To find additional information on our advertisers, simply click on their ad or highlighted bold listings and you will be directed to their web site. These advertisers make this directory possible, so please give them special consideration when making a decision.
Our memory care is accredited for two reasons

You. And your family.

Because having the peace of mind of accreditation is important.

Call 619.567.5677 today to learn more.

LaVida Real

INDEPENDENT & ASSISTED LIVING • MEMORY CARE
11588 Via Rancho San Diego • Rancho San Diego, CA
LaVidaRealSeniorLiving.com • 619.567.5677

Dementia, with dignity.

At Alzheimer’s San Diego, we know that people can still live well after a diagnosis. We recognize the dignity of every person living with dementia, and empower them to play an active role in planning their own future care. We see the heartache this disease inflicts on caregivers, and we’re here to give them the support and knowledge they need to become strong care partners – and to find joy in even the darkest moments. And we’re working to make dementia a disease of the past, by connecting people to clinical trials and funding research for a cure.

Get free support:
858.492.4400
www.alzsd.org

Our Newest Community: RanchView Senior Assisted Living
350 Cole Ranch Rd., Encinitas  760-753-5082

We are a group of family owned independent living and senior assisted living boutique communities dedicated to offering compassionate, individualized care and support for residents living with Alzheimer’s or related dementia. We would love to arrange a tour for you ... CALL TODAY!

Respite  •  Short Term Care  •  Long Term Care  
Palliative Care  •  Hospice
Support Group Information

The San Diego and Imperial Counties Chapter of the Alzheimer’s Association offers a variety of support groups for all individuals living with Alzheimer’s disease or a related disorder. Groups are facilitated by trained volunteers. Many locations offer specialized groups for adult children, those with early-onset and early-stage Alzheimer’s, adult caregivers and others with specific needs. To get more information on these groups, their location and meeting dates call 619-678-8322 or toll-free at 800-272-3900. Also, check in with The George G. Glenner Alzheimer’s Family Centers, Inc® for a schedule of their groups and locations, call 619-543-4700

A Digital Version of this Directory is Available On-Line to View or Download

Our on-line version easily lets you visit our sponsors web sites for more information just by clicking on their ad or bold listing. This also lets you share this information with family members across the country or across the street.

www.retirementpublishing.com/pdfs/sdalzpub.pdf
**Selected Definitions**

**Assisted Living** - State licensed communities either totally dedicated to Alzheimer’s/dementia (AAS) residents, report a designated/secure unit within their facility (ADU, ASU) or accept early stages only (AES).

**Skilled Nursing Facility** - State licensed facilities who report that they accept Alzheimer’s/dementia patients (usually later stages in Alzheimer’s designated units).

**Referral Services** - Organizations that specialize in finding appropriate communities for individuals with Alzheimer’s or other dementias.

**Adult Day Care** - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

**Adult Day Health Care** - Licensed adult day care for those requiring health assistance. Must have a nurse on site.

**Assessment/Diagnostic Services** - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer’s or other dementia. Usually affiliated with a hospital, medical facility or university.

**Home Health Care** - State licensed agencies providing various home care services often including skilled medical nursing services.

**Home Care** - Provide non-medical, in-home care services such as cooking, shopping, cleaning, companionship, or help with personal hygiene (state licensing not required).

**Legal** - Attorneys or associations familiar with legal matters affecting Alzheimer’s/dementia patients and their families.

**Support Groups** - Groups started specifically for families and caregivers of Alzheimer’s patients.

**Abrevation Definitions**

AAS ........................................ Accepts All Stages of Alzheimer’s
AES ........................................... Accepts Early Stage Alzheimer’s Only
ADU .............................................. Have Designated Alzheimer’s Unit
ASU .............................................. Have Secure Alzheimer’s Unit
RC ............................................. Respite Care
ADC ........................................... Adult Day Care
ADHC ....................................... Adult Day Health Care
M ................................................... Accepts Medicare
MC ............................................... Accepts MediCal

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Do you know someone who is caring for a loved one or friend who has Alzheimer’s?

Perhaps they could use the resources available in this directory.

If so, just give us a call and we will mail them a FREE copy.

They will appreciate your thoughtfulness.

208-484-7913
Adult Day Care

**Fallbrook**
Fallbrook Adult Day Care  760-723-0890
AAS, ASU, ADC

**Lemon Grove**
Sungarden Terrace Adult Day Retreat  619-462-5831
ADC, AAS, ASU

**San Diego**
**St. Paul’s Community Care Center**
328 Maple St  619-239-6900
www.stpaulseniors.org
(see our ad on page 4)

**The George G. Glenner Alzheimer’s Family Centers, Inc.®**
3686 Fourth Ave.  619-543-4704
www.glenner.org
AAS, RC, ADC, MC
(see our ad on back cover)

Adult Day Health Care

**Chula Vista**
**The George G. Glenner Alzheimer’s Family Centers, Inc.®**
2765 Main St. Ste. A  619-543-4700
AAS, RC, ADC, MC
www.glenner.org
(see our ad on back cover)

**El Cajon**
Western Adult Day Healthcare Cntr  619-631-7222

**Encinitas**
**The George G. Glenner Alzheimer’s Family Centers, Inc.®**
335 Saxony Rd.  760-635-1895
AAS, RC, ADC, MC
www.glenner.org
(see our ad on back cover)

**La Mesa**
Golden Life Adult Day Care  619-433-3398

**National City**
Horizorns Adult Day Health Care  619-474-1822

**Poway**
Poway Adult Day Health Care Cntr:  858-748-5044

**San Diego**
Casa Pacifica Adult Day Health Care  619-424-8181
Hope Adult Day Health Care Center  858-653-5916
Loving Care Adult Day Health Center  619-718-9777
Neighborhood House Adult Day Health  619-233-6691

**San Marcos**
Americare Adult Day Health Care  760-682-2424
AAS, RC, ADC, MC

Assessment Services

HELP  858--481-8827
UCSD Memory & Aging Clinic  858-534-8730

Assisted Living

**Alpine**
Alpine View Lodge  619-445-5291
AAS, ASU, RC

**Carlsbad**
Bressi Ranch
ADU, AAS, ASU, RC, ADC
Glen View Assisted Living at
La Costa Glen  760-704-6800
AAS, ADU, ASU
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<td>Rolling Hills Ranch</td>
<td>619-482-8000</td>
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<td>619-550-4521</td>
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<td>Sunrise of Bonita</td>
<td>619-470-2220</td>
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<td>Coronado Memory Care</td>
<td>619-437-1777</td>
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<td><strong>Del Mar</strong></td>
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<td>Coastal Breeze</td>
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<td>Bosworth Gardens I &amp; II</td>
<td>619-588-5843</td>
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<td>Rose’s Greenfield Manor</td>
<td>619-444-5731</td>
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<td>619-387-6092</td>
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<td>Lo-Har Senior Living</td>
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<td><strong>Encinitas</strong></td>
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<td>Dorothy &amp; Joseph Goldberg Health Center</td>
<td>760-632-0081</td>
<td>AES, ADU, ASU</td>
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<td><strong>Ranch View Senior Assisted Living</strong></td>
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<tr>
<td>Ranch View Senior Assisted Living</td>
<td>350 Cole Ranch Rd.</td>
<td>760-753-5082</td>
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<td>(see our ad on page 3)</td>
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<td>Silverado Encinitas</td>
<td>760-753-1245</td>
<td>AAS, ASU, ADU, RC</td>
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<td>Somerford Place</td>
<td>760-479-1818</td>
<td>AAS, ASU, RC</td>
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<td>Atria North</td>
<td>760-480-8155</td>
<td>ADU, ASU, RC</td>
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<td>Canyon Terrace</td>
<td>760-739-0311</td>
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<td>Hilltop Country Estate</td>
<td>858-837-0213</td>
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<td>Oakmont of Escondido Hills</td>
<td>760-735-8084</td>
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<td>Redwood Terrace</td>
<td>760-291-2703</td>
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<td>Las Villas Del Norte</td>
<td>760-741-1047</td>
<td>ADU, ASU, RC</td>
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<td><strong>Fallbrook</strong></td>
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<td><strong>Silvergate Fallbrook</strong></td>
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<td>SilvergateRR.com</td>
<td>760-728-8880</td>
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<td>Regency Fallbrook</td>
<td>760-728-8504</td>
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**Assisted Living (cont.)**

**Imperial Beach**
Sun and Sea Manor  
AAS, ASU, RC  
619-429-0633

**La Jolla**
Ocean View Homes I & II  
AAS, ASU, RC  
858-459-9260

Sunrise of La Jolla  
AAS, ADU, ASU, RC  
858-488-4300

**La Mesa**
**MesaView Senior Assisted Living**  
7971 Culowee St  
619-379-0234  
AAS, RC, ADC  
www.mesaviewsandiego.com  
(see our ad on page 3)

**The Montera**  
5740 Lake Murray Blvd  
619-464-6801  
www.TheMontera.com  
AAS, ADU, ASU, RC  
(see our ad below)

**Lakeside**
Lakeside Manor  
AAS, AES, ASU, RC  
619-561-8626

**Lemon Grove**
Sungarden Terrace  
AAS, ASU, RC, ADC  
619-464-2273

**Oceanside**
Aegis at Shadowridge  
ADU, ASU  
760-806-3600

Fairwinds Ivey Ranch  
ASS, ADU  
760-439-8090

Merrill Gardens at Oceanside  
AAS, ASU, RC  
760-414-9411

**Poway**
Solaris Gardens at Poway  
AAS  
858-663-9200

Skyview Gardens  
858-335-0916

**San Diego**
**Atria Rancho Penasquitos**  
858-538-0802  
ADU, ASU, RC

**Rancho San Diego**
**La Vida Real**  
11588 Via Rancho San Diego  
619-660-5778  
www.srgseniorliving.com  
AAS, ADU, ASU  
(see our ad on page 2)

**San Diego**
ActivCare at Mission Bay  
ADU, AAS, ADU, RD, ADC  
858-270-8000

Ann's Premier Care - Brookside Inn  
ASU, RC  
619-580-5918

Atria Rancho Penasquitos  
AAS, ADU, ASU, RC  
858-538-0802

(continued on next page)
BayView Senior Assisted Living
3219 Canon Street
619-225-5616
www.bayviewpointloma.com
AAS, RC, ADC
(see our ad on page 3)

Belmont Village Sabre Springs
ADU, ASU, RC
858-486-5020

Canyon Guest Home
AAS, ASU, RC
619-483-9845

Cloisters of the Valley, LLC
AES, RCE
619-283-2226

Elmcroft of Point Loma
ADU, ASU, RC
619-224-7300

HarborView Senior Assisted Living
2360 Albatross St.
619-233-8382
www.harborviewsandiego.com
AAS, ASU
(see our ad on page 3)

Jacob Health Care Center, LLC
AES, RC, M, MC
619-582-5168

Mount Soledad Care Facility
ASU
858-755-3577

St. Paul’s Villa
2340 Fourth Ave.
www.stpaulseniors.org
AAS, ASU
(see our ad on page 4)

Silvergate Rancho Bernardo
16061 Avenida Venusto
SilvergateRR.com
AAS, ADU, ASU, RC
858-451-1100

Stellar Care
AAS, ASU, RC
619-287-2920

Wesley Palms Summer House
AAS, ASU
858-274-4110

San Marcos
Country Rose Memory Care
AAS, ASU, RC, M
760-294-0590

Silvergate San Marcos
1550 Security Place
SilvergateRR.com
AAS, ADU, ASU, RC
760-744-4484

Santee
Julie’s Elderly Care
AES, RC
619-449-5600

Latern Crest Senior Living
ADU, ASU, AAS, RC
619-312-4408

Vista
Alta Vista Senior Living
AAS, ADU, ASU, RC
760-941-3233

Evergreen Chalet
AAS, RC
760-630-8122

Restful Homes
AAS, ASU, RC, ADC
760-310-0220

Shadowridge
AAS, ASU, RC, ADC
760-727-1221

Vista Gardens
AAS, ASU, RC
760-295-3900


**Care Management & Consulting**

- A Hand to Hold 760-230-3039
- HELP 858-481-8827
- Jewish Family Service 858-637-3040
- Dyna Jones Consulting Service 619-398-5034
- Triune Nature 619-980-9591

**Fiduciaries**

- **La Jolla**
  Liberty Fiduciary Services, Inc 858-505-9156

- **Del Mar**
  Professional Fiduciary 858-481-8823

- **Encinitas**
  San Diego Coastal Fiduciary Service 619-446-7543

**Home Care**

- **Chula Vista**
  Absolute Senior Home Care 619-410-2390
  AAS, RC

- **Del Mar**
  **Advanced Home Health Services**
  1155 Camino del Mar #471  
  858-259-9228
  www.aadvancehomehealth.com
  (see our ad at top of next page)

---

**Aadvance Home Health**

Advance Home Health provides hourly and live-in personalized home care services. We specialize in Alzheimer’s patient care for both long-term and short-term. Our mission is compassionate patient advocacy. Please call today for additional information or assessment.

**858-259-9228**

**El Cajon**

First Promise Care Services 619-274-9630

Home of Guiding Hands 619-938-2856

**Escondido**

*BrightStar Care*

504 W. Mission, Ste. 206
www.brightstarcares.com

(see our ad below)

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**Fallbrook**

Nightingale Health Services 760-739-0311

Innovative Healthcare Consultants 760-731-1334
  AAS, RC

(continued on next page)
Home Care (cont.)

La Jolla
Coastwide Home Care 888-259-5962
AAS, RC

Home Care Assistance 858-842-1346

La Mesa
Assertive Home Care Services 619-466-6890
AAS, RC

All Heart Home Care 619-940-6651
RC

Home Instead Senior Care 619-460-6222

Coast Care Partners 619-354-2544

Preferred Care at Home
7777 Alvarado Rd. Ste. 402 619-212-7950
www.preferhome.com
AAS, RC
(see our ad below)

Poway
BrightStar Care 760-738-1926
(see our ad on previous page)

San Diego
AccentCare 800-250-2233
RC

Accredited Home Care 619-265-1234
AAS, RC

AALL CARE In Home Services 619-297-9601
7801 Mission Center Ct. #106
www.aallcare.com
AAS, RC
(see our ad below)

Confused by all the Home Care options? Our complimentary assessment will help you make a more informed decision about the level of care your loved one will be receiving.

San Diego 619-297-9601
North County 760-471-7033
www.aallcare.com

AltaGolden 858-779-9254
RC

Always Best Care Senior Services 619-757-1114
RC

Amada Senior Care San Diego Central 858-866-9005
AES, RC

Aspire 866-634-7774
RC

At Your Home Familycare 888-326-2273

Attentive Home Care 619-287-1300

Comfort Keeper 619-795-6036
AAS, RC

(continued on next page)
Home Care (cont.)

**San Diego (cont.)**
FirstLight Homecare 858-216-2040
Home Care Live-in 619-266-8300
AAS
Home Instead Senior Care 858-277-3722
RC
Right at Home 858-277-5900
AES, RC
Safe Harbor Home Care 619-660-8881

**Senior Helpers**
3377 Carmel Mtn Rd. Ste. 200 858-523-9170
www.sensorhelpers.com
AAS, RC, ADC
*(see our ad below)*

SeniorCare

Seniors Helping Seniors 800-481-2488
AAS, RC, ADC
Windward Life Care 619-450-4300

**Lake San Marcos**
AALL CARE In Home Services 760-471-7033
1030 La Bonita Dr.
www.aallcare.com
*(see our ad on page 19)*

**San Marcos**
Visiting Angels of North County 760-736-9934
AAS, RC

**Santee**
BrightStar Care 619-202-7258
*(see our ad on page 17)*

**Vista**
Home Helpers 760-726-1900
Home Instead Senior Care 760-639-6472
AAS, RC

**Home Health**

**Escondido**
Interim Healthcare 760-432-9811
MC
Palomar Pomerado Home Caregivers 760-796-6860
AAS, RC

**San Diego**
Firstat Nursing Service 619-220-7600
Kindred at Home 619-299-9900
M, MC
Renaissance Home Health 619-285-1505
M, MC
Salus Homecare 858-278-1335
M, MC

If you would like additional copies of this publication just call 208-484-7913
or email admin@retirementpublishing.com during regular business hours
### Hospice Agencies

**Carlsbad**  
Hospice of the North Coast  
hospicenorthcoast.org  
760-431-4100  
MC, M

**Escondido**  
Elizabeth Hospice  
800-797-2050

**La Mesa**  
Sharp Hospicecare  
619-667-1900  
Together Hospice Care  
619-597-1388

**San Diego**  
Ardent Hospice  
858-952-1786  
Avalon Hospice  
858-751-0315  
Kindred Hospice  
858-565-2499  
MC, M

**LightBridge Hospice**  
858-458-2992  
MC, M

**Solana Beach**  
Hospice by the Sea  
858-794-0195

### Referral Agencies

- **It’s Like Home**  
  760-212-1224
- **Oasis Senior Advisors**  
  760-688-7618
- **Residential Options for Seniors and the Elderly**  
  619-885-0420
- **Senior Care Options**  
  760-696-3542  
  Email: cathy@seniorcareoptions.team  
  www.seniorcareoptions.org  
  Help with placement & Consulting
- **Beyond the Sky Solutions LLC**  
  888-294-1488
- **Time to Move Care Placement**  
  858-242-4715

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**Memory Care Resource Directory**  
is a publication of:  
**RETIREMENT PUBLISHING**  
Phone: 208-484-7913

E-mail: admin@retirementpublishing.com  
Web site: www.retirementpublishing.com

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contact us at the number or email above.  
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Related Programs & Services

Adult Protective Services 619-283-5731
Short-term case management, outreach to at-risk elderly.

Aging and Independence Services 800-339-4661
24 hour elder abuse hotline and senior crisis team.

Long-Term Care Ombudsman 800-640-4661

Alzheimer's Association 619-678-8322
www.alz.org

Alzheimer's San Diego 858-492-4400
www.alzsd.org

Caregivers Network Club 760-450-5523

Nursing Home Ombudsman 858-560-2507
Advocacy for residents of long-term care facilities

Parkinson Disease Info & Referral 760-940-4097
San Diego Dementia Consortium sddementiasd.org

Senior Life Source 760-580-7002
Workshops for educating seniors on resources.

Southern Caregiver Resource Cntr. 858-268-4432
RC
provide consultation on care-giving and long-term care issues

The Foundation for Senior Wellbeing 844-654-4636

UCSD Quality of Life Programs 858-822-4800

UCSD Shiley-Marcos Alzheimer's Research Center 9444 Medical Center Dr 1-100 858-822-4800

Research

Pacific Research Network 619-294-4302

UCSD Shiley-Marcos Alzheimer's Research 9444 Medical Center Dr 1-100 858-822-4800

Skilled Nursing Communities

Chula Vista
Fredericka Manor Care Center 619-427-2777
AAS, ADU, ASU, MC, M

Coronado
Villa Coronado Skilled Nursing 619-435-6251
AES, RC, MC, M

El Cajon
Chase Care Center 619-441-1988
ADU, ASU, RC, M, MC

Eldorado Care Center 619-440-1211
ADU, ASU, RC, M, MC

Granite Hills Convalescent Hospital 619-447-1020
AAS, ASU, RC, M, MC

Royal Home, The 619-443-3886
ASU, MC

Villa Las Palmas Healthcare Center 619-442-0544
AES, RC, M, MC

Encinitas
Aviara Health Care Center 760-944-0331
ADU, ASU, RC, M, MC

Escondido
Escondido Care Center 760-747-0430
RC, MC, M

(continued on next page)
Skilled Nursing Communities (cont.)

**Escondido (cont.)**
Redwood Terrace Health Center  760-747-4306
AES
Valley Vista Convalescent Hospital
AES, RC, MC, M  760-745-1842

**La Jolla**
Seasons at La Jolla  858-456-8619
AAS, ASU, ADU, RC

**La Mesa**
Community Convalescent Hospital  619-465-0702
AAS, MC, M

**National City**
Castle Manor Convalescent Center  619-791-7900
AAS, RC, M, MC

**Poway**
Poway Health Care Center  858-485-5153
ADU, ASU, RC, M, MC

**San Diego**
Carmel Mountain Rehab & Healthcare  858-673-0101
ADU, ASU, M, MC
San Diego Healthcare Center  858-277-6460
ASU, MC, M

**St. Paul's Health Care Center**  619-239-8687
235 Nutmeg St
AAS, ASU, M, MC
(see our ad on page 4)

Villa Rancho Bernardo Care Center  858-672-3900
ADU, ASU, RC, M, MC

---

**Early Stage Caregiving**

In the early stage of Alzheimer's, most people function independently. He or she may still drive, take part in social activities, volunteer and even work. Your role as care partner is an important one: to provide support and companionship, and help plan for the future.

- Your role as care partner
- Finding a new balance
- Maximizing independence
- Understanding emotions
- Living well
- Taking care of yourself
- Getting educated

**Your role as care partner**
A diagnosis of early stage Alzheimer's disease doesn't just affect those with the disease; it affects everyone who loves and cares about them.

As a care partner (a term many choose to use rather than “caregiver,” since a person in the early stage of dementia may not need much assistance), you may find yourself in a new and unfamiliar role. You may be unsure of where to go for information, anxious about what to expect as the disease progresses and concerned about your ability to support the person living with dementia.

**These questions and feelings are normal.**
With an early diagnosis, you and the person with dementia now have the opportunity to make decisions about the future together, including legal, financial, and long-term care planning. The person living with dementia can take advantage of available treatments, participation in clinical trials and you both can benefit from local resources and support services. Being able to take advantage of all these benefits can reduce anxiety about the unknown and lead to better outcomes for everyone involved.

**Secondary care partners**
The role of a care partner is not limited to spouses, partners or close family members. Care partners may include “families of choice” such as friends, neighbors or long-distance relatives. If you are providing support as a secondary or remote care partner, it may be difficult to determine the exact level of assistance needed without direct observation. Whenever possible, try to connect with others in the support network to share insights or make plans to meet the person with dementia in their own environment.

**Finding a new balance**
One of the greatest challenges care partners face is not knowing how much assistance to give or when to give it because the person with early-stage dementia is primarily independent with dressing, bathing, walking and may still drive, volunteer or work. The most difficult tasks may involve managing a daily schedule or household budget.

As a care partner, your support with these everyday tasks can help the (continued on next page)
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Focus on the person's strengths and how they can remain as independent as possible, and establish a strong channel of communication. Consider ways to work together as a team. For example, if they are still comfortable balancing a checkbook, you may offer to provide a final review.

Understanding emotions
Providing support to a person living with Alzheimer's disease or a related dementia is an ongoing and sometimes emotional process. As care partner, you may be feeling overwhelmed by emotions that range from fear to hope. Emotions may be triggered by thoughts about how this diagnosis will impact your life, but also the anticipation of future challenges. Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.

Emotions you may experience as a care partner
Denial.
The diagnosis may seem unbelievable or difficult to accept. Short-term denial can be a healthy coping mechanism that provides time to adjust, but staying in denial too long can prevent you and the person with the disease from making important decisions about the future. It also can delay his or her ability to live a quality life. If you are experiencing denial about the diagnosis, your ability to help the person with dementia will be hampered until you can come to terms with the diagnosis yourself.

Fear.
Fears about the progression of the disease and the challenges in providing future care can be overwhelming and can prevent you from focusing on the present.

Stress/Anxiety.
Uncertainty about what to expect as the disease progresses and how to support the person with the diagnosis can lead to increased stress.

Anger/Frustration.
Anger towards the diagnosis is a common response to feeling a loss of control over the future. You may be feeling resentment about how your role as a care partner will impact your life.

Grief/Depression.
Sadness or a sense of loss over your relationship may also lead to feelings of hopelessness. Learn more about symptoms of depression here. Emotions the person with dementia may experience

Emotions such as fear and denial are common for both care partners and individuals living in the early stage of the disease. Being able to talk about these emotions together may help you both work past the difficult feelings and spend more time enjoying the present.

You can help the person with dementia to work through feelings of denial and fear about the disease by:

> Encouraging the person to share his or her feelings in a journal
> Spending time doing activities that are meaningful for both of you
> Attending an Alzheimer's

For Caregivers: Early Stage, provides practical answers to questions that arise in the early stages of Alzheimer's.

While every person experiences the early stage of dementia differently, it is common that a person in the early-stage may need cues and reminders to help with memory. As a care partner, it may be necessary for you to take the initiative to determine how you may be able to help. For example, he or she may need help with:

> Keeping appointments
> Remembering words or names
> Recalling familiar places or people
> Managing money
> Keeping track of medications
> Planning or organizing
> Transportation

example, you may agree to use a phrase like, “is there anything I can do to help?” or a nod to signal that it's ok to chime in if the person with dementia is having difficulty remembering a word or name.

Talk it Over: The best way to determine how and when to provide support is to ask directly. Ask the person with dementia what they need or the frustrations they may be experiencing. Talk about it, then make a plan.

Work Better Together: Find activities to do together and keep the conversation going about expectations for how you will provide support. Check in regularly by asking the person with dementia if you are providing a level of assistance that is comfortable or adequate.

Maximizing independence
This program, Living with Alzheimer's: For Caregivers: Early Stage, provides practical answers to questions that arise in the early stages of Alzheimer's.

person with dementia develop new coping strategies that will help to maximize his or her independence. Every relationship is different, but finding balance between interdependence and independence may increase confidence for both of you.

To help you determine when and how to provide the most appropriate support to a person living in the early stage of dementia consider these tips used by other care partners:

Safety First: Is there an immediate safety risk for the person with dementia to perform this task alone? If there is no immediate risk of injury or harm, provide encouragement and continue to provide supervision as necessary.

Avoid Stress: Prioritize tasks or actions that do not cause unnecessary stress for the person with dementia. For example, if you know that grocery shopping will be frustrating for the person with dementia, ask for their participation to outline a weekly menu and organize a grocery list.

Make a positive assumption: Assume that the person with dementia is capable of completing the task. If you sense frustration, try to identify the cause of the frustration before intervening. Focus on his or her current needs, rather than dwelling on the future.

Create a Help Signal: Identify a cue or phrase that you can use to confirm if the person with dementia is comfortable receiving support. For
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Association early-stage support group designed for both the person with dementia and care partner

Talking to each other about your expectations, questions and concerns

### Helping the person with dementia live well

People with Alzheimer’s want to live well for as long as possible. The ability to remain healthy, active, engaged and independent are consistent desires identified by newly diagnosed individuals. Care partners play an important role in helping the person with dementia achieve these goals.

Consider the tips below to help the person in early stage stay healthy for as long as possible:

**Encourage physical activities.** Based on results of some studies, exercise or regular physical activity may play a role in living better with the disease. Choose activities you both enjoy.

**Prepare meals** that maintain a balanced diet and are low in fat and high in vegetables.

**Create a daily routine** which promotes quality sleep and engagement with others.

**Identify situations** which may be too stressful for the person with dementia. Work together to find what helps the person relax.

**Taking care of yourself**

Being involved in activities that enhance your sense of well-being may help reduce your stress level. Spend time with friends and family, eat well, engage in physical activity and see the doctor regularly.

Find an early-stage support group near you. Connect with other care partners.

Call our 24/7 Helpline: 800.272.3900

**Article is courtesy of the Alzheimer’s Association.  alz.org**
The future of caring for those with Alzheimer’s and other forms of dementia begins in the past...

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