Alzheimer’s Resource Directory
a guide for family members, caregivers and health care professionals

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Summer-Fall 2019
To Love someone...is to learn their song and sing it to them when they have forgotten.

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Memory Care. Purposeful and Dignified.

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Also offering Assisted Living & Independent Living

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Pre-Opening Rates!

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- Large themed common areas
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Enhancing Life for Those with Memory Loss

12217 N.E. 128th St., Kirkland, WA 98034
jeffersonhousekirkland.com

24 Hour On-Site Licensed Nursing

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(425) 202-7254

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CARE, CAUSE AND A CURE FOR ALZHEIMER’S

By Bob Le Roy
Executive Director
Washington State Chapter - Alzheimer’s Association

Alzheimer’s disease is complicated. It is often said that no two cases are alike. We often do not know who has it or what causes it. We cannot prevent it, and we cannot cure it.

At the Washington State Chapter, however, our work is really quite simple. Its essence can be found in the three “c”s: care, cause, and cure.

For us, care is manifest in the programs and services we provide to those we serve, including our toll-free, 24/7 Helpline, assistance to family and caregiver support groups, customized and ongoing care consultation for individuals and families, and continuing education and training for family and professional caregivers.

Our commitment to the cause of Alzheimer’s is reflected in the passion and persistence of thousands of volunteer advocates—our faces and voices to their elected officials at all levels of government. From the many office visits, letters and phone calls made by individuals in Washington, Idaho and across the nation, we have seen historic increases in federal funding for Alzheimer’s research. From $300 million annually we saw an increase to $500 million in 2015 and again in 2016 to over $900 million. Our advocates and volunteers are leading the way to make sure Alzheimer’s disease and dementia are a state and federal priority now.

We are bringing the world together in search of a cure for Alzheimer’s disease. The Alzheimer’s Association is the largest non-profit funder of Alzheimer’s research in the world. Since we began funding research in 1982, we have provided over $350 million to more than 2,300 best-of-field investigators. Our International Research Grant Program is structured to emphasize and nurture new ideas and innovative approaches.

I believe there is a fourth “c”—in which you play an integral role—collaboration. We have the best chance to realize our vision of a world without Alzheimer’s when we work together. If you would like to learn more about Alzheimer’s research, please visit alzwa.org or call our 24/7 Helpline at 1.800.272.3900. If you would like to support our care, cause, and cure, please let us hear from you.
Publisher Information

The Alzheimer’s Resource Directory
is a publication of: Retirement Publishing
PO Box 2442
Woodinville, WA 98072
206-999-7289 or e-mail retirebart1@comcast.net

The directory is published twice yearly (May & November) in cooperation with the Washington State Chapter of the Alzheimer’s Association
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Table of Contents

Introduction
Alzheimer’s Association Letter ........................................................Page 6
Abbreviation Definitions ..................................................................Page 10

Housing
Memory Care Residences .................................................................Page 11-12
Assisted Living Residence With Memory Care ............................. Page 13-15
Adult Family Homes ..............................................................Page 15
Skilled Nursing Facilities (w/Designated Alzheimer’s Units) ........Page 16-17

Adult Day Services, Home Health & Home Care
Hospice ......................................................................................Page 17
Home Care Agencies .................................................................Page 18-19
Home Health Agencies ............................................................Page 20
Adult Day Services ....................................................................Page 20-21

Medical Services & Research
Specialized Clinic Services ..........................................................Page 22
Alzheimer’s Supportive Services .............................................Page 22

Legal Services
Attorneys ..................................................................................Page 24-27

Support Groups
Support Groups Information ...................................................Page 27

Articles
Late-Stage Caregiving ..............................................................Page 28-30

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.

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
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

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 2.

Edgewood
The Cottages at Edgewood
2510 Meridian Avenue E
253-881-1435
AAS, ADU, RC, MC (w/spend down)
See our ad on page 17

Edmonds
Cedar Creek
21006 72nd Avenue West
425-301-6425
AAS, ADU, ASU, RC
See our ad 5.

Rosewood Courte
728-Edmonds Way
425-673-2875
AAS, ASU, RC,
See our ad page 7.

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

Kent
Aegis of Kent
10421 SE 248th St
253-520-8400
AAS, ASU, RC, ADC, M
See our ad on back cover

Kirkland
Jefferson House
12215 NE 128th St
425-492-0944
AAS, ASU, RC, ADC
See our ad on page 4.

(continued on page 12)
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 2.

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 2.

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 2.

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 2.

Olympia
Clare Bridge of Olympia
420 Yauger Way SW
360-236-1400
AAS, ASU, RC, M, MC

Our Exit-Controlled Memory Care provides:
• Spacious Studio Apartments w/ Private Bath
• 24/7 Supervision • Delicious Meals
• Life Enrichment Activities

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

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

Renton
The Cottages of Renton
(Coming Soon)
425-931-2951
AAS, ASU, RC
See our ad on page 2.

Chateau at Valley Center
4450 Davis Avenue South
425-243-9901
AAS, ADU, ASU, RC

Shoreline
Aegis at Callahan House
15100 1st Avenue N.E.
206-417-9747
AAS, ADU, ASU, RC
See our ad on page 5.

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 3.

Wesley Lea Hill
32049 109th PL SE
253-876-6000
AAS, ADU, ASU
See our ad on page 2.

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

The Inn At Belle Harbour
2110 116th Ave NE
425-559-3060
AAS, ADU, ASU, RC, ADC
See our ad on page 5.

Brookdale at Bellevue
15241 NE 20th St.
425-373-1161
AAS, ADU, ASU, RC
See our ad on page 8.

Sagebrook Senior Living at Bellevue
15750 NE 15th St.
425-641-4900
AAS, ADU, ASU, RC

Sunrise of Bellevue
15928 NE 8th St
425-401-5152
AAS, ADU, ASU, RC

The Gardens at Town Square
933 - 111th Ave NE
425-688-1900
AAS, ADU, ASU
www.eraliving.com
See our ad on page 3.

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

Renton
The Cottages of Renton
(Coming Soon)
425-931-2951
AAS, ASU, RC
See our ad on page 2.

Chateau at Valley Center
4450 Davis Avenue South
425-243-9901
AAS, ADU, ASU, RC

Shoreline
Aegis at Callahan House
15100 1st Avenue N.E.
206-417-9747
AAS, ADU, ASU, RC
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206-364-9336
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Our Exit-Controlled Memory Care provides:
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• Life Enrichment Activities
Call: 206-364-9336
Visit: www.LaurelCoveCommunity.com

Our Exit-Controlled Memory Care provides:
• Spacious Studio Apartments w/ Private Bath
• 24/7 Supervision • Delicious Meals
• Life Enrichment Activities

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

### Kirkland (continued)

- **Aegis of Kirkland**
  13000 Totem Lake Blvd.
  425-823-7727
  AAS, ASU, ADU, RC, ADC
  See our ad on back cover.

### Lynnwood

- **Aegis of Lynnwood**
  18700 44th Ave. W.
  425-712-9999
  AAS, RC, ADU, ASU, ADC
  See our ad on back cover.

- **Chateau Pacific**
  3333 148th St. SW
  425-787-9693
  AAS, ADU, ASU, RC

### Quail Park of Lynnwood

- **Aegis of Quail Park of Lynnwood**
  4015 164th St SW
  425-245-5928
  AAS, ADU, ASU
  See our ad below & page 3.

### 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
  See our ad on back cover.

## 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

### Tacoma

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

- **The Langland House AFH**
  9619 24th Ave E.
  253-475-3801

### Shoreline

- **Garden View Residential Care Facility**
  17539 10th Ave. NW
  206-799-6161

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See category and abbreviation definitions on page 10.
<table>
<thead>
<tr>
<th>Skilled Nursing With Alzheimer's (continued)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snohomish</td>
</tr>
<tr>
<td>Merry Haven Care Center, Inc.</td>
</tr>
<tr>
<td>800 - 10th ST</td>
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<tr>
<td>360-568-3161</td>
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<tr>
<td>ADU, RC, M, MC</td>
</tr>
<tr>
<td>Washington County</td>
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<tr>
<td>Tacoma</td>
</tr>
<tr>
<td>Avamere Heritage Rehabilitation</td>
</tr>
<tr>
<td>7411 Pacific Ave.</td>
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<tr>
<td>253-474-8456</td>
</tr>
<tr>
<td>AAS, RC, M, MC</td>
</tr>
<tr>
<td>King, Pierce &amp; Kitsap Counties</td>
</tr>
<tr>
<td>Franciscan Hospice and Palliative Care</td>
</tr>
<tr>
<td>866-969-7028</td>
</tr>
<tr>
<td>AAS, ADU, RC, M, MC</td>
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<tr>
<td>To view or download a digital copy of this directory go to <a href="http://www.retirementpublishing.com/pdfs/seaalz.pdf">www.retirementpublishing.com/pdfs/seaalz.pdf</a></td>
</tr>
</tbody>
</table>
Home Care Agencies

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

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

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

Catholic Community Services/Everett
425-303-3312
RC

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

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

Home Instead Senior Care
425-453-1015
RC

With a Little Help, Inc.
206-352-7399
HC, RC
Serving King Pierce and Snohomish Counties

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

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

Seattle
ANDELCARE
206-838-1844 or 800-319-5979
AAS, HHC, RC
Serves King & South Snohomish
See our ad on page 18

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 Senior Care
7017 15th Ave NW
206-599-9990
HC, RC

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

Dementia and 24 - Hour Care Specialists
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- Medication Assistance, Cooking, Light Housekeeping
- Transportation and Errands
- 1 to 24 Hours Care

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Our on-line version easily lets you visit our advertisers web sites for more information just by clicking on their ad.
Share all this information with family members across the country or across the street.

www.retirementpublishing.com/pdfs/sanalz.pdf
An estimated 14 million Americans will have Alzheimer’s disease by 2050 unless a cure or prevention is found.
<table>
<thead>
<tr>
<th><strong>Alzheimer’s Supportive Services</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Garment Express</strong></td>
</tr>
<tr>
<td>951-990-0017</td>
</tr>
<tr>
<td>Alzheimer’s Speciality Items.</td>
</tr>
<tr>
<td><strong>Shoreline</strong></td>
</tr>
<tr>
<td>Companion Plus</td>
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<tr>
<td>206-365-0688</td>
</tr>
<tr>
<td><strong>Tacoma</strong></td>
</tr>
<tr>
<td>Lutheran Community Services Northwest</td>
</tr>
<tr>
<td>Senior Friends Program</td>
</tr>
<tr>
<td>253-722-5691</td>
</tr>
<tr>
<td>Social Engagement Programs</td>
</tr>
<tr>
<td><strong>Puyallup</strong></td>
</tr>
<tr>
<td>Good Samaritan Caregiver Support Services</td>
</tr>
<tr>
<td>253-697-8575</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Specialized Clinic Services</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Auburn</strong></td>
</tr>
<tr>
<td>Regional Behavioral Health Center at Auburn - Auburn Regional Medical Center</td>
</tr>
<tr>
<td>253-804-2813</td>
</tr>
<tr>
<td>Geropsychiatric Unit Inpatient/Outpatient</td>
</tr>
<tr>
<td><strong>Monroe</strong></td>
</tr>
<tr>
<td>Valley General Hospital - Inpatient Psychiatry Treatment Unit</td>
</tr>
<tr>
<td>360-794-1443</td>
</tr>
<tr>
<td>Behavioral Health Unit for Seniors In-patient acute care geriatric psychiatry, M, MC</td>
</tr>
<tr>
<td><strong>Seattle</strong></td>
</tr>
<tr>
<td>Bastyr Center For Natural Health</td>
</tr>
<tr>
<td>206-834-4100</td>
</tr>
<tr>
<td>Naturopathic medicine</td>
</tr>
<tr>
<td><strong>Tukwila</strong></td>
</tr>
<tr>
<td>Highline Geriatric Psychiatry Center</td>
</tr>
<tr>
<td>206-248-4702</td>
</tr>
<tr>
<td>GU, DA</td>
</tr>
</tbody>
</table>

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

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

**Seattle**
Neil R. Sarles, Attorney
3418 NE 65th St., Ste. A
206-682-1771

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

**Seattle**
Brothers & Henderson P.S.
Christopher Henderson
Katrina B Durkin
2722 Eastlake Ave E., Ste. 200
206-324-4300

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---

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- • Estate Planning
- • Elder Law
- • Guardianships
- • Medicaid Planning
Attorneys

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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

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Legacy Estate Planning, LLC
A Division of Stephen M. Waltar, PS
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425-455-6788
EP, EL, MI

Bremerton
David Forrest Hedger
2623 Terrace St
360-782-2200
EL, EP
Kevin W. Cvre
4110 Kitsap Way Ste 200
360-479-3000
EL, EP, MI
Susann 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
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
425-640-8686
EP, EL, MI

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

Lawrence P. Dolan
1820 32nd St
425-259-5106
EL, EP, MI

Kent
Rydberg Gellner Law
8407 S 259 ST, Ste 203
425-235-5535
See ad on top next page

Attorneys (Continued)

Mercer Island
Somers Tamblyn King Isenhour Bleck, PLLC
2955 80th Ave. SE, Ste 201
206-232-4050
EP, EL, MI

Olympia
Bauer Pitman Lifetine, Legal PLLC
1235 4th Ave E Ste 200
360-754-1976
EL, EP, MI

J. Patrick Quinn
711 S Capitol Way Ste 303
360-943-3939
EL, EP, MI

Parr Price, PLLC
1800 Cooper PT RD SW, Bldg 20-A
360-357-3036
EL, EP

Renton
Dan Kellogg
PO Box 2168
425-227-8700
EL, EP, MI

Seattle
Aiken, St Louis & Siljeg, PS
801 2nd Ave Ste 1200
206-624-2500
EL, EP, MI

Lakebay
Jo Frey
709 Stanford Rd, KPS
253-884-9847
EP, EL, MI

(continued on page 26)
Attorneys (Continued)

Seattle (continued)

Sean R. Bleck
1200 Fifth Ave., Ste. 2020
206-340-2200
EL, EP, MI

Christopher M Henderson
Brothers & Henderson, P.S.
2722 Eastlake Ave. E., Ste 200
206-324-4300
EL, EP, MI

Katrina B Durkin
Brothers & Henderson, P.S.
2722 Eastlake Ave. E., Ste 200
206-324-4300
EL, EP, MI

Jon Anthony Clark
5413 Meridian N, Ste. A
206-675-0803
EL, EP, MI

Compassionate Legal Care, PLC
301 NE 100th Street, Ste 310
206-525-6919
EL, EP

Flaccus Law
7010 35th NE
206-523-0397
EL, EP, MI

Barbara Isenhour
1200 Fifth Ave, Ste. 2020
206-340-2200
EL, EP, MI

Law Offices of Julianne Kocer, P.S.
301 NE 100th St., Ste. 310
206-525-6919
EL, EP, MI

Northwest Elder Law Group
2150 N 107th St, Ste 501
206-937-6102
EP, EL

Michael L. Olver - Helsell Fetterman
1001 4th Ave., Ste 4200
206-292-1144
EP, EL, MI

Thomas C Rabideau
PO Box 99709
206-347-3551
EL, EP

Reed, Longyear, Malnati & Ahrens, PLLC
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206-624-6271
EP, EL, MI

Denise P. Redinger Attorney at Law
1200 Westlake AVE N Ste 905
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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
Late-State Caregiving

What to expect
Late-stage care decisions can be some of the hardest families face. As the disease advances, the needs of the person living with Alzheimer’s will change and deepen. A person with late-stage Alzheimer’s usually:

- Has difficulty eating and swallowing
- Needs assistance walking and eventually is unable to walk
- Needs full-time help with personal care
- Is vulnerable to infections, especially pneumonia

Your role as caregiver
During the late stages, your role as a caregiver focuses on preserving quality of life and dignity. Although a person in the late stage of Alzheimer’s typically loses the ability to talk and express needs, research tells us that some core of the person’s self may remain. This means you may be able to continue to connect throughout the late stage of the disease.

At this point in the disease, the world is primarily experienced through the senses. You can express your caring through touch, sound, sight, taste and smell. For example, try:

- Playing his or her favorite music
- Reading portions of books that have meaning for the person
- Looking at old photos together
- Preparing a favorite food
- Rubbing lotion with a favorite scent into the skin
- Brushing the person’s hair
- Sitting outside together on a nice day

Late-Stage Care Options
Since care needs are extensive during the late stage, they may exceed what you can provide at home, even with additional assistance. This may mean moving the person into a facility in order to get the care needed.

Deciding on late-stage care can be one of the most difficult decisions families face. Families that have been through the process tell us that it is best to gather information and move forward, rather than second guessing decisions after the fact. There are many good ways to provide quality care. Remember, regardless of where the care takes place, the decision is about making sure the person receives the care needed.

At the end of life, another option is hospice. The underlying philosophy of hospice focuses on quality and dignity by providing comfort, care and support services for people with terminal illnesses and their families. To qualify for hospice benefits under Medicare, a physician must diagnosis the person with Alzheimer’s disease as having less than six months to live.

Ideally, discussions about end-of-life care wishes should take place while the person with the dementia still has the capacity to make decisions and share wishes about life-sustaining treatment.

Food and fluids
One of the most important daily caregiving tasks during late-stage Alzheimer’s is monitoring eating. As a person becomes less active, he or she will require less food. But, a person in this stage of the disease also may forget to eat or lose his or her appetite. Adding sugar to food and serving favorite foods may encourage eating; the doctor may even suggest supplements between meals to add calories if weight loss is a problem.

To help the person in late-stage Alzheimer’s stay nourished, allow plenty of time for eating and try these tips:

- Make sure the person is in a comfortable, upright position. To aid digestion, keep the person upright for 30 minutes after eating.
- Adapt foods if swallowing is a problem. Choose soft foods that can be chewed and swallowed easily. Thickened liquids such as water, juice, milk and soup by adding cornstarch or unflavored gelatin. You can also buy food thickeners at a pharmacy or health care supply store, try adding pudding or ice cream, or substitute milk with plain yogurt.
- Encourage self-feeding. Sometimes a person needs cues to get started. Begin by putting food on a spoon, gently putting his or her hand on the spoon, and guiding it to the person’s mouth. Serve finger foods if the person has difficulty using utensils.
- Assist the person with feeding, if needed. Alternate small bites with fluids. You may need to remind the person to chew or swallow. Make sure all food and fluid is swallowed before continuing on with the next bite.
- Encourage fluids. The person may not always realize that he or she is thirsty and may forget to drink, which could lead to dehydration. If the person has trouble swallowing water, try fruit juice, gelatin, sherbet or soup. Always check the temperature of warm or hot liquids before serving them.
- Monitor weight. While weight loss during the end of life is to be expected, it also may be a sign of inadequate nutrition, another illness or medication side effects. See the doctor to have weight loss evaluated.

Bowel and bladder function
Difficulty with toileting is very common at this stage in the disease. The person may need to be walked to the restroom and guided through the process. Incontinence is also common during late-stage Alzheimer’s.

To maintain bowel and bladder function:

- Set a toileting schedule. Keep a written record of when the person goes to the bathroom, and when and how much the person eats and drinks. This will help you track the person’s natural routine, and then you can plan a schedule. If the person is not able to get to the toilet, use a bedside commode.
- Limit liquids before bedtime. Limit — but do not eliminate — liquids at least two hours before bedtime. Be sure to provide adequate fluids for the person throughout the day to avoid dehydration.
- Use absorbent and protective products. Adult disposable briefs and bed pads can serve as a backup at night.
- Monitor bowel movements. It is not necessary for the person to have a bowel movement every day, but if there are three consecutive days without a bowel movement, he or she may be constipated. In such instances, it may help to add natural laxatives to the diet, such as prunes or fiber-rich foods (bran or whole-grain bread). Consult with the doctor if the constipation continues.

Skin and body health
A person with late-stage Alzheimer’s disease can become bedridden or chair-bound. This inability to move around can cause skin breakdown or chair-bound. To keep skin and body healthy:

- Relieve body pressure and improve circulation. Change the person’s position at least every two hours to relieve pressure and improve blood circulation.

(continued on page 30)
Late-stage caregiving (continued)

Make sure the person is comfortable and properly aligned. Use pillows to support arms and legs.
- Learn how to lift the person. A care provider, such as a nurse or physical therapist, can provide instructions on how to properly lift and turn the person without causing injury. Make sure not to ever lift by pulling on the person's arms or shoulders.
- Keep skin clean and dry. Since skin can tear or bruise easily, use gentle motions and avoid friction when cleaning. Wash with mild soap and blot dry. Check daily for rashes, sores or breakdowns.
- Protect bony areas. Use pillows or pads to protect elbows, heels, hips and other bony areas. If you use skin moisturizer on these areas, apply it gently and do not massage it in.
- Prevent “freezing” of joints. Joint “freezing” (limb contractures) can occur when a person is confined to a chair or bed. It’s sometimes helpful to do range-of-motion exercises, such as carefully moving the arms and legs two to three times a day while the skin and muscles are warm, like right after bathing. Consult with the doctor before starting these exercises.

Infections and pneumonia
The inability to move around during late-stage Alzheimer’s disease can make a person more vulnerable to infections.

To help prevent infections:
- Keep the teeth and mouth clean. Good oral hygiene reduces the risk of bacteria in the mouth that can lead to pneumonia. Brush the person’s teeth after each meal. If the person wears dentures, remove them and clean them every night. Also, use a soft toothbrush or moistened gauze pad to clean the gums, tongue and other soft mouth tissues.
- Treat cuts and scrapes immediately. Clean cuts with warm soapy water and apply an antibiotic ointment. If the cut is deep, seek professional medical help.
- Protect against flu and pneumonia. The flu (influenza) can lead to pneumonia (infection in the lungs). It’s vital for the person with Alzheimer’s as well as his or her caregivers to get flu vaccines every year to help reduce the risk. A person can also receive a vaccine every five years to guard against pneumococcal pneumonia (a severe lung infection caused by bacteria).

Pain and illness
Communicating pain becomes difficult in the late stages. If you suspect pain or illness, see a doctor as soon as possible to find the cause. In some cases, pain medication may be prescribed.
To recognize pain and illness:
- Look for physical signs. Signs of pain and illness include pale skin tone; flushed skin tone; dry, pale gums; mouth sores; vomiting; feverish skin; or swelling of any part of the body.
- Pay attention to nonverbal signs. Gestures, spoken sounds and facial expressions (wincing, for example) may signal pain or discomfort.
- Be alert to changes in behavior. Anxiety, agitation, trembling, shouting and sleeping problems can all be signs of pain.

Courtesy of the Alzheimer’s Association.

to view articles on Early-stage and Middle-stage caregiving go to Alz.org/caregiving
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