

Resources

Caregiver Support Groups

Life Skills Center

(810) 331-0030

Marwood Nursing & Rehab

(810) 966-5426

Local Help / Referrals

Call 2-1-1

Council on Aging - Serving St. Clair County

(810) 984-5061

www.thecouncilonaging.org

Other Resources

Alzheimer's Association 24/7 Hotline

(800) 272-3900

www.alz.org

Alzheimer's & Related Dementias Education & Referral Center

(800) 438-4380

www.nia.nih.gov/alzheimers

Michigan Alzheimer's Disease Center

(734) 936-8803 (Research)

www.alzheimers.med.umich.edu/research

Adult Day Programs

Council on Aging Starpath Adult Day Service

(810) 984-8970

www.thecouncilonaging.org

Life Skills Centers - Memory Care Services

(810) 385-3710, ext. 2

www.lifeskillscentersin.org



Connect

Supporting caregivers and those living with dementia and Alzheimer's disease through:

- Awareness
- Education
- Respite Care Grants
- Resource Referral



Dementia & Alzheimer's Association of St. Clair County

Advocacy • Education • Resources • Support

600 Grand River Ave.
Port Huron, MI 48060

(810) 990-9558

info@daascc.org

www.DAASCC.org

The Dementia & Alzheimer's Association of St. Clair County is a non-profit organization (501c3). All donations and contributions are tax deductible as allowed by law.

Understanding Alzheimer's & Dementia



Dementia & Alzheimer's Association of St. Clair County

Advocacy • Education • Resources • Support

Finding out that a loved one has dementia or Alzheimer's disease can be stressful, frightening and overwhelming. Know that you are not alone! We are here to help.

Resources can be difficult to find, but we are here to help connect you to the services that you need to create the best care available for your loved one.

We encourage you to learn all you can about dementia or Alzheimer's disease and about all the resources that are available to you.

Proudly Serving
St. Clair County



Respite Grant

Respite care provides care givers a temporary rest from caring for a loved one. It also allows care givers time to take care of errands while having comfort and peace of mind, knowing their loved one is safe. Respite care can be provided in the home by a private duty agency or in an adult day program that provides quality care and structured activities in a safe, comfortable setting.

The Dementia & Alzheimer's Association of St. Clair County Respite Care Grant provides financial assistance to help cover the cost of respite care. To qualify you must be a primary care giver of an individual who resides in St. Clair County and who has been

diagnosed with a form of dementia by a physician. There are no income requirements for program eligibility. Approved local health care agencies will provide the care for your loved one in your home or in an adult day program. Limited funds are available and are approved on a first-come, first-serve basis

For more information, or to apply for a grant, please call us for assistance or visit our website.

Alzheimer's Disease

Alzheimer's disease is not a normal part of aging. Alzheimer's disease is an irreversible, progressive (worsens over time) brain disorder that causes a slow decline in memory, thought and reasoning skills. Alzheimer's is the most common cause of dementia in older adults.

Physicians and other leaders in Alzheimer's treatment may refer to the progressing stages of the disease. It is important to note that every person with Alzheimer's experiences the disease differently. Instead of focusing on what stage a person is in. It is essential that the person with dementia has a good quality of life and that their needs are being met.

Dementia

Dementia is a term that describes the symptoms associated with a decline in memory or other thinking skills that are severe enough that they interfere with everyday activities. Dementia is not a disease. There are many forms of dementia, but the most common is Alzheimer's disease. Other common dementias include Lewy body dementia, frontotemporal disorders, and vascular dementia.

Tips & Suggestions for Caregiving

As you begin to take stock of the situation, here are some tips that may help:

- Learn all you can about Alzheimer's disease and/or dementia.
- Write your questions down as you think of them.
- Ask your doctor if a cognitive dementia screening test has been performed.
- **DO NOT ARGUE!** Instead redirect the person's attention.
- Avoid open-ended questions: Ask yes or no questions instead.
- Simplify tasks and routines and try to be flexible.
- Try to eliminate clutter, noise, glare, and excessive background noise.
- If your loved one is experiencing a sudden change in behavior, make sure they are comfortable and check regularly for pain, hunger, thirst, constipation, full bladder, fatigue, infection, or skin irritation.
- Allow enough rest between stimulating events, such as visits from friends or neighbors.
- Consider using respite care or an adult day program to ease the demands of caregiving.
- Begin to plan for the future. Make sure your financial and legal documents are up to date. Look into services that may be covered by health insurance or Veterans benefits and start investigating long term options.
- Think about safety: equip doors and gates with safety locks, remove guns from the home, and make sure your medications and chemicals, such as cleaning supplies are properly stored.
- People with dementia or Alzheimer's disease will lose the ability to drive safely. Talk with your doctor and begin the conversation about safety as soon as possible.
- If there is a potential wandering, notify local law enforcement of memory changes and look into services such as Smart 9-1-1 that keep emergency services informed.
- Find a support group to share your feelings and concerns with. It's important to take care of