

Community Resources - Caring for Persons with Dementia

When the diagnosis is new

Book Suggestions – Available on Amazon

- **“Help is Here: When someone you love has dementia”**
by Marian Hodges, MD, MPH, and Anne P. Hill, JD
www.dementiahelpishere.org
- **The Best Friends Approach to Dementia, 2nd Edition**
by David Troxel and Virginia Bell
- **The Gift of Caring: Saving Our Parents from the Perils of Modern Healthcare**
by Marcy Cottrell Houle, MS, & Elizabeth Eckstrom MD, MPH



Request follow up with Social Worker/Care Manager where available.

Family and Caregiver Education & Support

Alzheimer’s Association: Caregiver education, information, support. Available at www.Alz.org or 800-272-3900.

Oregon Care Partners: Free online education resources for professional and family caregivers. Available at <https://oregoncarepartners.com>.

UCLA Health: Free education for how to better care for persons with dementia with daily activities. Available at www.uclahealth.org/dementia/caregiver-education.

Family Caregiver Support Program – Resources for caregivers and their loved ones available in every county.

- Oregon: toll free 855-673-2372 or www.ADRCoforegon.org
- Washington: www.dshs.wa.gov/AL TSA/resources

Aging & Disability Resource Connection - Information, tools and guidance to help you plan for future needs.

- Oregon: www.adrcoforegon.org
- Washington: www.WashingtonCommunityLivingConnections.org

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Additional Resources

SPADO (State Plan for Alzheimer's Disease and Related Dementias in Oregon) –

Practical tips after a dementia diagnosis developed by SPADO:

- <http://www.oregonspado.org/wp-content/uploads/After-A-Dementia-Diagnosis-Draft-6-4.pdf>

MedicAlert/SafeReturn –Identification bracelets

- <https://www.medicalert.org/medical-conditions/dementia/>
- <https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support>

Elder law - Wills, estate and disability planning, guardianship or conservatorship, probate. Find local resources at National Academy of Elder Law Attorneys at

- www.NAELA.org

Advance Care Planning

Advance Directive Information and Forms:

- <https://www.instituteforhumancaring.org/Advance-Care-Planning.aspx>
- <https://www.oregon.gov/oha/ph/about/pages/adac-forms.aspx>
- [Advance Directives - End of Life Washington](#)

Provider/Physician Orders for Life-Sustaining Treatment (POLST)

- <https://polst.org/>