

Caregiver Resources

Geriatric Mental Health Foundation has some articles of interest: Alzheimer's; Dementia Fact Sheet; Caring for the Alzheimer's Disease Patient: How You Can Provide the Best Care and Maintain Your Own Well-Being (English or Spanish): <http://www.gmhfonline.org/gmhf/consumer/alzheimers.html>

Inside the Brain: An Interactive Tour (Excellent, interactive demonstration of exactly how Alzheimer's affects the brain:

http://www.alz.org/alzheimers_disease_4719.asp

(www.alz.org has a number of resources available for caregivers. Explore their site!)

AARP's Caregiver Resources:

<http://www.aarp.org/relationships/caregiving/>

A Place For Mom (many caregiver resource articles & information):

<http://alzheimers.aplaceformom.com/>

National Alliance for Caregiving: Resources & publications page

<http://www.caregiving.org/resources>

Family Caregiver Alliance (Caregiving Info & Advice; Fact Sheets and Publications)

<http://www.caregiver.org/caregiver/jsp/home.jsp>

Caregivers Action Network: Caregiving Resources

<http://caregiveraction.org/resources/>

Caregivers Guide (English or Spanish). Lots of information in this:

<http://www.nia.nih.gov/Alzheimers/Publications/caregiverguide.htm>

Lotsa Helping Hands: Create your own "community" of caregivers to help to coordinate visits, appointments, schedules easily.

<http://caregiver.lotsahelpinghands.com/eldercare/home/>

All Video Website to assist caregivers. Videos (in English and Spanish) on a number of caregiving topics:

www.videocaregiving.org

www.videoasistencia.org

Lighting Your Way to Better Vision: Practical tips to improve lighting & vision at home:

http://www.livablehomes.org/pdfs/articles_08/LightingYourWay.pdf

Check For Safety: A Home Fall Prevention Checklist for Older Adults:

http://www.cdc.gov/ncipc/pub-res/toolkit/Falls_ToolKit/DesktopPDF/English/booklet_Eng_desktop.pdf

Caring Connections: Planning Ahead (Financial; Advanced Directives; etc.)

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3277>

Caregiver Resources

From the NY State Office for the Aging: Caregiver Resource numbers:

- NYS Office for the Aging Help Line: 1-800-342-9871
- Hospital patient care issues (including discharge and medical record access issues): 1-800-804-5447
- Home Care and hospice issues: 1-800-628-5972
- Nursing home patient care issues: 1-888-201-4563
- Adult care/assisted living issues: 1-800-893-6772
- Questions about health insurance: 1-800-701-0501
- Want to understand Medicare? 1-800-333-4114
- Medicare quality of care concerns: 1-800-633-4227

General Aging/Health Websites:

National Institutes on Aging: www.nih.gov/nia/health/
Office of Dietary Supplements: www.ods.od.nih.gov
First Gov for Seniors: www.seniors.gov
US EPA-health effects for older adults: www.epa.gov/aging
NIH Senior Health: www.nihseniorhealth.gov
AARP Health Guide: www.aarp.org/healthguide
National Council on Aging: www.ncoa.org
NIH Osteoporosis and Related Bone Disease: www.osteoporosis.org
University of Florida (Elder Nutrition and Food Safety): <http://enafs.ifas.ufl.edu>
USDA Human Nutrition Research Center on Aging: <http://hnrca.tufts.edu/>

Free Quarterly Magazine Subscriptions:

Today's Geriatric Medicine)
(Formerly Aging Well Magazine)
<http://todaysgeriatricmedicine.com/>
1-610-948-9500

Care ADvantage (Alzheimer's Specific)
www.afacareadvantage.org
1-866-232-8484

Local Resources:

Adaptive equipment for the home:
Barrier Free Systems, Inc.
165 Freemans Bridge Road
Scotia, NY 12302
Telephone: (518) 346-4169
NY Toll Free: 1-800-558-5889

Handicap accessible vehicles:
Mobility Works
1615 Central Ave.
Albany, NY 12205
1-877-275-4930

Other Resources:

The Aging Committee also **highly recommends** that all Alzheimer's caregivers read the novel, Still Alice by Lisa Genova (New York: Pocket Books 2007). This is a fictional story written from the perspective of a woman diagnosed with early onset Alzheimer's Disease. Although fiction, it is believed to be an extremely realistic view of Alzheimer's from the perspective of the person who is diagnosed with it.