



## Monthly Resource Guide

October 2020

This guide provides quick links to resources that are currently being provided to people living with dementia and their care partners. As you read through the information, you will see many useful websites and virtual opportunities available to the public.

## In the News



Articles from the Dementia Friendly America September 2020 newsletter

- [Alzheimer's: Moving from a Wish and a Prayer to Hope and a Plan](#) (USAagainstAlzheimer's, September 17, 2020)
  - [Pandemic isolation has killed thousands of Alzheimer's patients while families watch from afar](#) (Washington Post, September 16, 2020)
  - [Alzheimer's Q&A: Is Alzheimer's disease becoming a public health crisis?](#) (TheAdvocate.com, September 14, 2020)
  - [First tau biomarker approved as an Alzheimer's disease diagnostic tool](#) (NIH, September 10, 2020)
  - ['This Is Us' star Mandy Moore to support women's brain health campaign, Be Brain Powerful](#) (Today.com, September 3, 2020)
  - [Robin Williams' widow opens up about his struggle with Lewy body dementia](#) (Today.com, September 1, 2020)
  - [An Alzheimer's Quest: Enrolling More Black People in Clinical Trials](#) (The Wall Street Journal, August 31, 2020)
  - [The rising prevalence of dementia is a global emergency](#) (The Economist, August 27, 2020)
  - [New Center for Brain Health Equity addresses high rates of Alzheimer's and Dementia in Latinx and Black communities](#) (Al Día News, August 19, 2020)
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## Upcoming Events

- [Supporting Individuals with Intellectual and Developmental Disabilities and Dementia Using Evidence-Based and Community Models of Care](#) (American Society on Aging): October 6, 2020
- [National Alzheimer's Summit](#) (USAagainstAlzheimer's): October 19-21, 2020
- [Sustaining Programs for People Living with Dementia and their Caregivers: Billing for Dementia Services](#) (American Society on Aging): October 22, 2020

## Websites:

***Check out the following websites and stories for innovative creative programs.***

## **The Alzheimer's Foundation of America**

<https://alzfdn.org/education-resource-center/>

## **The Pioneer Network**

<https://www.pioneernetwork.net/envisioning/>

## **Ohio Council for Cognitive Health**

<https://ocfch.org/>

## ***Videos***

To view all the videos in the Dementia Caregivers Video Series, please visit the VHA Office of Rural Health's website at <https://www.ruralhealth.va.gov/vets/resources.asp#dem>. If you have any questions, email the Veterans Rural Health Resource Center- Salt Lake City: [ORH-WR@va.gov](mailto:ORH-WR@va.gov)

- [Improving Communication in Dementia](#) highlights some practical tips to improve communication with a person with dementia.
- [Intimacy in Dementia](#) portrays ways to maintain non-sexual intimate connections with a loved one.
- [How Much to Help in Dementia](#) illustrates some examples of how to balance promoting independence for your loved and knowing when to step in to help.
- [Addressing Major Safety Risks in Dementia](#) provides safety tips for common safety issues around the home, including safe storage of firearms.
- [Preventing Financial Mismanagement in Dementia](#) provides tips for how to protect assets by sharing responsibility for managing money, limiting access to money, and fraud prevention.
- [Minimizing Inappropriate Behavior in Dementia](#) highlights tips to remember when a loved one behaves inappropriately in public places.

To view all the videos in the Dementia Caregivers Video Series, please visit the VHA Office of Rural Health's website at <https://www.ruralhealth.va.gov/vets/resources.asp#dem>. If you have any questions, email the Veterans Rural Health Resource Center- Salt Lake City: [ORH-WR@va.gov](mailto:ORH-WR@va.gov)

**Caregivers of Lehigh & Northampton Counties, get additional support  
through the Caregiver Support Program!**

Contact Lehigh County Aging and Adult Services at 610-782-3200 or  
Northampton County Area Agency on Aging at 610-829-4540 for more information:

- Care receiver is age 60 or older, or is under age 60 with diagnosis of dementia.
- Household income is at or below \$65,513 for 2 people or \$48,488 for 1 person; cost sharing is based on the total number of people in the household and total household income
- Care receiver has a need for a caregiver and the program does not replace the role of the caregiver
- Caregivers receive reimbursement for their out-of-pocket caregiving expenses.

**What you can receive:**

Financial assistance through a cost-sharing approach where families may be eligible for some reimbursement to help with out-of-pocket expenses for respite care, home care services, and consumables and supplies, such as adult disposable products, bed pads, and other supplies.

CSP cannot reimburse for any prescriptions and/or pharmaceutical items.

Home Modifications such as building a ramp or modifying the bathroom to make the home more livable for the frail, elderly care receiver through a one-time grant up to \$2,000 for those who qualify.

\*\* Above income limits are for 2020. Income eligibility guidelines change annually.

# Upcoming Events

PENNSYLVANIA DEPARTMENT OF AGING

## SAVE THE DATE

*November 5, 2020*

## 2020 ALZHEIMER'S DISEASE & RELATED DISORDERS FORUM

*An annual forum held to evaluate progress, strengthen partnerships, build support, recognize excellence, and develop next steps.*

***This year's focus:*** *Racial Disparities and Inequities in Early Detection, Diagnosis, and Treatment*

This event will be virtual. Registration will begin in mid-October.

*More details coming soon!*



# Virtual Support Groups

JOIN US

## COMMUNITY

## CAREGIVER SUPPORT GROUP

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**HOSTED BY HEATHER GLEN SENIOR LIVING**

**NOON**

**OCTOBER 20<sup>TH</sup>, NOVEMBER 17<sup>TH</sup>, DECEMBER 15<sup>TH</sup>**

**INTERACTIVE VIRTUAL MEETINGS**

BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND IN  
A SAFE AND SUPPORTIVE ENVIRONMENT

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Join Wendy Scott, M. A. CADDCT, CDP and Elder Life Educator from Lehigh Valley Health Network as she provides you with strategies that help you to develop a sense of control while caregiving so you can manager your daily life, countless tools you may needs as a caregiver and the confidence to take care of you.



**FOR MORE INFORMATION OR TO REGISTER CONTACT: KIM GARRISON AT  
610-841-4478 OR [KGARRISON@HGSENIORLIVING.COM](mailto:KGARRISON@HGSENIORLIVING.COM)**

## **YWCA Bethlehem**

Virtual support groups for the 15<sup>th</sup> at 11:00 AM. For more information, please contact

[adsc@ywcabethlehem.org](mailto:adsc@ywcabethlehem.org) or call 610-867-4669 X 100 to receive the zoom login.

The Alzheimer's Association Delaware Valley Chapter continues to provide care & support services remotely during this time, via our 24/7 Helpline (800-272-3900), website ([alz.org](http://alz.org)), and live virtual support group meetings and online education webinars.

Please continue to refer those who need education, information and support, [https://www.alz.org/delval/helping\\_you/education\\_programs/program\\_calendar](https://www.alz.org/delval/helping_you/education_programs/program_calendar)

# Additional Resources

The Alzheimer's Association Delaware Valley Chapter is hosting 3 free half-day **VIRTUAL Symposiums** this fall/winter in place of our typical in-person Dementia Conferences. We hope you can join us! These virtual events via ZOOM will each feature 4 short presentations with local speakers and scheduled breaks. **Register to receive the meeting log-on link. Call 800.272.3900 or use the links below. To download the flyers, visit [tinyurl.com/ALZConferences](https://tinyurl.com/ALZConferences).**

## **VIRTUAL CAREGIVER SYMPOSIUMS**

Join us for these free half-day events that feature 4 short presentations with local speakers and schedule breaks. Registration required. Call 800.272.3900 or use the links below.

**Tuesday, January 12, 2021 ~ 8:30am-12pm**

Topics: communication, dealing with stigma, end of life care, & strategies for activities of daily living

**REGISTER [Here](#)**

**Regional Virtual Caregiver Symposium**

**Thursday, November 12, 2020 ~ 9am-12:30pm**

Join us to enhance your caregiving skills while focusing on practical care issues and stress management techniques.

**REGISTER [Here](#)**

**Palliative and Hospice Care ~ Thurs., Oct. 8, 3-4pm**

Register: <https://action.alz.org/mtg/71289446>

**Activities of Daily Living: Creative Solutions ~ Thurs., Oct. 22, 3-4pm**

Register: <https://action.alz.org/mtg/71200851>

**REGISTER with the links or call our 24/7  
Helpline 800.272.3900.**



# Resources provided in Spanish

## Resources:

**NEW! CAREGIVING Spanish Language Infographics – New Spanish Language Podcast: Cuerpo Sano, Cerebro Sano (Healthy Body, Healthy Brain) -- 10 Alzheimer's Warning Signs, What is Dementia?**

[https://www.cdc.gov/aging/data/index.htm?deliveryName=USCDC\\_944-DM35658](https://www.cdc.gov/aging/data/index.htm?deliveryName=USCDC_944-DM35658)

[https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=USCDC\\_944-DM35658#/media/id/410065](https://tools.cdc.gov/medialibrary/index.aspx?deliveryName=USCDC_944-DM35658#/media/id/410065)

[https://www.cdc.gov/aging/spanish/features/healthybrain-ten-warning-signs.html?deliveryName=USCDC\\_944-DM35658](https://www.cdc.gov/aging/spanish/features/healthybrain-ten-warning-signs.html?deliveryName=USCDC_944-DM35658)

[https://www.cdc.gov/aging/spanish/features/dementia.html?deliveryName=USCDC\\_944-DM35658](https://www.cdc.gov/aging/spanish/features/dementia.html?deliveryName=USCDC_944-DM35658)

# 800.272.3900

información y apoyo

24/7 línea de ayuda

La Línea de Ayuda de la Alzheimer's Association está disponible las 24 horas del día, los 7 días de la semana y en 160 otros idiomas. Llámenos en cualquier momento para recibir asesoramiento gratuito y confidencial así como también información confiable en español e inglés:



- Información, referencia y consultas
- Consejos y asistencia en una crisis
- Progreso en la investigación científica
- Acceso a todos nuestros programas y servicios

**¡empiece por llamar a la línea de ayuda!**

somos la alzheimer's association, organización líder por más de 30 años en la investigación, educación y el apoyo en la lucha contra la enfermedad de alzheimer.

**alzheimer's  association®**

Oficinas Centrales del Capítulo del Valley de Delaware  
399 Market Street, Suite 102  
Filadelfia, PA 19106

[www.alz.org/delval](http://www.alz.org/delval)

*La Línea de Ayuda está parcialmente financiada por Genesis Healthcare*