FALL/WINTER 2019
Upcoming Programs and Events

INSIDE

• Education dates and support groups through the end of 2019
• Enroll in MedicAlert™+Safe Return™ for FREE!
• Social engagement programs for individuals living with dementia and their care partners
• Information about respite services
Central New York’s Only Event for Alzheimer’s and Dementia Caregivers

May 20, 2020
Holiday Inn Syracuse–Liverpool–Exit 37
441 Electronics Pkwy., Liverpool

Look for more details in our January 2020 edition!
Almost two-thirds of Americans with Alzheimer’s are women.

The risk of Alzheimer’s to women is real: Women in their 60s are about twice as likely to develop the disease as they are to develop breast cancer. But Alzheimer’s doesn’t stop there. Women also make up more than 60% of Alzheimer’s and dementia caregivers in the United States — a role that often has a negative effect on their health and finances.

Learn more at: alz.org/women

Support groups bring together people who are going through or have gone through similar experiences. Alzheimer’s Association support groups provides an opportunity for people to share personal experiences and feelings, and coping strategies.

The power of the group lies within the connections made between participants, who develop a bond that bridges the emotional void faced by caregivers. The relationships formed within the group often extend beyond the monthly meetings.

In addition to caregiver support groups, the Chapter offers early-stage support groups. These offer peer-to-peer conversation and support for individuals living in the disease’s early stages. Groups are open to the individual living with the disease and the caregiver, and advanced screening is recommended prior to attending by calling the number listed with the support group.

The Chapter also offers specialized support groups that address the specific caregiving concerns felt by LGBT caregivers, spousal caregivers, and care partners of those with younger-onset Alzheimer’s disease.

Early-Stage Support Groups
Advanced screening is strongly recommended prior to attending by calling the number listed with the group.

DeWitt
Pebble Hill Presbyterian Church
5299 Jamesville Rd.
3rd Wednesday, 4:30 p.m.
315.472.4201

Vestal
Vestal United Methodist Church
328 Main St.
2nd Friday, 1 p.m.
607.785.7852

Whitesboro
Dunham Public Library
76 Main St. #78
2nd Monday, 11 a.m.
315.617.4025
Caregiver Support Groups
Caregiver support groups are open to caregivers of individuals living with Alzheimer’s disease or another dementia. Find the most up-to-date list at the Alzheimer’s Association Community Resource Finder at www.communityresourcefinder.org or by calling our office (phone numbers on page 3).

Broome County
Endicott
Our Lady of Good Counsel Parish House,
719 W. Main St.
2nd Wednesday, 10 a.m.

Johnson City
United Methodist Homes Hilltop Campus,
286 Deyo Hill Rd.
3rd Wednesday, 4 p.m.

Vestal
Vestal Public Library, 320 Vestal Pkwy. East
1st Tuesday, 6 p.m.

Cayuga County
Auburn
Sts. Peter and John Episcopal Church,
69 Genesee St.
1st Thursday, 2 p.m.

Chenango County
Norwich
United Church of Christ, First Congregational,
11 W. Main St.
3rd Thursday, 6 p.m.

Cortland County
Cortland
Walden Place, 839 Bennie Rd.
3rd Wednesday, 12:30 p.m.

Marathon
Peck Memorial Library, 24 W. Main St.
4th Thursday, 2 p.m.

Herkimer County
Little Falls
Little Falls Community and Senior Center,
524 E. Main St.
2nd Thursday, 6 p.m.

Jefferson County
Clayton
St. Mary’s Catholic Church, 521 James St.
4th Tuesday, 5:30 p.m.

Watertown
Northern Regional Ctr. for Independent Living, 210 Court St., #104
4th Tuesday, 4:30 p.m.

Lewis County
Lowville
Lewis County Office for the Aging,
5274 Outer Stowe St.
3rd Thursday, 10 a.m.

Madison County
Canastota
Madison County Office for the Aging,
138 Dominic Bruno Blvd.
3rd Friday, 10 a.m.

Cazenovia
Community Resources for Independent Seniors, 12 Mill St.
2nd Wednesday, 6 p.m.

Oneida County
Clinton
Brookdale Clinton, 115 Brookside Rd.
Last Wednesday, 1 p.m.

Rome
Rome Memorial Hospital, 1500 James St.
Classroom
2nd Tuesday, 5 p.m.

Onondaga County
Baldwinsville
Baldwinsville Methodist Church,
17 W. Genesee St.
2nd Tuesday, 6:30 p.m.

Clay
Immanuel Lutheran Church,
4947 NYS Route 31
4th Thursday, 3 p.m.
Support group for spousal caregivers

Liverpool
Liverpool First Presbyterian Church,
603 Tulip St.
2nd Saturday, 11 a.m.

Manlius
Manlius Public Library,
1 Arkie Albanese Way
4th Tuesday, 6:30 p.m.

North Syracuse
NOPL North Syracuse,
100 Trolley Barn Ln.
3rd Tuesday, 3:15 p.m.

Skeaneateles
Grace Chapel, 1674 U.S. Route 20
Last Thursday, 2 p.m.

Syracuse
Alzheimer’s Association, Central New York Chapter, 441 W. Kirkpatrick St.
2nd Wednesday, 5:30 p.m.
Support group for caregivers of people with younger-onset (under 65 years old) Alzheimer’s disease or other dementia

The Centers at St. Camillus, 813 Fay Rd.
3rd Tuesday, 5:30 p.m.

The Hearth on James, 830 James St.
1st & 3rd Thursday, 1 p.m.

SAGE Upstate, 431 E. Fayette St.
2nd Tuesday, 3 p.m.
LGBT caregivers support group

Onondaga County
Central Square
First Universalist Church of Central Square, 3243 Fulton Ave.
4th Monday, 7 p.m.

Oswego
The Manor at Seneca Hill, 20 Manor Dr.
4th Wednesday, 6 p.m.

St. Lawrence County
Canton
United Helpers Rehabilitation & Senior Care, 205 State Street Rd.
1st Tuesday, 6:30 p.m.

Gouverneur
Gouverneur Community Center,
4673 NYS Route 58
2nd Wednesday, 1:30 p.m.

Ogdensburg
United Helpers Rehabilitation & Senior Care, 8101 NYS Route 68
2nd Tuesday, 4 p.m.

Tioga County
Owego
Tioga Opportunities, Inc.,
9 Sheldon Guile Blvd.
3rd Tuesday, 1:30 p.m.

Tompkins County
Ithaca
Lifelong, 119 W. Court St.
1st Wednesday, 5:30 p.m.
Upcoming ALZTOGETHER Programs

Sept. 12, 10:30 a.m.-12:30 p.m.
Tai Chi for Arthritis at Frank J. Basloe Library, 245 N. Main St., Herkimer
增加了肌肉力量支持和保护关节，减少疼痛。
灵活性练习也有助于减少疼痛和僵硬性，从而改善灵活性。
耐力或健身对整体健康和心脏、肺和肌肉的正常功能非常重要。
Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance, both mentally and physically, thus significantly reduces the rate of falls of older adults. Additional benefits include improved relaxation, vitality, posture, and immunity.

Sept. 18, 10:30 a.m.-12:30 p.m.
Tour of Adirondack Mennonite Heritage Farm, 8778 Erie Canal Rd., 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 lunch and treats from the farm.

Oct. 5, 10:30 a.m.-12:30 p.m.
Tour of The Farmers’ Museum, 5775 NYS Route 80, Cooperstown
Join us on a private guided tour at The Farmers’ Museum! As one of the oldest rural life museums in the country, this historic location provides visitors with a unique opportunity to experience 19th century rural and village life firsthand through demonstrations and interpretive exhibits.

Oct. 9, 1:30-3:30 p.m.
Art Workshop at Your Home Public Library, 107 Main St., Johnson City
Join us at Your Home Public Library for an interactive Art Workshop where we will discuss and paint images of fall foliage. No experience is necessary. This painting activity will be facilitated by Christina Muscatello from the Memory Maker Project. Attendees must be able to go up and down three stairs.

Oct. 11, 11 a.m.-1 p.m.
Explore the Brain at the Milton J. Rubenstein Museum of Science & Technology, 55 S. Franklin St., Syracuse
Discover, learn, and play at the Milton J. Rubenstein Museum of Science & Technology! Explore the inner workings of the mind with the MOST’s newest exhibit, Brain: The World Inside Your Head. Afterwards, feel free to explore the museum’s permanent collection or purchase tickets for the planitarium and IMAX shows.

Oct. 19, 10:30 a.m.-12:30 p.m.
Halloween Crafts at Center for the Arts of Homer, 72 S. Main St., Homer
Trick-or-treat! Celebrate the season by creating Halloween themed crafts. Decorate masks, paint pumpkins, and much more. Costumes are encouraged!

ALZTOGETHER is a series of social engagement activities for individuals living with Alzheimer’s disease or another dementia and their caregivers. Caregivers often look for ways to make a meaningful connection with the person for whom they care. ALZTOGETHER offers a safe, fun way for both the person living with the disease and their caregiver to get out, get active, and connect with others.

Caregivers have shared with us how ALZTOGETHER presents them with an opportunity to connect with other caregivers going through similar challenges. The guided tours and activities are set at the pace of the individual living with the disease, with sensory and historical experiences led by docents or artists and assisted by Alzheimer’s Association staff.

In order to participate, the person living with dementia must be accompanied by a caregiver, friend or family member. Events are free of charge.

Register by calling 315.472.4201.

24-HOUR ALZHEIMER’S SUPPORT
800.272.3900
Upcoming ALZTOGETHER Programs (continued)

Oct. 23, 1–3 p.m.
Pumpkin Picking at Critz Farms, 3232 Rippleton Rd., Cazenovia
Join us at Critz Farms for an activity filled afternoon! The afternoon will start off with picking your own pumpkin to take home with you. Then you will visit and learn about the animal farm. We will end with a tour of the cider pressing room, where you will see and learn about how apple cider is made and even get to sample freshly pressed cider!

Nov. 9, 10:30 a.m.–12:30 p.m.
Cupcake Creations at the Alzheimer’s Association, Central New York Chapter Office, 441 W. Kirkpatrick St., Syracuse
Sprinkle on some fun with a cupcake decorating class! Learn different techniques to design seasonally themed treats. Decorate cupcakes to share and enjoy with your family.

Dec. 12, 10:30 a.m.–12:30 p.m.
Festival of Trees at the Everson Museum of Art, 401 Harrison St., Syracuse
Celebrate the season by going on a private tour of the Festival of Trees! Take in the beautiful sights of the beautifully decorated trees, wreaths, and unique displays at the Everson Museum of Art. After the tour, create your own ceramic holiday art.

100% of people with dementia will lose the ability to drive.

THE DEMENTIA AND DRIVING RESOURCE CENTER at alz.org/driving is a product of a cooperative agreement between the Alzheimer’s Association and the National Highway Traffic Safety Administration (NHTSA). Our Dementia and Driving Resource Center features:

- Video scenarios showing four different families discussing driving and dementia
- Tips and strategies for planning ahead and handling resistance
- Common signs of unsafe driving
- Resources for alternative methods of transportation
- Additional information on driving and safety

When it’s time to take the keys, visit alz.org/driving.

Right now, millions of Americans face the devastation of Alzheimer’s. This disease is robbing us of our families, our futures and our finances. At the Alzheimer’s Association, our network of chapters is working relentlessly to advance world-class research, ensure access to gold-standard care and support, and engage mission-driven volunteers who make it all happen. These volunteer positions are needed nationwide. Join our volunteer team by contacting the Chapter at cny-volunteer@alz.org or by phone.

Community Educators
Community educators are volunteer public speakers who help the Alzheimer’s Association raise awareness, provide education, and expand the reach of educational offerings in the community. These volunteers deliver presentations using prepared training materials on topics related to Alzheimer’s disease and other dementias.

Community Representatives
Community representatives raise awareness of Alzheimer’s Association programs, provide basic disease information, and link constituents to Alzheimer’s Association services by acting as liaisons between the Alzheimer’s Association and local groups such as neighborhoods, rural counties, business, and civic organizations or faith communities.

Program Volunteer Opportunities Continue on Page 12
Program Volunteer Opportunities (continued)

**Community Volunteer Leaders**
Community volunteer leaders help recruit program volunteers, network, build relationships, plan and promote local events, and evaluate community needs. Community volunteer leaders traditionally serve underserved, rural, or minority communities to raise awareness and expand the reach of Alzheimer’s Association programs.

**Faith Outreach Representatives**
Faith outreach representatives serve as liaisons between the Alzheimer’s Association and local faith groups and congregations by sharing information about Alzheimer’s disease, free resources offered through the Alzheimer’s Association, and the many ways to join our cause at local community and education events.

**Promotores**
Promotores are volunteer community engagers that raise awareness of Alzheimer’s Association programs, provide basic disease information, and link constituents to Alzheimer’s Association services. Promotores are traditionally known as connectors, educators, mentors, counselors, peer leaders, patient navigators, or health advocates and serve as liaisons between the Alzheimer’s Association and the Hispanic/Latino community.

**Social Engagement Leaders**
Social engagement leaders plan, implement, and assure a positive experience during social engagement events and activities for people living with memory loss and their care partners.

**Support Group Facilitators (Caregiver or Early Stage)**
Support group facilitators create a safe, open environment where people share their feelings, thoughts, and experiences in a combined effort to better cope with and manage the shared problems of dementia.

**Other Volunteer Roles**
In addition to our programmatic roles, the Chapter is seeking volunteers for its advisory board and committees, advocacy programs, event committee members, and to assist in our Syracuse chapter office. Learn more by visiting alz.org/cny, emailing cny-volunteer@alz.org or calling us (see phone numbers on page 3.

**CREATE A SAFE RETURN**
MedicAlert® + Alzheimer’s Association Safe Return® is free to residents in our area.

**IT’S COMMON FOR A PERSON LIVING WITH DEMENTIA TO WANDER** and become lost; many do repeatedly. In fact, six out of 10 people living with dementia will wander at some point during the course of the disease. Wandering can be dangerous — even life threatening. The stress can weigh heavily on caregivers and family.

The Alzheimer’s Association® and MedicAlert Foundation International have formed an alliance to help ensure the safety of individuals living with Alzheimer’s or another dementia.

MedicAlert® + Alzheimer’s Association Safe Return® is a 24-hour nationwide emergency response service for individuals living with dementia who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing.

**FREE OF CHARGE**
Enrollment in MedicAlert® + Safe Return® for a person living with Alzheimer’s disease or another dementia and their caregiver is free of charge for individuals residing in Central New York, thanks to the New York State Department of Health Regional Caregiver Support Initiative grant. Regularly, the cost is $55 per person and an additional $35 per caregiver.

The grant provides funds specifically for enrollment in the program and program renewals, but only when the application is mailed to the Chapter’s office in Syracuse (address is at the top of the application).
MEMBER & CAREGIVER ENROLLMENT FORM

RETURN®’s 24-hour emergency toll-free number, plus:

and their caregiver, personalized with their information and MedicAlert® + Safe identification jewelry (see above) for the individual living with Alzheimer’s disease

Your Medic!Alert® + Safe Return® kit will be delivered by mail and includes a Personal health record file, letting them know of the situation.

Caregivers can also receive jewelry so emergency personnel or medical staff know that a person living with Alzheimer’s disease or another dementia relies on them for assistance. If a caregiver wearing the jewelry is incapacitated, + Safe Return® will fax information and photo to the network springs to action and contacts friends or family listed on the Medic!Alert® + Safe Return® file, letting them know of the situation.

WHAT YOU GET

• Your MedicAlert® + Safe Return® kit will be delivered by mail and includes a Personal health records (PHR) service, Personalized emergency wallet cards, 24-hour emergency response service, and their caregiver, personalized with their information and MedicAlert® + Safe Return® file, letting them know of the situation.

• Personalized emergency wallet cards

• 24-hour emergency response service

• Personal health records (PHR)

• Six Steps to a Safe Return magnet

HOW TO APPLY

Carefully remove the application from the center of this booklet, taking care not to catch your fingers on the staples. Fill out the application completely and return the address listed at the top of the page. You must return this application to us in order to receive a free MedicAlert® + Safe Return® kit.

Complete both sides of this form and return it to Alzheimer’s Association 44 W. Kemper Rd., Suite 1520, Cincinnati, OH 45211, or wrap a string around your wrist and measure it. Use a flexible tape measure to determine wrist size, measure wrist for ID bracelet and select the ID included.

Drug allergies – list all known

Immunization

Member enrollment

Complete both sides of this form and return it to Alzheimer’s Association 44 W. Kemper Rd., Suite 1520, Cincinnati, OH 45211.
MEMBER & CAREGIVER ENROLLMENT FORM

Complete both sides of this form and return it to Alzheimer’s Association, 441 W Kirkpatrick St., Syracuse, NY 13204

Member enrollment

Last name__________________________________________________________
First name________________________________________________________
Nickname________________________________________________________
Address (no PO Box)________________________________________________
City______________________________________________________________
State_________ ZIP________________________________________________
Phone (________)___________________________________________________
Birthday__________ □ Male □ Female
Last 4 digits of Social Security No.____________________________________
Height__________ Weight____________________________________________
Eye color_________ Hair color__________________________________________
Race/ethnicity______________________________________________________
Skin tone □ Dark □ Medium □ Fair
□ Mole □ Tattoo □ Scar □ Birthmark

Drug allergies – list all known

__________________________________________________________________
__________________________________________________________________
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Medications – list all, including inhalers, and dosages

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<tr>
<th>Medication</th>
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Medical conditions

Only individuals with Alzheimer’s or another dementia are eligible for the MedicAlert + Safe Return program.

□ Alzheimer’s disease
□ Other dementia________________________________

Other conditions

□ Angina □ Epilepsy
□ Arthritis □ Glaucoma
□ Asthma □ Hearing Impaired
□ Atrial Fibrillation □ Hypertension
□ Chronic Obstructive Pulmonary Disease (COPD) □ Myocardial Infarction
□ Congestive Heart Failure □ Organ Transplant
□ Coronary Artery Disease □ Seizure Disorder
□ Diabetes □ Stroke
□ Emphysema □ Von Willebrand’s Disease
□ Other________________________________________________________
□ Implant*_______________________________________________________

Primary contact information

Last name__________________________________________________________
First name________________________________________________________
Address (no PO Box)________________________________________________
City______________________________________________________________
State_________ ZIP________________________________________________
Phone home (________)______________________________________________
Cell (________)____________________________________________________
Work (________)____________________________________________________
Email____________________________________________________________

Secondary contact information

Last name__________________________________________________________
First name________________________________________________________
Address (no PO Box)________________________________________________
City______________________________________________________________
State_________ ZIP________________________________________________
Phone home (________)______________________________________________
Cell (________)____________________________________________________
Work (________)____________________________________________________
Email____________________________________________________________
CALL 800.272.3900

If you care for someone living with Alzheimer's disease, memory loss or another dementia, you are not alone. We're here day or night — wherever you need us — offering:

• Referrals to local resources
• Access to clinical trials
• Alzheimer's Association services
• Assistance during crisis
• Answers to your questions about Alzheimer's
disease, memory loss or another dementia
• Information about Alzheimer's Association services
• Translation services to more than 200 languages and dialects

CALL 800.272.3900

• Referrals to local resources
• Access to clinical trials
• Alzheimer's Association services
• Assistance during crisis
• Answers to your questions about Alzheimer's
disease, memory loss or another dementia
• Information about Alzheimer's Association services
• Translation services to more than 200 languages and dialects

We care about your privacy. For more information about how we protect your confidentiality, please visit medicalert.org.

Important: By accepting membership in MedicAlert Foundation, for yourself as 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. If you choose to terminate membership, you must notify us in writing and return your MedicAlert membership card. You authorize MedicAlert to release any information you provide to your physician in connection with your membership, and to other health care personnel you designate. You represent that you have the authority to enroll and act on behalf of the member named above (the “member”), and that you will notify MedicAlert if the member becomes incapacitated and/or is unable to consent to the release of information. You authorize MedicAlert to release all medical and other confidential information about the member, and to other health care personnel you designate. You agree to indemnify, defend, and hold MedicAlert harmless from any claim or lawsuit brought by any person for injury, death, loss or damages arising in whole or in part out of your provision of incomplete or inaccurate information to MedicAlert. Furthermore, as caregiver for the member named above, you hereby represent and warrant to MedicAlert that you have full power and authority, as the duly authorized representative of the member, to act on his or her behalf.

Signature

Please list the manufacturer model and serial number of each implant card with this form.

No known medical conditions

Medication

Exact wrist measurement (inches)

Member jewelry selection

Caregiver jewelry selection (if purchasing caregiver membership)

Caring for someone living with Alzheimer’s isn’t easy.

Reaching us is.
Advance registration is required at least five business days before the program date. Unfortunately, programs with minimal registrations will have to be cancelled. If you do not register, you are still welcome to attend, but please contact us to confirm that the program is still scheduled.

Reserve your seat by dialing 2 when calling our office:

- 315.294.1691 (Auburn)
- 607.785.7852 (Binghamton)
- 607.289.4098 (Cortland)
- 607.330.1647 (Ithaca)
- 315.596.4016 (Oswego)
- 315.621.4025 (Potsdam)
- 315.472.4201 (Syracuse)
- 315.617.4025 (Utica/Rome)
- 315.782.8755 (Watertown)

**HOW TO REGISTER**

Education is our best weapon in the fight against Alzheimer’s disease. Informed caregivers are the best caregivers because they know the right questions to ask, the available care options and how to make the best decisions for the person living with the disease. All of these factors directly impact the quality of life for the individual living with dementia. They also know that in order to provide the best possible care they must pay attention to their own health needs.

Alzheimer’s Association programs are developed by experts in the field and reviewed by their peers for quality. Our presenters have undergone extensive training in the field of dementia care and the resources available to families.

**EDUCATION PROGRAMS**

Free programs for individuals living with dementia, care partners and the public.

Education programs listed on Pages 22 through 26
UNDERSTANDING ALZHEIMER’S & DEMENTIA

This program covers the basics of Alzheimer’s and dementia, explores the relationship between Alzheimer’s disease and dementia, examines what happens in a brain affected by Alzheimer’s, details the risk factors for and three general stages of the disease, identifies FDA-approved treatments available for symptom management, looks ahead to what’s on the horizon for Alzheimer’s research, and offers helpful Alzheimer’s Association resources. The program is one hour long. Intended for: Anyone interested in learning more about dementia.

EFFECTIVE COMMUNICATION STRATEGIES

This program explores how communication takes place when someone is living with Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.
UNDERSTANDING & RESPONDING TO DEMENTIA-RELATED BEHAVIOR

The Understanding and Responding to Dementia Related Behavior program of the Alzheimer’s Association is designed to provide practical information and resources to help dementia caregivers learn to decipher how best to respond. The program is one and one-half hours long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we’ve known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. The program is one hour long. Intended for: Anyone looking to age as well as possible.

DEMENTIA CONVERSATIONS

The Dementia Conversations program is an education workshop that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce stress that can accompany a disease like Alzheimer’s and connects you with helpful resources to enhance quality of life for everyone involved. The program is one hour long. Intended for: Anyone that interacts with individuals living with Alzheimer’s disease or another dementia.

LEGAL & FINANCIAL PLANNING

If you or someone you know is affected by Alzheimer’s disease or another dementia, planning for the future is important. Our experts will give an overview of pertinent legal documents such as wills, powers of attorney, and health care proxies, as well as an overview of financial issues and options like Medicare, Medicaid or veterans benefits. The program is two hours long. Intended for: Individuals and families impacted by Alzheimer’s disease or another dementia. This introductory program is not a substitute for professional legal or financial advice.
LIVING WITH ALZHEIMER’S

When someone is diagnosed with Alzheimer’s, friends and family have many questions. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? As the disease progresses, new questions reflect growing needs for skills, programs and services. Join us for this series of programs that provide answers to the questions that arise in the early, middle and late stages of the disease. Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way. Intended for: Caregivers of someone living with Alzheimer’s or another dementia, at the stage listed below.

MID-STAGE CAREGIVERS
Oct. 10, 5-8 p.m.
Brookdale Bellevue, 4330 Onondaga Blvd., Syracuse

LATE-STAGE CAREGIVERS
Sept. 12, 1-3:30 p.m.
The Hearth at Castle Gardens, 1715 Castle Gardens Rd., Vestal

YOUNGER-ONSET ALZHEIMER’S
Oct. 15, 4-5:30 p.m.
Hawn Memorial Library, 220 John St., Clayton

Our goal is the same as yours: improve the care and quality of life for those impacted by Alzheimer’s disease or other dementias.

We provide outreach, resources and training to:
- Primary care practices
- Specialty practices and departments
- Long-term care communities
- In-home care agencies

Find out more about how we can support your care team by calling our office or emailing cny-programs@alz.org.

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

CARE CONSULTATIONS from the Alzheimer’s Association 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 don’t teach or tell you what to do. 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. And, the service is FREE.

SCHEDULE AN IN-PERSON OR PHONE MEETING
by calling our office and dialing extension 227 or emailing cny-programs@alz.org.
RESPIE SERVICES

Improve your quality of care and life by taking a break

MOST PEOPLE WHO WORK FULL- OR PART-TIME have the flexibility in their jobs to take time off. Many people receive paid time off when they are sick, take a vacation or need time to deal with personal needs, like doctor’s appointments.

There’s one job where time off is not given but needed most. Caregiving is a physically, mentally and emotionally demanding occupation, where you never clock out or receive a break. It’s also one of the most common roles a person can find themselves in. More than 65 million Americans, or about 1 in 3 people, provide some level of care to a chronically ill, disabled, or aged family member or friend. One-quarter of all caregivers, about 16.1 million people, care for a person living with dementia.

While time off seems impossible for caregivers, it does not have to be. Respite services are available statewide to help relieve the burden felt by caregivers. Though some individuals and families pay for services out of pocket, many people receive respite through Medicaid or their Medicaid Managed Care program, Veterans Administration, or receive funds through their area agency on aging.

Respite is planned, temporary relief for caregivers through the use of substitute care. These options include:

- Companion services to provide companionship and supervised activities
- Personal care or home health aide services to provide assistance with bathing, dressing, toileting and exercising
- Homemaker or maid services to help with laundry, shopping and preparing meals
- Skilled care services to help with medication and other medical services

The benefits of respite are many. It provides caregivers peace of mind while they are at work. Caregivers can schedule appointments, connect with friends or take time for themselves with the knowledge that the person they care for is safe.

Questions & Answers about the Chapter’s respite program

How does the program work?
Each area agency on aging has different procedures, but caregivers in each county should start by contacting their local area agency on aging. The office’s respite coordinator will present the options available and discuss eligibility standards that may exist.

Should I ask for the Alzheimer’s Association respite program?
Each area agency on aging has its own respite program, in which funds are distributed to caregivers who reside in its respective county.

Are there basic rules for the program?
The Chapter requires that the recipient be diagnosed with Alzheimer’s disease or another dementia. Respite services provided must be appropriate to the level of patient function and caregiver need, and be culturally competent. Caregivers can receive up to 120 hours of respite per calendar year, based on the availability of funds.

Can I use the funds to pay for emergency respite care, such as an overnight stay at a participating long-term care facility?
Yes, though the costs may exceed your individual respite award. Discuss these options with the area agency on aging to determine what options may be available to resolve your situation.

Could I use the funds to pay for respite in another city, such as hiring a home health aide while traveling to a family function?
Yes, though the area agency on aging may have specific policies with regards to whom can provide the care and how to submit bills.

Who provides the actual care?
Each area agency on aging has different rules, but generally care is provided by trained volunteers or paid care providers. Care is available in-home or in the community, such as a social adult day program, where available. The Alzheimer’s Association and area agencies on aging maintain lists of respite providers.

Where does the funding come from?
New York State created the Alzheimer’s Disease Caregiver Support Initiative in 2016. The Alzheimer’s Association, Central New York Chapter was one of the agencies that received a Regional Caregiver Support Initiative grant, which provides respite funding to local area agencies on aging to supplement current respite programs.
Alzheimer’s disease isn’t straightforward. But your action plan can be.

Planning for the future can empower you to positively impact your overall quality of life. The Alzheimer’s Association Alzheimer’s Navigator™ online assessment program helps you, whether you’re living with dementia or caring for someone who is, create a customized action plan to proactively face this disease.

Map out your plan to approach Alzheimer’s:

- Complete the Welcome Survey to identify your specific disease-related needs and interests. The results will determine additional topic-specific surveys to help guide the creation of your customized action plan.

- Receive a customized, easy-to-use action plan that will give you step-by-step guidance in improving either your disease management or caregiving.

- Implement your action plan with help from local resources located one click away via our Community Resource Finder at communityresourcefinder.org.

- Create a care team that can include family members, friends, physicians or whomever you wish to keep up-to-date on your action plan.

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