



## **ALZHEIMER'S AND OTHER DEMENTIA RESOURCE GUIDE | 2020**

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alzheimer's  association®

# The Very Best in Care



For more than 35 years, families living with Alzheimer's and dementia have turned to Sunrise Senior Living for compassionate, personalized care.

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**DUBLIN**



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## We are in this together

As a caregiver or someone living with dementia, it is easy to feel isolated, confused and unsure where to turn for help. With more than 5.8 million people living with Alzheimer's and 16 million people serving as their caregivers, the reality is that you are not alone and the Alzheimer's Association is here to help, which is why we have created this guide. We know the challenges families face when a diagnosis is received and we want to ensure you are equipped with the proper knowledge and resources to help you navigate this journey, together with the Alzheimer's Association and other community partners by your side.

### The importance of community

Alzheimer's is a fatal and progressive brain disease that cannot be prevented, cured or even slowed. In Central Ohio, 30,000 people live with the disease and 90,000 family and friends act as caregivers.

The Alzheimer's Association works to provide resources to families impacted, but we can not do it alone. Without the support of volunteers helping to deliver education programs and host support groups, we would be unable to reach the growing number of people who need us the most.

Our volunteers are also critical in driving impact through our Walk to End Alzheimer's events. The success of the Walk to End Alzheimer's is the catalyst for all of the work we do here in Central Ohio. Without the continued growth of our Walk events, we would be unable to provide the many programs and services you will learn about throughout this guide.

I have been astounded at what this community has been able to achieve over the course the past five years with the organization. This past year, I watched more than 4,500 people come together for the Columbus Walk to End Alzheimer's and was inspired by the passion and dedication of this community. If you have ever felt alone in this fight, then I invite you to attend one of our Walks to feel the power and support of this community.



Vince McGrail  
Executive Director and CEO  
Alzheimer's Association, Central Ohio Chapter

In addition to being our largest support group and inspiring hope to all who attend, the Walk to End Alzheimer's raises critical funding to help advance research. In 2019, the Columbus Walk to End Alzheimer's raised more than \$880,000 securing its spot as the 15th largest Walk in the country out of more than 600 held.

### Driving change

We are proud that thousands of advocates across Ohio are making an impact to help drive government funding for research advances and policies that will help families in need.

The growth of NIH research funding has led to an exciting time in the field of Alzheimer's research. For example, scientists are getting closer to earlier detection capabilities and strategies that may reduce one's risk for the disease.

In Ohio, our advocates and staff are working closely with the state legislature to develop Ohio's first state plan to improve services and support for people living with Alzheimer's and their families. We are doing all we can to live up to our mission.

We are here to support you and others so please spread the word about our services and get involved. Consider becoming a volunteer so we can reach more people.

***Because together, we can end Alzheimer's.***

# Dementia Resource Guide

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The Alzheimer's Association Central Ohio Chapter serves those living in our 14-county service area, which includes Delaware, Fairfield, Fayette, Franklin, Hocking, Licking, Madison, Marion, Morrow, Perry, Pickaway, Pike, Ross and Union counties.

We help all those facing Alzheimer's disease and other dementias by providing support groups and educational resources, while advancing crucial research and public policy initiatives. The Alzheimer's Association Central Ohio Chapter is committed to meeting the needs of people affected by Alzheimer's disease and other forms of dementia through family and clinical support, education, advocacy and research.

Connect with us at our two office locations. Our office hours are M-F from 9 a.m. to 5 p.m.

**Central Ohio Main Office**  
1379 Dublin Road  
Columbus, OH 43215  
614.457.6003

**Delaware County Office**  
39 West Winter Street  
Delaware, OH 43015  
740.363.1365

CONNECT WITH US:  
@ALZCentralOhio



# It's not *like* home. It *is* home.



**We know dementia.** At Home Care Assistance, we see first-hand that when memories fade, the familiarity of home and the comfort of a loving caregiver are what matter most. *Right now ... this* is when your loved one is most vulnerable and needs the professionalism of our team at Home Care Assistance. We're here for you, 24/7.

**Changing the Way the World Ages™**

614.481.8888

[www.HomeCareAssistanceColumbus.com](http://www.HomeCareAssistanceColumbus.com)





# GET THE HELP YOU NEED

The Alzheimer's Association offers numerous free educational and support resources to equip you with the knowledge you need to help with a diagnosis of dementia or Alzheimer's disease.

## 24/7 Helpline 800.272.3900

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

## Education Programs

The Alzheimer's Association Central Ohio Chapter presents education programs in communities throughout the region. Topics include: Understanding Alzheimer's & Dementia; Communication and Behaviors; and Legal and Financial Planning. Dates, locations and topics vary month to month. Advance registration is requested. Go to [alz.org/centralohio](http://alz.org/centralohio) to learn more.

## Support Groups

The Central Ohio Chapter offers 34 caregiver support groups across Central Ohio throughout the 14 counties we serve. Support groups meet quarterly or monthly at various locations and are open to the public. Respite is available at some locations. For more information, call 800.272.3900.

## Online resources

The Alzheimer's Association has several free, online tools at [alz.org/centralohio](http://alz.org/centralohio) to help you find answers, local resources and support. Find all the online resources available to you directly at: [www.alz.org/help-support/resources/online-tools](http://www.alz.org/help-support/resources/online-tools)

## Early-Stage Programs

Early-Stage education, support group and social engagement programs are available for those living in the early stages of the disease. The early-stage education and support group is for diagnosed individuals and, when possible, their care partners. An initial interview is required for early stage programs. For more information or to set-up an interview, call 800.272.3900.

## Care Consultations

A licensed social worker will provide individualized education and care planning to caregivers and family members of individuals with Alzheimer's disease or related dementias. Call 800.272.3900 for more information.

## Community Resource Finder

Individuals and families can easily locate dementia resources, programs and services close to home by going to [alz.org/crf](http://alz.org/crf). Resources include adult day care programs and elder law attorneys.

## MedicAlert®

A 24-hour nationwide emergency response service designed to identify individuals with dementia who become lost or who have a medical emergency. Learn more at [medicalert.org/alz](http://medicalert.org/alz)

**70%** of callers to the Alzheimer's Association 24/7 Helpline put action steps into place within one week of using the service and nearly 30% reported lower levels of emotional distress

Source: AAIC Helpline Study



# DO I HAVE ALZHEIMER'S?

## Recognize the Warning Signs of Alzheimer's Disease



### 10 WARNING SIGNS OF ALZHEIMER'S

**1** MEMORY LOSS THAT DISRUPTS DAILY LIFE

**2** CHALLENGES IN PLANNING OR SOLVING PROBLEMS

**3** DIFFICULTY COMPLETING FAMILIAR TASKS

**4** CONFUSION WITH TIME OR PLACE

**5** TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

**6** NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

**7** MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

**8** DECREASED OR POOR JUDGMENT

**9** WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

**10** CHANGES IN MOOD OR PERSONALITY

#### What's a typical age-related change?

Developing very specific way of doing things and becoming irritable when a routine is disrupted.

#### WHAT'S THE DIFFERENCE?

Warning signs of Alzheimer's/dementia	Typical age-related changes
Poor judgement and decision-making	Making a bad decision once in a while
Inability to manage a budget.	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

If you or someone you care about is experiencing any of the 10 warning signs, please see a doctor to find the cause. The ability to diagnose Alzheimer's disease and related dementias is improving dramatically, and early diagnosis gives you a chance to seek treatment and plan for your future. The Alzheimer's Association can help. Visit us at [alz.org/10signs](http://alz.org/10signs) or call 800.272.3900.

# OHIO ADVOCACY

## SENATE BILL 24 SIGNED INTO LAW

This past November, Gov. Mike DeWine officially signed into law legislation that will help the state confront the sweeping economic and social impact of Alzheimer's disease and related dementias.

Introduced by co-sponsors State Sen. Steve Wilson (R-Maineville) and Ohio Senate Minority Leader Kenny Yuko (D-Richmond Heights), Senate Bill 24 calls for the creation of a process that will lead to an official plan of action to address Alzheimer's disease and related dementias in Ohio. Among the issues the Alzheimer's plan will address the importance of early detection and diagnosis, resources for caregiver support, quality of care and safety.

"Alzheimer's is not just an aging issue, it's a public health issue, and Ohio is moving forward to combat the disease," said Trey Addison, State Public Policy Director of the Alzheimer's Association. "It's truly fitting that Gov. DeWine's action comes in November, which happens to be National Family Caregiver Month and National Alzheimer's Disease Awareness Month. We applaud the Governor and the General Assembly for moving this important work forward."

Until now, Ohio was the only state in the nation without a formal process to create an Alzheimer's plan.

The planning process calls for the creation of a governor-appointed task force that will include Alzheimer's caregivers, affected individuals, physicians, representatives of residential care, adult-day, hospitals and long-term care facilities, aging services as well as select members of the General Assembly and the Ohio Department of Aging.

## DEMENTIA FRIENDLY TRAINING FOR OHIO FIRST RESPONDERS

December 2019: State Representatives Phil Plummer (R-Dayton) and Thomas West (D-Canton) introduction of House Bill 441, which will establish training requirements for first responders on how to identify and interact with individuals with dementia.

With six out of 10 people with dementia wandering and more than 220,000 individuals currently living with the disease in Ohio, our hardworking first responders are faced with a potential of 132,000 interactions with someone with dementia. Ohio's next generation of first responders must be equipped with the skills in how to help someone with dementia.

This legislation is a great next step on the heels of Governor Mike DeWine signing Senate Bill 24, which established an Alzheimer's State Task Force.

"Making sure that our peace officers and first responders are equipped to identify and effectively interact with Ohioans with dementia is crucial. Our bill would ensure that they receive the necessary training to handle these situations and ensure the safety of our loved ones with this disease," West said.

Ohio is on the brink of a demographic shift where seniors will outnumber those 18 and younger. With one in three seniors living with dementia, the 220,000 people living with Alzheimer's and dementia are expected to grow by more than 20% in the next five years. "Those who are suffering with dementia deserve to have trained professionals looking out for them and working with them at all times," said Plummer.

## LEND YOUR VOICE

The passing of Senate Bill 24 and introduction of House Bill 441 would not have been possible without the support and help of our amazing advocates. By lending your voice and sharing your story, you help policy makers understand the importance of supporting critical pieces of legislation which can shape the daily lives of those impacted by Alzheimer's. We need more people willing to step up and advocate for those who cannot. Join our advocacy team today. Visit [alz.org](http://alz.org) to get started.



Wherever you call home and wherever you are in your health care journey, we're there to meet you.

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*We are now the largest not for profit hospice organization in the United States.*

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740-420-0605 office • 740-420-0618 fax



# ANNUAL ADVOCACY EVENTS

## Ohio Alzheimer's Association State Advocacy Day

This inspiring event calls on caregivers and families touched by the disease to meet with elected officials and staff to share the major impact of Alzheimer's and other dementias on Ohio families. Hundreds of advocates from across the state gather at the Ohio Statehouse to encourage support for important Alzheimer's legislative initiatives. The 2020 event will be held **Tuesday, April 21.**

## Alzheimer's Impact Movement Advocacy Forum

The AIM Advocacy Forum is held each year in Washington, D.C., to promote our key advocacy issues. The Forum is a unique opportunity for thousands of Alzheimer's advocates from across the country to directly appeal to their members of Congress about Alzheimer's disease. Because of the efforts of our advocates we have seen National Institute of Health Funding for Alzheimer's research increase from \$448 million annually in 2010 to \$2.8 billion in 2019. This is a more than six-fold increase. The 2020 forum will take place **March 22-24.**



The Alzheimer's Impact Movement (AIM) is a separately incorporated advocacy affiliate of the Alzheimer's Association. AIM advances and develops policies to overcome Alzheimer's disease through increased investment in research, enhanced care and improved support. Thanks to the support of its members, AIM has driven policymakers to take historic steps to address the Alzheimer's crisis — but much more remains to be done. Join the movement at [alzimpact.org](http://alzimpact.org).



## FIND HELP AND HOPE AT A UNITED CHURCH HOMES COMMUNITY

### Providing comfort and support for older adults with memory challenges

Innovative memory care programs help individuals living with Alzheimer's experience joy in life.

Find out more at  
[unitedchurchhomes.org/services/memorycare](http://unitedchurchhomes.org/services/memorycare).



170 E. Main St.  
Marion, OH 43302  
740.382.4885 | [unitedchurchhomes.org](http://unitedchurchhomes.org)

*We do not discriminate based upon race, color, creed, national origin, religion, gender, sexual orientation, gender identity and/or expression, age, disability, genetic information or ancestry.*





# WE ALL HAVE A REASON TO END ALZHEIMER'S

No matter your reason, we invite you to be a part of the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

**START A TEAM TODAY!**

**COLUMBUS WALK TO END ALZHEIMER'S  
SEPT. 27, 2020 | COLUMBUS COMMONS**

[act.alz.org/columbusohio](https://act.alz.org/columbusohio)

OR JOIN US AT ONE OF OUR OTHER WALKS IN DELAWARE, CIRCLEVILLE OR MARION.  
VISIT [ALZ.ORG/WALK](https://ALZ.ORG/WALK) TO FIND A WALK NEAR YOU



## IMPACT EVENTS



The Walk to End Alzheimer's is hosted in more than 600 communities across the country and is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. You can participate in one of our four Walks here in Central Ohio including Marion, Circleville, Delaware and Columbus.

The Columbus Walk to End Alzheimer's is one of the top Walks in the country. In 2019, the Columbus Walk raised more than **\$880,000** and finished **15th in the country** in fundraising. We need your help to continue to grow this number so that one day we can live in a world without Alzheimer's. The Walk to End Alzheimer's is an inspiring event that brings together those impacted by the disease and lets families know they are not alone. Find a walk near you at [alz.org/walk](http://alz.org/walk)

### The Longest Day



The Longest Day is the day with the most light — the summer solstice. Each year on this day, thousands of participants from across the world come together to fight the darkness of Alzheimer's through a fundraising activity of their choice. Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts.  
**Learn more at [alz.org/tld](http://alz.org/tld)**

### Breakthrough Benefit



The Breakthrough benefit is our annual impact event where we celebrate accomplishments and encourage community leaders to make a difference.  
**Learn more at [alz.org/centralohio/events/breakthrough-benefit](http://alz.org/centralohio/events/breakthrough-benefit)**

### RivALZ



RivALZ Columbus is an annual charity flag football game where two teams of women face off to inspire action, awareness and fundraising in the fight against Alzheimer's disease.  
**Learn more at [rivalzcolumbus.com](http://rivalzcolumbus.com)**

# 2019 FACTS AND FIGURES

ALZHEIMER'S  
DISEASE IS THE

6<sup>TH</sup>

leading cause of death  
in the United States

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

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82%

of seniors say it's important to  
have their thinking or memory  
checked

BUT ONLY 16%

say they receive  
regular cognitive  
assessments

Between 2000 and  
2017 deaths from  
heart disease have  
decreased

9% 

while deaths  
from Alzheimer's  
disease have  
increased

 145%

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At Forest Hills, our specialized memory care center secured unit allows us to provide seamless continuity of care for our dementia and Alzheimer's patients.

Alongside our Medical Director, Dr. Douglas Scharre, MD of Neurology, Neurodegenerative dementia and geriatrics, our experienced and devoted staff will help you every step of the way toward a short term skilled stay or finding comfort in our long term care secured facility.



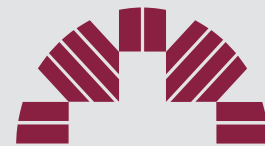
**We Can Help You**

We help families and loved ones navigate senior life transitions to ensure a better quality of life.

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- We understand all levels of senior care
- We have over 30 years of combined experience in caring for seniors
- Most importantly, we care

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[www.SeniorTransitionExperts.net](http://www.SeniorTransitionExperts.net)



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[www.advancedlovingcare.com](http://www.advancedlovingcare.com)

# RESEARCH

## EXCITING TIMES IN ALZHEIMER'S RESEARCH

### The Key to Better Treatments, Earlier Detection and Prevention

This is a very exciting time in Alzheimer's disease research. Today, there are unprecedented levels of philanthropic investment and federal funding in Alzheimer's research. We believe this will accelerate the pace of discovery to slow, stop and prevent Alzheimer's disease.

As the world's leading nonprofit funder of Alzheimer's and dementia research, the Alzheimer's Association is currently investing over \$165 million in more than 450 projects in 25 countries. Because of that and other global research projects, we are confident that better treatments, earlier detection, and prevention strategies will be available in the foreseeable future.

### Advancements in Detecting Alzheimer's and Relative Treatment

The Alzheimer's research field is developing new technologies to detect Alzheimer's earlier. Using advanced imaging - such as PET scans - we can

now see Alzheimer's-related changes in living people up to 20 years before clinical symptoms of cognitive decline. Researchers are also getting closer to developing a simple blood test that would be cheaper, easier to administer, less invasive and more accessible.

Early and accurate diagnosis are critical to ensure that people receive high quality care, and can plan for the future. It also enables enrollment in clinical trials at the earliest stages of the disease - when effective treatment and prevention may still be possible. One goal is to find a treatment for the disease before dementia symptoms begin. As we work toward that goal, one benefit researchers are zeroing in on is how healthy lifestyles can reduce one's risk.

### Lifestyle Interventions to Slow Cognitive Decline

We've seen promise in lifestyle interventions to slow cognitive decline and maybe dementia. The Alzheimer's Association is leading the U.S. POINTER

study - a two-year clinical trial to evaluate whether lifestyle interventions that target many risk factors can protect cognitive function in older adults at increased risk for cognitive decline. New developments show that adopting multiple healthy lifestyle habits provides high levels of benefit for brain health, and may offset genetic and environmental risks of Alzheimer's disease and other dementias.

**5.8 MILLION** Americans are living with Alzheimer's

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



**1 IN 3** seniors dies with Alzheimer's or other dementias

Know the facts: [alz.org/facts](http://alz.org/facts)

## Experience the best in **community life** and **compassionate care**

### RIDGEWOOD ASSISTED LIVING AT FVC

If you've noticed your loved one showing signs of memory loss, Friendship Village Columbus can help. From Ridgewood Assisted Living for older adults experiencing age-related memory changes to more intensive care at Ridgewood Terrace, FVC offers specialized programs supported by compassionate staff who understand the unique needs of memory care residents.

Many families aren't sure which level of support is best. Call FVC today at (614) 412-0428 to learn more.





THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

## A SIMPLE WAY TO DETECT ALZHEIMER'S AND DEMENTIA

Download the SAGE test at  
[wexnermedical.osu.edu/sage](http://wexnermedical.osu.edu/sage)

At The Ohio State University Wexner Medical Center's Memory Disorders Clinic, we developed the Self-Administered Gerocognitive Exam (SAGE) to detect early signs of cognitive, memory and thinking impairment. You do not need special equipment to take the SAGE test—just a pen and paper.

Earlier detection and treatment may allow concerned family members to increase supervision of loved ones as needed to help reduce the potential for poor judgement with finances, driving and medication use and to reduce emergency room visits.

If you would like to consult with one of our physicians, please contact us at **614-293-4969**.

# A CAREGIVER'S TRUTH

*This personal account of caregiving was written by Leslie Menges who selflessly and lovingly cares for her husband of 53 years.*

I do not want to be a caregiver. My days are long, demanding and exhausting. Safety is paramount. Procrastination... forbidden. Tomorrow has enough of its own responsibilities and obligations while coping with behaviors aberrant and unpredictable.

## ADDING TO THE DAY TO DAY

For 47 of our 53 years of marriage, my husband and I worked together to maintain our home, our property, our vehicles. It's all my responsibility now. Sometimes I think I should chronicle what I accomplish each day. It starts the minute I awake and put on my slippers. It ends when those slippers come off at bedtime. Each of my days can include: medication, dressing, personal hygiene for him, house cleaning, laundry, meal planning and preparation, paper work, appointments, scheduling respite, grocery shopping, pharmacy pick up, home maintenance, garage and yard work, mending, ironing and auto maintenance. While these are typical routines in most homes, consider what it might be like to add: verbal and/or physical aggression, incontinence, repetition and disorientation, changes in behavior and physical deterioration

## THE 126 HOUR WEEK

A fellow caregiver friend once said, when speaking of finding time for herself, "There's no ME in the equation." While I understand her lament, we caregivers are the ME in the equation! If it were not for ME, my husband's quality of life would be greatly diminished! The popular book, "36-hour Day," is hyperbole. Truth be told, a caregiver's work day lasts about 18 hours. Some caregivers' days are even longer when their care recipients do not sleep, try to leave the house, suffer Sundowner's Syndrome, or need their wet bed linens changed. So our work weeks are at least 126 hours.

## STOLEN PLANS

I planned for retirement; it didn't take me by surprise. We would travel, be involved in church and community events, enjoy families for holidays and birthdays and anniversaries. This disease took me by surprise! It stole my plans, like a rug pulled out from under my feet. Alzheimer's Disease shows no mercy. My patient was my husband. A brain disease changed our relationship, changed how he interprets his surroundings, how he sees me. Because I have a patient living with me, not a partner who can help with daily routine, I've toughened up enough to handle business deals, negotiate with repairmen, even operate a riding mower. Our calendar is a collage of

color-coded tasks and appointments. My evenings are not relaxing, as the work must continue. Laundry and ironing are done as I listen to an audio book. Kitchen clean-up cannot be put off until morning.

## IN SICKNESS AND IN HEALTH

I do not want to be a caregiver, but care giver is exactly who and what I am. Decades of nursing experience equips me for this role. I am his advocate, his care planner, his head coach for all the health care teams. I grieve the loss of my mate,

*"Decades of nursing experience equips me for this role. I am his advocate, his care planner, his head coach for all the health care teams. I grieve the loss of my mate, while I accept the role of caregiver."*

while I accept the role of caregiver. Joy accompanies my days. I am reminded of my wedding vows over and over. "In sickness and in health..."


## LIFE AFTER DIAGNOSIS

Retirement may not be what I had planned, but when I provide safe, caring attention to one who is completely dependent on me... that's a good day, a fulfilling day. I have traveled while others cared for my husband; I volunteer at our senior center; I play violin and piano; twice a year, I teach a class on balance; I promote a caregiver ministry at church. When friends or family ask how they can help, I am ready with practical suggestions. I also ask them to pray for my health and the stamina I need to be able to continue this journey. My support groups are my circle of friends...my circle of strength. My care recipient attends Day-out Club and Memories in the Making sponsored by the Alzheimer's Association. He has a care companion provided by a community program. We attend church and go to concerts. We look forward to First Fridays, another Alzheimer's Association offering, where, separately, we attend relevant program activities to help us cope and support others. There is so much to enjoy in the face of this calamity. This is God's purpose for this phase of my life. I accept it, and I am truly happier than I have ever been! It is a long, full day, but we can laugh together about silly things. As my head hits the pillow each night, I see that much has been accomplished, much has been averted, much has been provided and much has been learned. No regrets. **I DO want to be a caregiver..."until death parts us."**





## CARING FOR CAREGIVERS



**C**aring for someone with Alzheimer's disease can make it easy to forget to care for yourself. It might be difficult to get a break, or you might feel guilty for needing one. Practicing self-care actually gives you energy and resources to help your loved one. The Alzheimer's Association is here to help support you and offers these suggestions for self care.

### 1. Understand the Disease First

Educate yourself, for example through materials on [alz.org](http://alz.org) or by attending an educational program offered by the Alzheimer's Association, so you can better understand the behaviors your loved one exhibits and determine if they may be caused by the disease.

### 2. Indulge in Small Treats

Find a quiet spot and close your eyes for five minutes, listen to an uplifting song, or work on a crossword puzzle for ten minutes. A short break just for yourself every day can work wonders.

### 3. Find Emotional Support

Building emotional support is crucial. You do not have to deal with this devastating disease by yourself. Talk to family and friends or get involved with one of the support groups organized by the Alzheimer's Association Central Ohio Chapter. It is natural to feel a range of emotions, and support groups can make you feel less alone.

### 4. Take a Break from Caregiving

Taking a break every now and then is important for both your emotional and physical health. Respite care allows you to recharge, take time for yourself, or run errands you've been putting off. Ask friends to spend time with your loved one or look into adult day centers and residential facilities. The Alzheimer's Association can help you find resources in your area.

### 5. Practice forgiveness with yourself

Caregiving is often difficult and exhausting and coping with the changes in your loved one is heartbreaking. There is no one right way to give care. When you falter, dust yourself off and learn from your mistakes.

MORE THAN  
**18.5**  
BILLION

Hours of informal care were provided by Alzheimer's and other dementia caregivers in 2018

© 2019 Alzheimer's Association®



## EDUCATION

The Alzheimer's Association offers many educational programs each year to address the specific interests of the general public, individuals with the disease and their families. Our programs are offered across Central Ohio. You can find upcoming programs on our website at [alz.org/centralohio/events](http://alz.org/centralohio/events). Follow us on Facebook @AlzCentralOhio and sign-up for our weekly e-news for reminders of upcoming programs.

### WE OFFER THE FOLLOWING EDUCATIONAL PROGRAMS:

- Understanding Alzheimer's and Dementia
- 10 Warning Signs of Alzheimer's
- Dementia Conversations
- Effective Communication Strategies
- Healthy Living for Your Brain and Body: Tips from the Latest Research
- Legal and Financial
- Living with Alzheimer's: For Caregivers
- Living with Alzheimer's: For Care Partners – Early-Stage
- Living with Alzheimer's: For Caregivers – Middle-Stage
- Living with Alzheimer's: For Caregivers – Late-Stage
- Living with Alzheimer's: For People with Alzheimer's
- Living with Alzheimer's: For Younger-Onset Alzheimer's
- Understanding and Responding to Dementia-Related Behavior

Interested in hosting an education course for your company or local group?

Please contact us at 614.457.6003 and ask to speak with our education coordinator.

# Cognitive care for our community



At OhioHealth, we assess, diagnose and treat patients with neurocognitive disorders with compassion and specialized expertise. Patients experiencing trouble with thinking, memory, speech, visual perception, reasoning and other high functioning skills are provided with an individualized care plan that may include:

- + Expert rehabilitative care with speech, physical and occupational therapists.
- + Collaborative care with the patient's primary care physician.
- + Continued assessment, as needed, by our cognitive neurologist.
- + Social work assistance.
- + Support group connections.



**OhioHealth**  
BELIEVE IN WE™

To learn more about the OhioHealth Cognitive and Geriatric Assessment Clinics call the OhioHealth John J. Gerlach Center for Senior Health at (614) 566.5858.



## LEGAL AND FINANCIAL PLANNING TIPS

### Financial Planning

As the disease progresses, so will a person's care needs. While medical insurance covers some costs of care, there are many things insurance may not cover. Here are some common costs to consider:

- Safety-related expenses, such as home safety modifications or safety services for a person who wanders
- Personal care supplies
- Adult day care services
- In-home care services

In addition to planning for the cost of care, there are many ongoing financial duties to discuss, including paying bills, making investment decisions and preparing tax returns. Financial planners and estate planning attorneys are valuable sources of information and assistance.

### Legal Planning

Legal planning is another essential piece of planning for the future. In order to ensure that a person's wishes are met, legal assistance may be needed. Early planning prevents families from struggling to make medical and financial decisions after their loved ones are no longer able to participate in those decisions.

The Alzheimer's Association recommends that every legal plan should include the following.

- Plans for health care and long-term care
- Plans for finances and property
- Identification of another person to make decisions on behalf of the person with dementia (i.e. Power of Attorney)

These strategies will ensure a person's medical wishes and plans for finances and property are followed or that a designated person has the authority to make those decisions.

# Kitchen Saver<sup>®</sup>

## COMMUNITY MATTERS

Kitchen Saver is committed to continually growing our community, making it the best it can be. Year after year we support this effort by donating to local schools and organizations.

Since you are a member of our community  
we'd like to offer you a discount

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new kitchen\**

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\*Offer expires: 3/31/20. Offer valid on purchase of complete custom cabinet renewal from Kitchen Saver<sup>®</sup>. Offer must be used at time of estimate only. May not be combined with other offers or applied to previous purchases. Minimum purchase required. Valid only at select locations. PA HIC #PA063180, DE Contractor #2013605887, Ohio Registration #2219521, NJ HIC #13VH08343300.



# COMMUNITY

CARE AND REHABILITATION

## Services

- SHORT-TERM CARE
- LONG-TERM CARE
- REHAB & THERAPY
- MEMORY CARE

Community Care and Rehabilitation has provided quality care to the greater Columbus, Ohio area for nearly three decades.

At Community, we understand the challenges associated with caring for a loved one with Alzheimer's. Let our skilled and compassionate staff ease those challenges through a dedicated care plan, designed specifically for those struggling with memory loss and cognitive function.

We dream of a world without Alzheimer's.  
In the meantime, there's Community...

*communitycaremarion.com*



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# RED 1 ONE

R E A L T Y

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BROOKS**



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Home Group*



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[TheBrooksHomeTeam.com](http://TheBrooksHomeTeam.com)



## MAKE AN IMPACT

### Volunteer with the Alzheimer’s Association

The work you do as a volunteer with the Alzheimer’s Association helps support the millions of Americans living with Alzheimer’s and their caregivers. Our ability to reach and support those affected depends on people like you who are dedicated to the fight against this disease.

Our volunteers are passionate and inspired. Whatever time you have to volunteer, we can find the right fit for your interests and skills. The Alzheimer’s Association offers opportunities to support families, do community engagement, help with events, or advocate with elected officials.

If you or someone you know is interested in volunteering with the Alzheimer’s Association please contact us today to determine the role that will work for you. **Together, we can end Alzheimer’s.**

### Program Volunteers

Some of the available roles for program volunteers include:

- Community educators who present educational programs to groups,
- Health fair representatives who help connect people to our services by attending health fairs and working with community groups
- Support group leaders who help facilitate support groups in their community.

In addition, we are always looking for volunteers to help with a variety of early-stage social engagement programs. These programs are designed to help those in early-stages of the disease to stay active both mentally and physically.



## CONNECTING Caregivers

Caring for a loved one takes time, effort, and hard work.

***But you don’t have to do it alone.***

**In Delaware County, SourcePoint helps care for you.**

We connect caregivers to **free resources and support**, including workshops and monthly groups.

And for your 55+ loved ones, we provide **in-home care services**, such as Meals on Wheels and more.

### Faith Outreach Representative

New this year, Faith Outreach Representatives are community engagers that raise awareness of Alzheimer’s Association programs, provide basic disease information, and link consumers to Alzheimer’s Association services. These volunteers serve as liaisons between the Alzheimer’s Association and local faith groups and congregations.

### Event Volunteers

Did you know our Walk to End Alzheimer’s events are volunteer driven? Without the support of our committee members who work to plan the event, recruit new participants and more, we would not be able to host these impactful events. We are always looking for volunteers to help us drive our events forward, bring communities together and help us spread awareness about the work we do to move us toward our vision of a world without Alzheimer’s.



Learn more at [MySourcePoint.org](https://www.mysourcepoint.org) or call 740-363-6677.  
Headquarters in Delaware and South Office at Polaris.



Our volunteers are passionate, inspired, and making a difference in the fight to end Alzheimer's disease. Whether you can spare a few hours a week or can make a more significant time commitment, please consider becoming an Alzheimer's Association volunteer.

LEARN MORE:  
[alz.org/volunteer](http://alz.org/volunteer)

## MEMORY CARE THAT INSPIRES



### Respite Care Available

The Ganzhorn Suites is a Specialized Memory Care community with a focus on innovative design, technology and advanced dementia care.

#### The Ganzhorn Difference:

- Dr. Douglas Scharre, a nationally renowned neurologist with Ohio State University, is our Medical Director
- Exceptional staffing – twice the levels found at typical centers
- A team of Certified Dementia Practitioners®
- Advanced safety and monitoring technologies
- A purpose-built design with four distinct households

Simply committed to helping patients remain in their own home.  
 Simply committed to being there.

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### Personalize Your Home Care with HomeWell™ of Central Ohio

Home care is never a one-size-fits-all solution. Our holistic approach to home care provides a personalized experience based on individual needs ensuring a better quality of life, wherever you call home.

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Trusted Care. True Compassion.™ | [homewellcares.com](http://homewellcares.com)  
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## the GANZHORN SUITES Specialized Memory Care

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10272 Sawmill Pkwy. | Powell, OH 43065



# Stand Up For Those That Cannot

We offer a different approach to helping customers who are suffering with dementia. We believe in creating an atmosphere that allows folks to feel engaged and involved in the community. Our mission is to include and not separate. We believe that outings, going out to eat at their favorite restaurant, going to the movies, or enjoying a day fishing with their friends shouldn't be taken away, but are things that help alleviate the fear and anxiety associated with dementia. We truly offer a different approach, come feel the difference.



**Urbana**  
**937-653-5263**



**London**  
**740-845-0145**



**Circleville**  
**740-474-1411**

[www.chancellorhealth.com](http://www.chancellorhealth.com)





## WANDERING AND GETTING LOST: *Who's at risk and how to be prepared*

Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It's common for a person living with the disease to wander or become confused about their location, even in the early stage. Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous — even life-threatening — and the stress of this risk weighs heavily on caregivers and family.

### WHO'S AT RISK FOR WANDERING?

Everyone living with Alzheimer's or another dementia is at risk for wandering. Common signs of wandering include:

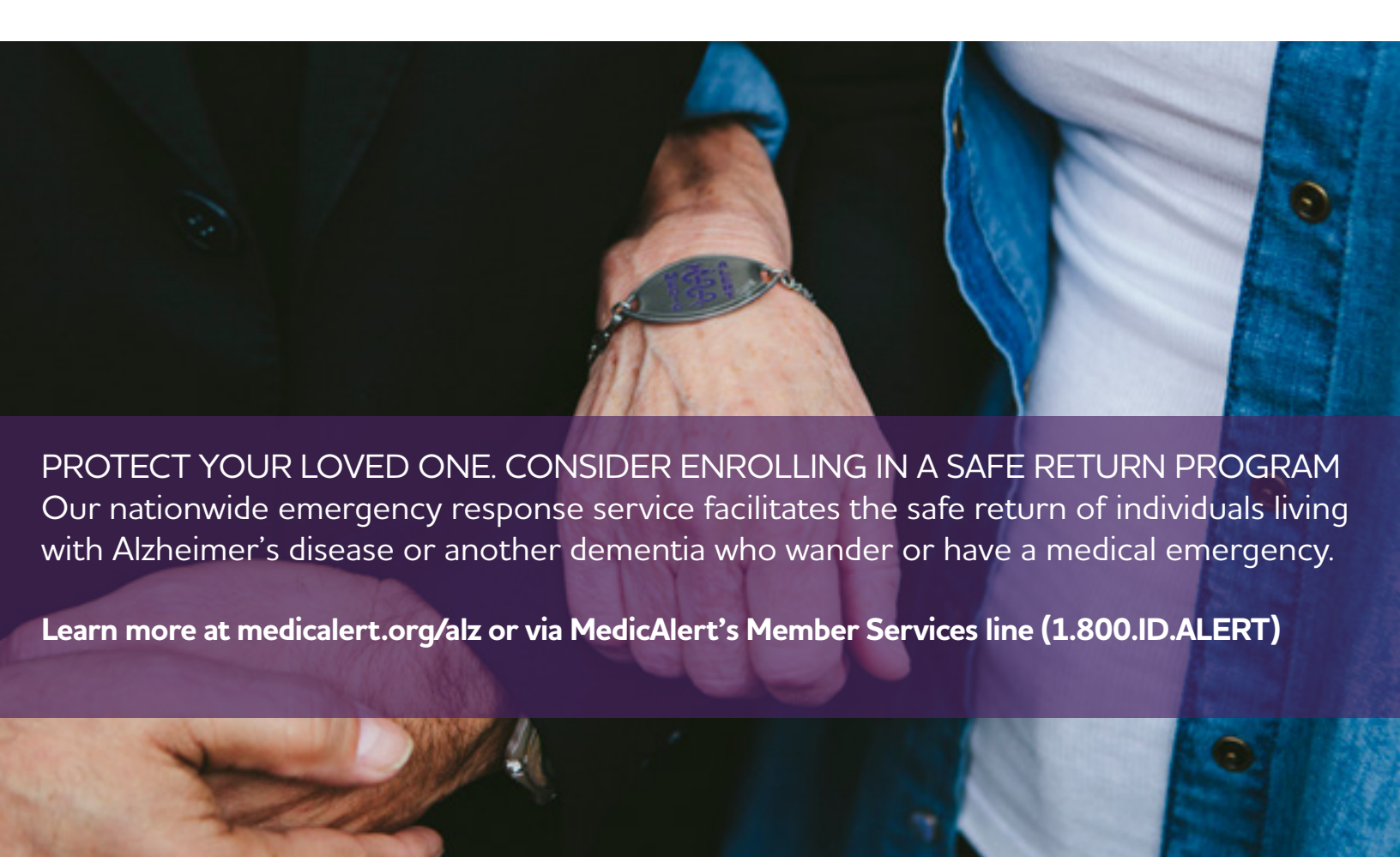
- Returning from a regular walk or drive later than usual.
- Forgetting how to get to familiar places.
- Talking about fulfilling former obligations, such as going to work.
- Trying or wanting to “go home” even when at home.
- Becoming restless, pacing or making repetitive movements.
- Having difficulty locating familiar places, such as the bathroom, bedroom or dining room.
- Asking the whereabouts of past friends and family.
- Acting as if doing a hobby or chore, but nothing gets done.
- Appearing lost in a new or changed environment.
- Becoming nervous or anxious in crowded areas, such as markets or restaurants.

### REDUCE THE RISK OF WANDERING

The following tips may help reduce the risk of wandering and can bring peace of mind to caregivers and family members; however, these actions cannot guarantee that a person living with dementia won't wander.

- Provide opportunities for the person to engage in structured, meaningful activities throughout the day.
- Identify the time of day the person is most likely to wander (for those who experience “sundowning,” this may be starting in the early evening.)
- Plan things to do during this time — activities and exercise may help reduce anxiety, agitation and restlessness.
- Ensure all basic needs are met, including toileting, nutrition and hydration.
- Consider reducing — but not eliminating — liquids up to two hours before bedtime so the person doesn't have to use and find the bathroom during the night.
- Involve the person in daily activities, such as folding laundry or preparing dinner.
- Reassure the person if he or she feels lost, abandoned or disoriented.
- If the person is still safely able to drive, consider using a GPS device to help if they get lost.
- If the person is no longer driving, remove access to car keys — a person living with dementia may not just wander by foot. The person may forget that he or she can no longer drive.
- Avoid busy places that are confusing and can cause disorientation, such as shopping malls.
- Assess the person's response to new surroundings. Do not leave someone with dementia unsupervised if new surroundings may cause confusion, disorientation or agitation.

**Learn more tips on wandering at [alz.org](http://alz.org)**



**PROTECT YOUR LOVED ONE. CONSIDER ENROLLING IN A SAFE RETURN PROGRAM**  
Our nationwide emergency response service facilitates the safe return of individuals living with Alzheimer's disease or another dementia who wander or have a medical emergency.

Learn more at [medicalert.org/alz](https://medicalert.org/alz) or via MedicAlert's Member Services line (1.800.ID.ALERT)



**WE PROUDLY SUPPORT  
THE ALZHEIMER'S ASSOCIATION.**

GENBNK-ADPR-AWARENESS-1219

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First Merchants salutes The Alzheimer's Association for outstanding contributions to our community. This recognition is well earned and deserved. Thank you for your extraordinary efforts. For information about First Merchants and its services, call 1.800.205.3464 or go to [firstmerchants.com](https://firstmerchants.com).

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# WELLNESS UPDATE:


Untreated hearing loss and dementia are linked.

**Wearing hearing aids reduces the risk of cognitive decline** associated with hearing loss.



Source: Journal of the American Geriatrics Society  
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**Symptoms of untreated hearing loss and Alzheimer's disease are nearly identical.**



Source: Audiology Online  
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Treat hearing loss before it's too late.

Get an annual hearing screening once you reach age 50.

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\*Free Hearing Evaluation is widely available at no cost

SOURCES: [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_linked\\_to\\_accelerated\\_brain\\_tissue\\_loss](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_linked_to_accelerated_brain_tissue_loss) | [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_accelerates\\_brain\\_function\\_decline\\_in\\_older\\_adults](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_accelerates_brain_function_decline_in_older_adults) | [http://www.hopkinsmedicine.org/news/media/releases/hearing\\_loss\\_and\\_dementia\\_linked\\_in\\_study](http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study)

## SPECIALIZED MEMORY CARE PROGRAM!



Independent Living • Assisted Living • Memory Care • Movement Specialty Program

**“Every time I meet or greet a staff member, I know that my loved one is in the perfect place. You are all a blessing to her and our family.”**

– Parkside Family Member

What makes our memory care special? It's the one-on-one personalized love and care our highly-trained staff give to our residents and going that extra mile to ensure every day is special for them.

**Call 614.794.9300 to schedule your personal tour!**



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- ✓ Personal Care
- ✓ Companion Care
- ✓ Housekeeping
- ✓ Meal Preparation
- ✓ Medication Reminders
- ✓ Alzheimer's Care



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*Options uses the best technology in non-medical home care. Families can log in to see schedules and tasks in real time, caregivers are GPSd when clocking in and out, and so much more!*



**Servicing:**

Columbus • Dayton • Delaware

All caregivers are insured, bonded, have had rigorous background checks and are drug tested.

## Home Safety Checklist

Individuals living with Alzheimer's disease and other dementias are at increased risk for injury or harm in certain areas of the home. As the disease progresses, they may become unaware of the dangers that exist. Consider taking the following precautions to create a safe environment, which may prevent dangerous situations from occurring and help maximize the person's independence for as long as possible.



### General Home Safety Tips

- Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.
- Keep the number for the local poison control center handy or saved in your phone in case of emergency.
- Make sure carbon monoxide and smoke detectors and fire extinguishers are available and inspected regularly. Replace batteries twice a year during daylight saving time.
- Remove tripping hazards, such as throw rugs, extension cords and excessive clutter.
- Keep walkways and rooms well lit.
- Secure large furniture, such as book shelves, cabinets or large TVs, to prevent tipping.
- Ensure chairs have arm rests to provide support when going from a sitting to standing position.
- Apply stickers to glass doors at eye-level to ensure doors are visible.
- Install a latch or deadbolt either above or below eye-level on all doors.
- Remove locks on interior doors to prevent the person living with dementia from locking him- or herself in.
- Consider removing firearms from the home or storing them in a locked cabinet.
- Consider enrolling in a wandering response service. Contact the Alzheimer's Association 24/7 Helpline (800.272.3900) for more information.



## Kitchen

- Use appliances that have an auto shut-off feature.
- Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- Disconnect the garbage disposal.
- Mark food with purchase date; regularly check for and throw away expired items.
- Discard toxic plants and decorative fruits that may be mistaken for real food.
- Remove vitamins, prescription drugs, sugar substitutes and seasonings from the kitchen table and counters.



## Laundry Room

- Clean out lint screens and dryer ducts regularly to prevent fires.
- Consider installing safety locks on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- Install locks on laundry chutes to avoid temptation to climb into or drop inappropriate items down the chute.
- Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.



## Bathroom

- Install grab bars for the shower, tub and toilet to provide additional support.
- Set the water temperature at 120 degrees Fahrenheit or below to prevent scalding.
- Apply textured stickers to slippery surfaces to prevent falls.



## Bedroom

- Closely monitor the use of an electric blanket, heater or heating pad to prevent burns or other injuries.
- Provide seating near the bed to help with dressing.
- Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.



## Garage and Basement

- Limit access to large equipment, such as lawn mowers, weed trimmers or snow blowers.
- Keep poisonous chemicals, such as gasoline or paint thinner, out of reach.
- Lock and properly store ladders when not in use to prevent a tripping or climbing hazard.
- Remove access to car keys if the individual living with dementia is no longer driving.
- Install a motion sensor on the garage door.
- Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.



WALNUT CROSSING

Assisted Living & Memory Care

A CAPPELLA MANAGED COMMUNITY

# Partners on the Journey

Walnut Crossing's innovative *Rhythms* approach centers on each person's natural rhythm of life and adapting to it. We strive to educate everyone who is living with dementia—including families and communities—so that each feels supported and can provide support to others on the dementia journey.



## OUR PRINCIPLES and BELIEFS

- Dementia is a change in the way a person experiences the world around him/her. Our job is to create environments where each person can navigate the world successfully and create worlds where life is worth living.
- Disease shouldn't define a human being. We know each person as a unique individual and use this relationship to create an environment of growth and happiness.
- We focus on the strengths of each individual rather than on their deficits.
- Dementia is more than memory loss. We understand that because the brain controls the entire body, there are significant changes that occur with the way the body and brain function and the way in which the brain takes in information.
- "Behaviors" and "sundowning" are a communication of unmet needs - a person's attempt to tell us that something is not right in his or her world. It's our job to figure out what they are trying to tell us.
- We use a variety of tools and techniques (validation, music, arts, etc.) to meet each person's individual needs. We adapt our approach as needed.
- Family members, as well as the person who has the disease, are "living with dementia." We educate and support them on this journey.

To learn more call **937.500.0240**

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## When its time to consider

senior housing, call us for personalized, professional help with finding exactly the right place.

## Oasis Senior Advisors is here to help, because the right place means everything.

- A FREE in-depth consultation to identify needs
- Discuss financial options, location, and preferences
- Provide a personalized list of local housing options
- Set up and tour communities with you
- Once the right place is selected, we make transitions easy!

## We can also help with other services.

We have a network of professional partners such as elder law attorneys, financial planners, transportation specialists and more. Talk to me about your needs so we can connect you with the right resources today.



Contact your local Oasis Senior Advisor now!

**John Holcomb, CSA®**  
**614-738-3311**

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[alz.org](http://alz.org) | 800.272.3900