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Contact us today to schedule your personal visit at one of our Seattle-area locations.

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Caring for someone with Alzheimer’s or dementia isn’t easy. Reaching us is.

You’re not alone. We’re here day or night — whenever you need us — offering reliable information and support.

24/7 Helpline
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Visit us online at alzwa.org

Memory care as distinctive as she is.

Find out why stand-alone memory care matters.

Jefferson House / (425) 448-3992
Cedar Creek / (425) 336-2737
The Inn at Belle Harbour / (425) 523-8629
Deer Ridge / (253) 242-9599
Publisher Information

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Note!

Contents of this directory are intended for community resource information only. Neither the Alzheimer’s Association, nor Retirement Publishing recommends or endorses the listed facilities, organizations, professionals, companies or services.

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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.

Courtesy Alzheimer’s Association

Patriots Glen is a cozy Eastside neighborhood community, offering secure Memory Care with Licensed Nurses onsite 24/7

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1640 148TH AVE SE, BELLEVUE, WA, 98007 - WWW.PATRIOTSGLEN.COM

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Selected Definitions

Alzheimer’s Residence - State licensed facilities dedicated solely to Alzheimer's/ dementias (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

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 Care Health Care
M ............................................................Accepts Medicare
MC ........................................................Accepts Medicaid
EL ........................................................Elder Law
EP ........................................................Estate Planning
GU .........................................................Geriatric Unit
MI ........................................................Works With Medicaid Issues
MA ........................................................Accepts Male Residents Only
F ...........................................................Accepts Female Residents Only
M/F ........................................................Accepts Both Male & Female

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

Everett
Clare Bridge of Silver Lake
2015 Lake Heights Dr.
425-337-6336
AAS, ASU, RC, ADC

Heritage Court
4230 Colby Ave.
425-259-7200
AAS, ASU, RC

The Terrace at Beverly Lake
524 75th St SE
425-348-8800
AAS, ASU, RC, ADC

Gig Harbor
Clare Bridge At Shoreline View
9324 North Harborview Dr.
253-858-7790
AAS, ASU, RC, MC

Olympic Alzheimer’s Residence
3025 - 14th Ave. NW
253-851-5306
AAS, ASU, ADU, ADC, RC M, MC

Kent
Aegis of Kent
10421 SE 248th St
253-520-8400
AAS, ASU, RC, ADC, M

Weatherly Inn At Lake Meridian
15101 SE 272 St.
253-630-7496
AAS, ASU, RC, ADC

Kirkland
Jefferson House
12215 NE 128th St
425-202-7254
AAS, ADU, ASU, RC, ADC
See our ad on page 7.

(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.

Lynnwood
Clare Bridge of Lynnwood
18706 36th Ave. W.
425-774-3300
AAS, ADU, ASU, RC, ADC

Marysville
The Cottages at Marysville
1216 Grove St
360-322-7561
AAS, ASU, RC
See our ad on page 3.

Mill Creek
The Cottages at Mill Creek
13200 10th Dr SE
425-379-8276
AAS, ASU, RC, MC (w/spend down)
See our ad on page 3.

Mountlake Terrace
Mountlake Terrace - Cottage Lane
23008 56th Ave. W
425-678-6008
AAS, ASU, RC, MC (w/spend down)
See our ad on page 3.

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

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

The Cottages Of Puysallup
360-200-4775
AAS, ADU, ASU, RC, ADC
See our ad on page 3.

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

Chateau at Valley Center
4450 Davis Avenue South
425-251-6677
AAS, ADU, ASU, RC
See our ad on page 3.

Shoreline
Aegis at Callahan House
15100 1st Avenue N.E.
206-417-9747
AAS, ASU, ADU, RC, ADC

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

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
AES, ADU, ASU
See our ad on pages 17 and 21.

Bellevue
Aegis of Bellevue
148 102nd Ave SE
425-453-8100
AAS, ASU, ADU, RC, ADC

The Inn At Belle Harbour
2110 116th Ave NE
425-559-3060
AAS, ADU, ASU, RC, ADC
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.

Sunrise of Bellevue
15928 NE 8th St
425-401-5152
AAS, ADU, ASU
See our ad on back cover.

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

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, RC, ADU, ASU, ADC

Aegis of Kirkland
13000 Totem Lake Blvd.
425-823-7272
AAS, ASU, ADU, RC, ADC
Assisted Living With Memory Care  (Continued)

Lynnwood
Aegis of Lynnwood
18700 44th Ave. W.
425-712-9999
AAS, RC, 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

Newcastle
Aegis Gardens
13066 SE 76th Street
425-970-6708
AAS, ADU, ASU, ADU, RC, ADC

Redmond
Aegis of Redmond
7480 W. Lake Sammamish Parkway NE
425-883-4000
AAS, ASU, ADU, RC, ADC

Aegis at Marymoor
4585 West Lake Sammamish Parkway
425-999-4074
AAS, ADU, ASU, ADU, ADC

Overlake Terrace
2956 152 Ave. NE
425-883-0495
ASU, ADU, RC, ADC

Redmond Heights Senior Living
7950 Willows Rd NE
425-885-4157
AAS, ADU, ASU, RC, ADC, M

Sunrise of Redmond
15241 NE 20th St.
425-401-0300
AAS, ADU, ASU, RC

Seattle
Aegis on Madison
2200 East Madison
206-203-6348
AAS, ASU, ADU, RC, ADC

Aegis of Queen Anne on Galer
223 West 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 NE
206-729-1200
AAS, ASU, RC

Merrill Gardens At Ballard
2418 NW 56th St
206-965-9370
AAS, ADU, ASU, RC

Merrill Gardens At First Hill
1421 Minor Avenue
206-317-4955
AAS, ADU, ASU, RC

Merrill Gardens At Tacoma
7290 Rosemount Circle
253-235-3826
AAS, ADU, ASU, RC

Merrill Gardens At First Hill
120 University St
206-652-4444
ADU, ASU

Shoreline
Aegis of Shoreline
15100 First Avenue N.E
206-417-9747
AAS, ASU, ADU, RC

Tacoma
Cascade Park Gardens
4347 S. Union Ave.
253-475-3702

Franke Tobey Jones
5340 N. Bristol
253-752-6621
AES, ADU, ASU, RC

Pioneer Place Alzheimer’s
Residence of Tacoma
11519 24th Ave E.
253-539-3410
AAS, ADU, ASU, RC

Weatherly Inn
6016 N, Highlands Parkway
253-752-8550
AAS, ASU, ADU, RC, ADC

Adult Family Homes

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### 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 Rehab.il 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  
206-725-8800  
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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### Skilled Nursing With Alzheimer’s (continued)

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

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

---

**Tell Them You Saw It In The Alzheimer’s Resource Directory**

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**Choose Wesley Hospice**
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Hospice.WesleyChoice.org • (888) 995-1126

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**Hospice**

**Tacoma**
Good Samaritan Home Health & King, Pierce & Kitsap Counties  
Franciscan Hospice and Palliative Care  
866-969-7028  
M, MC
Home Care Agencies

Bellevue
ANDELCARE
425-283-0408 or 800-319-5979
AAS, HHC, HC, RC
Serves King & South Snohomish

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

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

Home Instead Senior Care
425-453-1015
RC, HC

Home Instead Senior Care
206-622-4663
RC, HC

Husky Care Services
206-599-9990
HC, 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
All Ways Caring Homecare
253-861-1486
HC, RC

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
Serving Puget Sound Area since 1989

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

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**Auburn**  
Multicare Home Health  
253-876-8175  
M, MC  

Bellevue  
ANDELCARE  
425-283-0408  
AAS, HHC, HC, RC  
Serves King & SO. Snohomish  
206-838-1844 or 800-319-5979  

Bothell  
Healthteam Northwest/Bothell  
425-482-4000  
M, MC  

Des Moines  
Wesley Health & Home Care  
206-870-1127  
AAS, AAS, RC, M, MC  
See ads on pages 17 and 21.  

**Everett**  
Providence Hospice & Home Care of Snohomish County  
425-261-4801  
RC, M, MC  

Kent  
Gentiva Health Services  
253-395-5133  
RC, M, MC  

Kirkland  
Evergreen Home Health Services  
425-899-3300  
M, MC, HHC  

Puyallup  
Good Samaritan Hm. Health & Hospice  
253-697-7600  
RC, M,  

Redmond  
Apria Healthcare, Inc. Redmond  
425-881-8500  

Seattle  
ANDELCARE  
425-283-0408  
AAS, HHC  
HC, RC  
Serves King & So. Snohomish  

Community Health Services  
425-228-5151  
HC, HHC  

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

Redmond Heights Senior Living  
425-885-4157 ext 2312  
AAS, ADU, ASU, ADC, M  

**Adult Day Services**

**Auburn**  
Auburn Respite Program  
253-931-3016  
ADC  

Bellevue  
Elder and Adult Day Services-Bellevue  
425-867-1799  
ADC, RC, MC, ADHC  

**Bothell**  
Northshore Adult Day Health  
425-488-4821  
ADC, ADHC, RC, MC  

**Edmonds**  
DayBreak Senior Adult Day Program  
425-355-1313  
RC, ADC  

An estimated 14 million Americans will have Alzheimer’s disease by 2050 unless a cure or prevention is found.

---

**We choose companionship.**  
**We choose Wesley.**

Mom worries about me when I’m gone, so Anna helps Mom video chat with me. She’s been a great companion from Home Care by Wesley.

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Specialized Clinic Services

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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

Tell Them You Saw It In The Alzheimer’s Resource Directory

FREE Alzheimer’s Resource Directories

Puget Sound Area (Seattle)
San Diego County
Greater San Francisco Bay Area

call: 206-999-7289 or e-mail: retirebart1@comcast.net

Attorneys

Bellevue
Inslee, Best, Doezie & Ryder, P.S.
777 - 108th Ave. NE, Ste 1900
206-470-2799
EL, EP, MI

Ronald L. Cohen
2155 - 112th Ave. NE
425-454-0915
EL, E, MI

Eric V. Jeppesen
10655 NE 4th St., Ste. 801
425-454-2344
EL, EP, MI

Legacy Estate Planning, LLC
A Division of Stephen M. Walter, PS
1750 - 112th Ave NE, Ste C245
425-455-6788
EP, EL, MI

Bremerton
David Forrest Edger
2623 Terrace St
360-782-2200
EL, EP

Susan Eleanor Spencer
3929 NE Steinman Ln
360-792-1848
EL, EP

John Stewart Tracy
2011 E. 11th St.
360-479-6644
E, EP

Burien
Law Offices of Linn, Schisel & DeMarco
860 SW 143rd St.
206-242-9876
EP, EL

Edmonds
Lawrence P. Dolan
7009 - 212 th St SW Ste 203
425-775-5423
EL, EP, MI

Alan Hall
7813 218th St. SW, Apt. 50
425-774-9566
EL, EP, MI

Marilyn J. Kliman, PLLC
510 Bell Street
206-499-0993
EL, EP, MI

Sanders Law Group
152 Third Ave. S, Ste 101
425-640-8868
EP, EL, MI

Everett
Adams, & Duncan Lawyers
3128 Colby Ave
425-339-8556
EP, EL, MI

Kent
Gellner Law Group
8407 S 259 ST, Ste 203
425-235-5535
EP

Kirkland
Richard J. Gregorek
Gregorek and Associates PLLC
10604 NE 38th PL, Ste. 225
425-284-3450
EP, EL, MI

Lynnwood
Hickman Menashe, P.S.
4211 Alderwood Mall Blvd., Ste. 204
425-744-5658
EL, EP, MI

See ad on next page

(continued on page 24)
### Attorneys (Continued)

<table>
<thead>
<tr>
<th>Location</th>
<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Renton</td>
<td>Dan Kellogg</td>
<td>425-227-8700</td>
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<td></td>
<td>EL, EP, MI</td>
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<td></td>
<td>Jacob H. Menashe</td>
<td>425-744-5658</td>
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<td>Jo Frey</td>
<td>253-884-9847</td>
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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 web site at www.alz.org/alzwa or call 206-363-5500 or toll-free at 800-272-3900.

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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 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:

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Share all this information with family members across the country or across the street.


(continued on page 28)
Early-Stage Caregiving (continued)

§ 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 receiving support. For 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

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
> Transportation

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.

(continued on page 30)

Early-Stage Caregiving (continued)

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

(continued on page 30)
**Early-Stage Caregiving**

> 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.

Here are tips on how to maintain your own health:

> **Build a support network.** Creating a support system before you think you need it will minimize your stress as the disease progresses. Look at current support systems you have already in place and consider the people you turn to most often in times of need.

> **Connect with other care partners** to acquire encouragement and comfort from others who understand what you're going through. Learn more about in-person and online support groups.

> **Ask for and accept help.** Care partners often wait too long before asking for help from others.

> **Rest when needed** and allow time for yourself and your own interests.

> **Try not to take things personally;** symptoms of the disease can cause an individual to forget events or commitments. Remember this is not a reflection of his or her character.

> **Stay healthy** through diet, exercise and regular visits to the doctor.

> **Stay engaged** by continuing to be involved in activities that are important to you and enhance your sense of wellbeing. Allow yourself the opportunity to laugh when funny situations arise.

Find an early-stage support group near you -- Call Alzheimer’s Association 24/7 Helpline: 800.272.3900

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

**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

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**Alzheimer’s Poem**

Do not ask me to remember.
Do not try to make me understand.
Let me rest and know you’re with me.
Kiss my cheek and hold my hand.
I’m confused beyond your concept.
I am sad and sick and lost.
All I know is that I need you to be with me at all cost.
Do not lose your patience with me.
Do not scold or curse my cry.
I can’t help the way I am acting.
I can’t be different though I try.
Just remember that I need you.
That the best of me is gone.
Please don’t fail to stand beside me.
Love me till my life is done.

Anonymous
Compassionate care
& ENRICHING ENVIRONMENT FOR YOUR LOVED ONE

PEACE OF MIND FOR YOU

Era Living Memory Care uses the Best Friends™ approach to encourage meaningful relationships for your loved one living with dementia.

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