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2019 ALZHEIMER’S DISEASE FACTS AND FIGURES

ALZHEIMER’S DISEASE IS THE 6TH leading cause of death in the United States

5.8 MILLION Americans are living with Alzheimer’s

BY 2050, this number is projected to rise to nearly 14 MILLION

MORE THAN 16 MILLION AMERICANS provide unpaid care for people with Alzheimer’s or other dementias

These caregivers provided an estimated 18.5 BILLION HOURS valued at nearly $234 BILLION

IN 2019, Alzheimer’s and other dementias will cost the nation $290 BILLION

BY 2050, these costs could rise as high as $1.1 TRILLION

ALZHEIMER’S DISEASE IS THE LEADING CAUSE OF DEATH IN THE UNITED STATES

82% of seniors say it’s important to have their thinking or memory checked

BUT ONLY 16% say they receive regular cognitive assessments

EVERY 65 SECONDS someone in the United States develops the disease

Between 2000 and 2017 deaths from heart disease have decreased 9% while deaths from Alzheimer’s disease have increased 145%

1 IN 3 seniors dies with Alzheimer’s or another dementia

It kills more than breast cancer and prostate cancer COMBINED

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We Are Memory Care Specialists

Distinctive Memory Care

Cedar Creek
425.336.2737

Jefferson House
425.448.3992

Belle Harbour
425.523.8629
Summer 2021
Did You Know
These Facts about Alzheimer’s?

* Every 72 seconds someone in America develops Alzheimer’s.
* Seventy (70) percent of people with Alzheimer’s and other
dementias live at home, cared for by family and friends.
* Almost 10 million Americans are caring for a person with
Alzheimer’s or another dementia; approximately one out of three
of these caregivers is 60 years or older.

Courtsey Alzheimer’s Association

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Association
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Selected Definitions

**Alzheimer’s Residence** - State licensed facilities dedicated solely to Alzheimer’s/dementia (AD) residents, or have a designated Alzheimer’s unit within their facility.

**Assisted Living Residence w/Alzheimer’s Care** - State licensed facilities who report that they have a designated A/D unit. They also accept non-Alzheimer’s residents who reside in a separate part of the facility.

**Adult Family Home** - State licensed facilities with 6 or less beds. Only those who hold state dementia/Alzheimer’s certification are listed here.

**Skilled Nursing Facility w/Alzheimer’s Care** - State licensed facilities who report that they have a designated A/D unit.

**Skilled Nursing Facility** - State licensed facilities who report that they take A/D residents (usually early stage), but have no designated A/D unit.

**Placement Services** - Organizations that work with clients to assist in finding appropriate housing. Fee usually paid by facility.

**Adult Day Services** - This includes both licensed Adult Day Health and Adult Day Care facilities.

**Home Health Care, Home Care and Hospice** - All are state licensed.

**Support Groups** - Alzheimer’s Association approved Support Groups. The location of these groups change frequently, so it is wise to confirm meeting times and places attending. Call 1-800-848-7097.

Abbreviation Definitions

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<td>AAS</td>
<td>Accepts All Stages of Alzheimer’s</td>
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<td>AES</td>
<td>Accepts Early Stage Alzheimer’s Only</td>
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<tr>
<td>ADU</td>
<td>Have Designated Alzheimer’s Unit</td>
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<tr>
<td>ASU</td>
<td>Have Secure Alzheimer’s Unit</td>
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<tr>
<td>RC</td>
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<td>ADHC</td>
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<td>Accepts Female Residents Only</td>
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<tr>
<td>M/F</td>
<td>Accepts Both Male &amp; Female</td>
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Memory Care Residence

**Auburn**
Auburn Meadows
945-22nd Street NE
253-333-0171
AAS, ADU, ASU, RC, M

**Bremerton**
Marine Courte Memory Care Community
966 Oyster Bay Court
360-473-9904
AAS, ADU, ASU, RC, ADC, MC

**Dupont**
**Patriots Landing Retirement Community**
1600 Marshall Circle
253-964-4900
AAS, ADU, ASU
See our ad on page 5.

**Edgewood**
The Cottages at Edgewood
2510 Meridian Avenue E
253-881-1435
AAS, ASU, RC, MC (w/spend down)

**Edmonds**
Cedar Creek
21006 72nd Avenue West
425-301-6425
AAS, ADU, ASU, RC, ADC
See our ad 7.

**Rosewood Courte**
728-Edmonds Way
425-673-2875
AAS, ASU, RC,
See our ad page 2.

Expressions at Enumclaw
2454 Cole St.
360-825-4565
AAS ADU, ASU, RC, ADHC

(continued on page 12)
Memory Care Residence (Continued)

Lacey
Bonaventure of Lacey
4528 INTELCO Loop SE
360-455-8500
AAS, ADU, ASU, RC

The Cottages Of Lacey
8570 Martin Way E
360-489-1128
AAS, ASU, RC MC (w/spend down)
See our ad on page 3.

Puyallup
Clare Bridge of Puyallup
8811 176th St. East
253-445-1300
AAS, ASU, ADU, RC

Renton
The Cottages of Renton
17033 108th Ave. SE
425-528-7070
AAS, ASU, RC
See our ad on page 3.

Shoreline
Aegis at Callahan House
15100 1st Avenue N.E.
425-417-9747
AAS, ASU, ADU, RC, ADC

Laurel Cove Community
17201 15th Ave. NE
206-364-9336
AES, RC

Garden Courte Memory Care Community
626 Lilly Rd. NE
360-491-4435
AAS, ASU, RC, ADC, MC

Our Exit-Controlled Memory Care provides:
- Spacious Studio Apartments w/ Private Bath
- 24/7 Supervision
- Delicious Meals
- Life Enrichment Activities
Call: 206-364-9336
Visit: www.LaurelCoveCommunity.com

Assisted Living With Memory Care

Auburn
Merrill Gardens At Auburn
18 1st Street SE
253-336-4858
AAS, ADU, ASU, RC
See our ad on page 5.

Wesley Lea Hill
32049 109th PL SE
253-876-6000
AAG, ADU, ASU
See our ad on page 5.

Bellevue
Aegis of Bellevue
148 102nd Ave SE
425-453-8100
AAS, ASU, ADU, RC
See our ad on page 7.

Patriots Glen
1640 148th Ave. SE
425-373-1161
AAS, ASU, ADU, RC
See our ad on page 8.

The Gardens at Town Square
933 - 111th Ave NE
425-688-1900
AAS, ADU, ASU
www.eraliving.com
See our ad on back cover.

Bothell
Chateau at Bothell Landing
17543 102nd Ave. NE
425-954-1914
AAS, ADU, ASU, RC

Burien
Merrill Gardens At Burien
15020 5th Ave. SW
206-452-2216
AAS, ADU, ASU, RC
See our ad on page 5.

Federal Way
Madrona Park
31200 - 23rd Ave. S
253-941-5859
AAS, ADU, ASU, RC

Issaquah
Aegis of Issaquah
780 NW Juniper St.
425-392-8100
AAS, ADU, ASU, RC

Spiritwood at Pine Lake
3607 228th Avenue SE
425-313-9100
AAS, ADU, ASU, RC

Kirkland
Aegis Lodge
12629 116th Ave NE
425-814-2841
AAS, ADU, ASU, ADC

Aegis of Kirkland
13000 Totem Lake Blvd.
425-823-7272
AAS, ADU, ASU, ADU, ADC
See our ad on back cover.

(continued on page 14)
## Assisted Living With Memory Care (Continued)

### Lynnwood
- Aegis of Lynnwood  
  18700 44th Ave. W.  
  425-712-9999  
  AAS, ADU, ASU, ADC
- Chateau Pacific  
  3333 148th St. SW  
  425-787-9693  
  AAS, ADU, ASU, RC
- Quail Park of Lynnwood  
  4015 164th St SW  
  425-245-5928  
  AAS, ADU, ASU  
  See our ad below & page 5.

### Redmond
- Aegis of Redmond  
  7480 W. Lake Sammamish Parkway NE  
  425-883-4000  
  AAS, ASU, ADU, RC, ADC
- Aegis of Redmond at Marymoor  
  4585 West Lake Sammamish Parkway  
  425-999-4074  
  AAS, ADU, RC, ADC
- Overlake Terrace  
  2956 152 Ave. NE  
  425-883-0495  
  ASU, ADU, RC, ADC

### Seattle
- Aegis of Queen Anne on Galer  
  223 W. Galer St  
  866-688-1932  
  AAS, ASU, ADU, RC, ADC
- Aegis of Queen Anne at Rodgers Park  
  2900 3rd Ave West  
  206-701-1988  
  AAS, ASU, ADU, RC, ADC
- Maple Leaf AL & Memory Care  
  9001 Lake City Way N.E.  
  206-729-1200  
  AAS, ASU, RC
- Merrill Gardens At Ballard  
  2418 NW 56th St  
  206-965-9370  
  AAS, ADU, ASU, RC  
  See our ad on page 5.
- Merrill Gardens At First Hill  
  1421 Minor Avenue  
  206-965-9370  
  AAS, ADU, ASU, RC  
  See our ad on page 5.

### Tacoma
- Cascade Park Gardens  
  4347 S. Union Ave.  
  253-475-3702
- Franke Tobey Jones  
  5340 N. Bristol  
  253-752-6621  
  AAS, ADU, ASU, RC

### Merrill Gardens At Tacoma
- 7290 Rosemount Circle  
  253-235-3826  
  AAS, ADU, ASU, RC  
  See our ad on page 5.

### Adult Family Homes
- Bellevue  
  Abundant Life Elderly Care  
  1906 172nd Ave NE  
  425-829-8853
- Lynnwood  
  A Beautiful Living AFH, LLC  
  4201 164th ST SW, Ste A  
  425-971-9342
- Seattle  
  Anderson Loving Care AFH  
  12621 84th Ave S  
  206-772-4774

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[www.quailparkoflynnwood.com/alz](http://www.quailparkoflynnwood.com/alz)
### Skilled Nursing With Alzheimer’s

**Auburn**  
North Auburn Rehabilitation & Health Center  
2830 1st St. NE  
253-561-8100  
AES, RC, M, MC

**Bellevue**  
Mission Healthcare at Bellevue  
2424 156th Ave. NE  
425-641-1166  
AAS, ADU, ASU, RC, M, MC

**Des Moines**  
Wesley Des Moines Health Center  
1122 South 216th St  
206-824-3663  
AAS, ASU, ADU, M, MC  
See our ad on page 17 and 21.

**Everett**  
Bethany At Silver Lake  
2235 Lake Heights DR  
425-338-3000  
AAS, ASU, ADU, M, MC

**Issaquah**  
Issaquah Nursing and Rehabilitation Center  
805 Front St. South  
425-392-1271  
AAS, M, MC

**Lynnwood**  
Lynnwood Manor Health Care Center  
5821-188th SW  
425-776-5512  
AAS, ADU, RC, M, MC

**Monroe**  
Regency Care Center at Monroe  
1355 West Main St.  
360-794-4011  
AAS, ADU, RC, M, MC

**Seattle**  
Foss Home and Village  
13023 Greenwood Ave. N  
206-364-1300  
AAS, ADU, ASU, M, MC

**Ida Culver House Broadview**  
12505 Greenwood Ave. N  
206-361-1989  
ASU, ADU, RC, (SNF) M, MC  
See our ad on back cover.

**Sea Mar Community Care Center**  
1040 S. Henderson ST  
206-788-3200  
AAS, ADU, ASU, RC, M, MC

**Seattle Keiro Nursing Home**  
1601 East Yesler Way  
206-323-7100  
AAS, ADU, ASU, RC, M, MC

**Park West Skilled Nursing Center**  
1703 California Ave. SW  
206-937-9750  
AAP, ADU, RC, M, MC

**The Caroline Kline Galland Home**  
7500 Seward Park Ave S  
206-725-9100  
AAS, ADU, ASU, RC, M

**Washington Center For Comprehensive Rehabilitation**  
2821 South Walden St.  
206-725-2800  
AAS, ADU, ASU, RC, M, MC

**Shoreline**  
Park Ridge Skilled Nursing Center  
1250 Northeast 145th ST  
206-363-5856  
AAS, ASU, RC, M, MC

---

### Skilled Nursing With Alzheimer’s (continued)

**Snohomish**  
Merry Haven Care Center, Inc.  
800 - 10th ST  
360-568-3161  
ADU, RC, M, MC

**Tacoma**  
Avamere Heritage Rehabilitation  
7411 Pacific Ave.  
253-474-8456  
AAS, RC, M, MC

**ManorCare Health Services**  
5601 S Orchard ST  
253-474-8421  
AAS, ADU, RC, M, MC

**Tacoma Lutheran Home & Retirement Comm.**  
1301 N. Highlands Parkway  
253-752-7112  
AAS, ADU, RC, M, MC

### Hospice

**Des Moines**  
Wesley Health & Home Care  
206-870-1127  
See our ad below & page 21

**Seattle**  
Providence Hospice of Seattle  
206-749-7701  
M, MC

**Sea Mar Community Care Center**  
1040 S. Henderson ST  
206-788-3200  
AAS, ADU, ASU, RC, M, MC

**Seattle Keiro Nursing Home**  
1601 East Yesler Way  
206-323-7100  
AAS, ADU, ASU, RC, M, MC

**Park West Skilled Nursing Center**  
1703 California Ave. SW  
206-937-9750  
AAP, ADU, RC, M, MC

**The Caroline Kline Galland Home**  
7500 Seward Park Ave S  
206-725-9100  
AAS, ADU, ASU, RC, M

**Washington Center For Comprehensive Rehabilitation**  
2821 South Walden St.  
206-725-2800  
AAS, ADU, ASU, RC, M, MC

**Shoreline**  
Park Ridge Skilled Nursing Center  
1250 Northeast 145th ST  
206-363-5856  
AAS, ASU, RC, M, MC

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  - AAS, HHC, HC, RC
  - Serves King & South Snohomish

- **Family Resource Home Care**
  - 425-455-2004 or 866-545-1092
  - RC, HC, HHC

**Everett**
- **A-One Home Care**
  - 800-767-8518
  - RC, HC, HHC

**Family Resource Home Care**
- 206-777-1190
  - AAS, RC, HC
  - Serves King & South Snohomish

**Gig Harbor**
- **Home Care Connection**
  - 253-858-2011
  - RC, HC

- **Lynnwood**
  - **Home Instead Senior Care/ Sno, King, Pierce Counties**
  - 425-670-2292
  - RC

- **Mountlake Terrace**
  - **Homewatch CareGivers**
    - 425-778-1288
    - RC, HC
    - Serving King, Pierce, Snohomish, Island & Skagit Counties

**Renton**
- **Providence Home services - King Co.**
  - 425-525-6800
  - RC, M, MC

**Seattle**
- **ANDELCARE**
  - 206-838-1844 or 800-319-5979
  - AAS, HHC, HC, RC
  - Serves King & South Snohomish

- **BrightStar Care**
  - 206-777-1190
  - AAS, RC, HC

- **Family Resource Home Care**
  - 206-545-1092 or 866-545-1092
  - RC, HC, HHC
  - See our ad on page 18.

- **Fedelta Home Care**
  - 206-362-2366
  - RC, HC, HHC

- **Husky Care Services**
  - 206-599-9990
  - RC

- **Sound Options**
  - 800-628-7649
  - HC, RC
  - Serving Puget Sound Area since 1989

- **With a Little Help, Inc.**
  - 206-352-7399
  - HC, RC

**Tacoma**
- **Advanced Health Care**
  - 800-690-3330
  - HC, HHC, RC

- **Family Resource Home Care**
  - 253-761-8019 or 866-545-1092
  - RC, HC, HHC
  - See our ad on page 18

- **Home Instead Senior Care/NW**
  - 253-943-1603
  - HC

- **Sound Options**
  - 800-628-7649
  - HC, RC
  - Serving Puget Sound Area since 1989

**Woodinville**
- **Companion Care, Inc**
  - 425-488-7575
  - RC, HC
  - Serving King Pierce & Snohomish

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<tr>
<th>City</th>
<th>Agency</th>
<th>Phone Number</th>
<th>Categories</th>
<th>Additional Info</th>
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<td>Bellevue</td>
<td>ANDELCARE</td>
<td>425-283-0408</td>
<td>AAS, HHC, HC, RC</td>
<td>Serves King &amp; Snohomish</td>
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<td>Des Moines</td>
<td>Wesley Health &amp; Home Care</td>
<td>206-870-1127</td>
<td>AES, AAS, RC, M, MC</td>
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<td>Everett</td>
<td>Providence Hospice &amp; Home Care of Snohomish County</td>
<td>425-261-4801</td>
<td>RC, M, MC</td>
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<td>Kent</td>
<td>Gentiva Health Services</td>
<td>253-395-5133</td>
<td>RC, M, MC</td>
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<td>Kirkland</td>
<td>Evergreen Home Health Services</td>
<td>425-899-3300</td>
<td>M, MC, HHC</td>
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<td>Puyallup</td>
<td>Good Samaritan Hm. Health &amp; Hospice</td>
<td>253-697-7600</td>
<td>RC, M, MC</td>
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<td>Redmond</td>
<td>Apria Healthcare, Inc. Redmond</td>
<td>425-881-8500</td>
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<td>ANDELCARE</td>
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<td>Tacoma</td>
<td>Advanced Health Care</td>
<td>800-690-3330</td>
<td>HC, HHC</td>
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<tr>
<td>Edmonds</td>
<td>DayBreak Senior Adult Day Program</td>
<td>425-355-1313</td>
<td>RC, ADC</td>
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<tr>
<td>Bothell</td>
<td>Northshore Adult Day Health</td>
<td>425-488-4821</td>
<td>ADC, ADHC, RC, MC</td>
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<tr>
<td>Lacey</td>
<td>STARS Adult Day Program</td>
<td>360-407-3967</td>
<td>RC, ADC, MC</td>
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<td>Kent</td>
<td>Full Life Care</td>
<td>208-528-5315</td>
<td>ADC, ADHC, RC, MC2</td>
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<td>Puyallup</td>
<td>Good Samaritan Hm. Health &amp; Hospice</td>
<td>253-697-7600</td>
<td>RC, M, MC</td>
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<td>Redmond</td>
<td>Redmond Heights Senior Living</td>
<td>425-885-4157 ext 2312</td>
<td>AAS, ADU, ASU, ADC, M</td>
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See ad on pages 17 and 21.

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**Adult Day Services (continued)**

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<td>ADC, RC, ADHC, MC</td>
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<td>Full Life Care</td>
<td>425-355-1313</td>
<td>ADC, RC, ADHC, MC</td>
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<td>Kent</td>
<td>Full Life Care</td>
<td>208-528-5315</td>
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<td>Sunnyside</td>
<td>Polack Adult Day Center</td>
<td>206-725-8800</td>
<td>RC, ADC</td>
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<td>Seattle</td>
<td>Elderwise</td>
<td>206-774-6606</td>
<td>ADC</td>
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An estimated 14 million Americans will have Alzheimer’s disease by 2050 unless a cure or prevention is found.

---

**Adult Day Services**

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<th>City</th>
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<th>Phone Number</th>
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<th>Additional Info</th>
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<td>Auburn</td>
<td>Auburn Respite Program</td>
<td>253-931-3016</td>
<td>ADC</td>
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<td>Bellevue</td>
<td>Elder and Adult Day Services-Bellevue</td>
<td>425-867-1799</td>
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<td>Bothell</td>
<td>Northshore Adult Day Health</td>
<td>425-488-4821</td>
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<td>Edmonds</td>
<td>DayBreak Senior Adult Day Program</td>
<td>425-355-1313</td>
<td>RC, ADC</td>
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</table>
Specialized Clinic Services

Auburn
Regional Behavioral Health Center
at Auburn - Auburn Regional Medical Center
253-804-2813
Geropsychiatric Unit Inpatient/Outpatient

Monroe
Valley General Hospital - Inpatient
Psychiatric Treatment Unit
360-794-1443
Behavioral Health Unit for Seniors
In-patient acute care geriatric psychiatry
M, MC

Seattle
Bastyr Center For Natural Health
206-834-4100
Naturopathic medicine

Tukwila
Highline Geriatric Psychiatry Center
206-248-4702
GU, DA

Alzheimer’s Supportive Services

Garment Express
951-990-0017
Alzheimer’s Speciality Items.

Puyallup
Good Samaritan Caregiver Support Services
253-697-8575

Shoreline
Companion Plus
206-365-0688

Tacoma
Lutheran Community Services Northwest
Senior Friends Program
253-722-5691
Social Engagement Programs

FREE
Alzheimer’s Resource Directories

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Greater San Francisco Bay Area

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Continue on page 26

See category and abbreviation definitions on page 10
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Support Group Information

The Washington State 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 children, those with early-onset and early-stage Alzheimer’s, adult caregivers and others with specific needs. To view these groups, their location and meeting dates go to the chapter’s calendar on their website at www.alz.org/alzwa. or call 206-363-5500 or toll-free at 800-272-3900

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In-home care includes a wide range of services provided in the home, rather than in a hospital or care facility. It can allow a person with Alzheimer's or other dementia to stay in his or her own home. It also can be of great assistance to caregivers.

Types of in-home services
Not all in-home services are the same. Some in-home services provide non-medical help, such as assistance with daily living. Other in-home services involve medical care given by a licensed health professional, such as a nurse or physical therapist.

Common types of in-home services:
- Companion services: Help with supervision, recreational activities or visiting.
- Personal care services: Help with bathing, dressing, toileting, eating, exercising or other personal care.
- Homemaker services: Help with housekeeping, shopping or meal preparation.
- Skilled care: Help with wound care, injections, physical therapy and other medical needs by a licensed health professional. Often times, a home health care agency coordinates these types of skilled care services once they have been ordered by a physician.

Finding in-home services
To find the right in-home care services, start with these resources:

Talk to the doctor. The primary physician providing care for the person with Alzheimer's is a great place to start. Ask for recommendations of home health providers that have experience caring for people with dementia.

Use Medicare’s online tool. You can find and compare Medicare-certified Home Health agencies in your area through Medicare’s online tool Home Health Compare.

Use our Community Resource Finder. Search for home care services near you by using online Community Resource Finder.

Call your local Alzheimer’s Association* chapter. The Alzheimer’s Association chapter in your area can provide referrals. Find your local Alzheimer’s Association chapter.

Use The Eldercare Locator. Call 800.677.1116 or use the Eldercare Locator Online Tool, where you can search for services by zip code, city or state. Ask friends, family and neighbors about their experiences. Getting a first-hand opinion from someone who has used in-home care services can be especially helpful.

Choosing providers
Deciding who will provide home care is an important decision. For some, using a home health agency is the best choice. And for others, an individual care provider is a better fit. The following steps can be helpful when trying to find the right care:

Create a list of care needs. Before contacting prospective providers, create a list of care needs, as well as your expectations on how these needs will be met.

Call first. When you call to screen home care providers, find out what kind of help they offer and if it meets your specific needs.

Interview at home. Meet with a prospective home care agency or provider in your home. Prepare questions beforehand. It’s a good idea to have a third person present so that afterwards you can discuss your impressions.

Check references. Some agencies will conduct criminal background checks. Ask if these have been conducted. It is also a good idea to talk to others who have worked with the provider.

Share information. The more care providers know about the person they are caring for, the better care they can give. Even with memory loss, persons with dementia maintain strong memories from periods of (Continued on page 30)
In Home Care (Continued)

Signs of Alzheimer's /dementia
- Poor judgment and decision making
- Inability to manage a budget
- Losing track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrace steps to find them

Typical age-related changes
- Making a bad decision once in awhile
- Missing a monthly payment
- Forgetting which day it is and remembering it later
- Sometimes forgetting which word to use
- Losing things from time to time

Questions to ask potential in-home providers
- Are you trained in first aid and CPR?
- Do you have experience working with someone with dementia?
- Are you trained in dementia care?
- Are you with an agency?
- Are you bonded (protects clients from potential losses caused by the employee)?
- Are you able to provide references?
- Are you available at the times needed?

Costs
Costs for home care services vary depending on many factors, including what services are being provided, where you live, and whether the expenses qualify for Medicare or private insurance coverage.

Medicare covers certain in-home health care services when the person needing care meets eligibility criteria (which includes being homebound and requiring the services of a skilled professional), and if the services are considered reasonable and necessary for treatment. For details about eligibility, download the Centers for Medicare and Medicaid Services booklet Medicare and Home Health Care (PDF).

WHAT IS THE DIFFERENCE BETWEEN ALZHEIMER’S AND TYPICAL AGE-RELATED CHANGES?

Courtsey Alzheimer’s Association Alz.org
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