 a.m.**

**Candle Making with Herbs at Forged from Ashe Studios, 75 E Court Street, Cortland**

Looking for a fun and creative experience for you and your loved one? Please join us as we are guided through making our own candles! This class offers a relaxing way to learn the art of candle making, using your senses to choose your own fragrance and waxes, and designing your own unique candle! No experience is necessary, and all supplies will be provided.

**Thursday, July 17, 2-3:30 p.m.**

**Tour of Brady Farm, 150 Ford Avenue, Syracuse**

Brady Farm is a part of the Brady Faith Center. Started in 2016 their vision is an urban farm woven into the fabric of the community that provides sustained nutritious foods, employment, and education that nourishes the body, mind, and spirit of the residents. Brady Farm offers a variety of vegetables, fruits, and flowers, which change by the season.

**Thursday, July 31, 2:30-4 p.m.**

**Osprey Eco-Cruise with Discover Cayuga Lake, 805 Taughannock Blvd, Ithaca**

Come learn about the ecology and natural history of Cayuga Lake through the eyes of the more than 160 resident osprey families while enjoying a 1.5-hour private cruise with Discover Cayuga Lake. Ospreys, revered world-wide as indicators of good water quality and robust ecosystems, are specially adapted to fishing in lake shallows and surface waters. Join Discover Cayuga Lake's interpretive crew on board to learn about these amazing birds, see their nests, and enjoy the ecological landscape.

**Thursday, August 7, 11:30 a.m.-1 p.m.**

**Make Your Own Pasta! at Virgil Community Center, 1208 Church Street, Cortland**

Come learn how to make your own homemade pasta with just four ingredients and no equipment! Go home with your own two different style pastas and recipes for pasta dishes! We will also have a delicious pasta lunch to enjoy with your loved ones and new friends!

**Thursday, August 21, 2-3 p.m.**

**Camillus Erie Canal Boat Ride and Sims Store Museum Tour, Erie Canal Park, 5750 Devoe Road, Camillus**

Join us for a 45-minute narrated boat ride down the historic Erie Canal. While taking in the sights, visitors can learn about life along the canal, enjoy the scenic beauty from different vantage points, and get an up-close view of the Nine Mile Creek Aqueduct which is the only restored navigable aqueduct in the state. After the boat ride stay and enjoy a self-guided tour of the Sims Store Museum.

**ALL PROGRAMS ARE FREE TO ATTEND!**



# EDUCATION PROGRAMS

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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](https://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](https://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.

## Healthy Living for Your Brain & Body

Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Incorporate these recommendations into building a plan for aging.

## 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.

## Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

This course gives caregivers tips and strategies for having difficult - but important - conversations about driving, visiting the doctor, and legal and financial planning.

### **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.

## **Approaching Alzheimer's: First Responder Training** **MAKE YOUR FIRST RESPONSE THE RIGHT RESPONSE.**

If you encounter a person living with dementia in the community, would you know how to appropriately adjust your approach? As a first responder, it's critical to understand how to best approach situations involving someone living with dementia. Approaching Alzheimer's: First Responder Training is a free program that will help prepare paramedics, police, firefighters and other emergency personnel to respond to common calls involving a person living with dementia. If you are interested in scheduling a training call 315.472.4201 ext. 227.

# Dementia and Driving

Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer's or other dementia will, at some point, be unable to drive. Planning ahead can help ease the transition.

## **Plan early for driving retirement.**

- Plan to discuss how retirement from driving will be handled before it becomes an issue.
- Be sympathetic as you address the topic because retiring from driving and the perceived loss of independence is difficult for many.
- Visit [alz.org/driving](http://alz.org/driving) for helpful information and tools created with support from the National Highway Traffic Safety Administration
- Keep a written record of your observations to share with the person living with dementia, family members and health care professionals.

## **Tips to help the person living with dementia retire from driving.**

- Transition driving responsibilities to others. Tell the person you will drive, arrange for someone else to drive or arrange a taxi service or special transportation services for older adults.
- Find ways to reduce the person's need to drive. Have prescription medicines, groceries or meals delivered.
- Solicit the support of others. Ask your physician to advise the person not to drive. Involving your physician in a family conference on driving may be more effective than trying to persuade the person not to drive by yourself. Ask the physician to write a letter or prescription stating that the person with dementia must not drive. You can then use the document to remind your family member what has been decided.
- Ask a respected family authority figure or your attorney to reinforce the message about not driving. When the person is still in the early stage of dementia, ask them to sign a driving contract (included at the end of this document) that gives you permission to help them stop driving when the time comes.

## **What if the person is reluctant to retire from driving?**

- Experiment with ways to distract the person from driving. Mention that someone else should drive because the route has changed, driving conditions are dangerous, or you want to give him or her a chance to sit back, rest and enjoy the scenery.
- You may also want to arrange for another person to sit in the back seat to distract the person while someone else drives. If the disease is in an advanced stage or there is a history of anger and aggressiveness, it's best not to drive alone with the person.
- If the person living with dementia wanders, they may also do so by car. Consider enrolling in a wandering response service. Contact the Alzheimer's Association 24/7 Helpline (800.272.3900) for more information. As the disease progresses and the person is no longer able to make decisions, substitute their driver's license with a photo identification card. However, do not assume that taking away a driver's license prevents driving. The person



may not remember that they no longer have a license or even that a license is legally required to drive.

**What if the person refuses to stop?**

**If the person insists on driving, consider the following steps as a last resort:**

- Control access to the car keys. Designate one person who will do all of the driving and give that individual exclusive access to the car keys.
- Disable the car. Remove the distributor cap, battery or starter wire. Ask a mechanic to install a “kill wire” that will prevent the car from starting unless the switch is thrown. Or give the person a set of keys that looks like his or her old set, but does not work to start the car.
- Consider selling the car. This may allow you to save enough in insurance premiums, gas and maintenance costs to pay for public transportation, including taxi rides.

**Driving Contract**

**Part I.**

I, \_\_\_\_\_ (name of person living with Alzheimer’s disease or other dementia), understand that due to the nature of Alzheimer’s disease or other dementia, there will come a day when it is no longer safe for me to drive. The purpose of this document is for me to share my directions for what I would like to happen when I cannot drive anymore.

I am aware that due to Alzheimer’s or other dementia, I may not be able to recognize when I am no longer driving safely. In that case, I have asked the following person (or people) to tell me that it is no longer safe for me to drive.

\_\_\_\_\_  
\_\_\_\_\_

I understand that I may forget that I cannot drive anymore and may try to continue driving. If this happens, please know that I support all actions taken, including removing or disabling my car, to help ensure my safety and the safety of others.

\_\_\_\_\_  
*Signature of person living with Alzheimer’s or other dementia* *Date*

**Part II.**

I, \_\_\_\_\_ (name of person appointed above), commit to telling \_\_\_\_\_ (name of person living with Alzheimer’s disease or other dementia) when it is no longer safe for him/her to drive. I commit to taking whatever actions are necessary from that time on to help ensure his/her safety and the safety of others, as he/she has requested.

\_\_\_\_\_  
*Signature of person living with Alzheimer’s or other dementia* *Date*

\_\_\_\_\_  
*Signature of person appointed above* *Date*

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Stand up to the darkness of Alzheimer's by creating your own fundraising page or event to move this mission forward. Together, the strength of our light will outshine the darkness of Alzheimer's. Start now, select your activity at [alz.org/thelongestday](http://alz.org/thelongestday)

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