You can find a lot of information about dementia on the Internet, and many helpful resources exist for individuals and families - often in your own community.

However, it can be tough to know where to start. That’s why AARP Michigan developed this simple guide to help you and your family navigate the dementia care journey.

We hope this guide will assist you in the following ways:

• **Help you locate the type of assistance you need.** This directory lists pertinent government and nonprofit resources, which you can access both in-person and online.

• **Help you connect with others.** You’ll discover that you’re part of a vast community of individuals and families facing many of the same issues. You are not alone.

• **Empower you and give you hope.** It is possible to live well with dementia. Early detection and diagnosis can make a positive difference in terms of planning, treatment options, family relationships and quality of life.
**What is Dementia?**

Dementia is a general term describing a loss of cognitive and behavioral function in an adult that is severe enough to interfere with the person’s daily life and activities.

Alzheimer’s is one type of dementia, and it’s the most common one. It accounts for 60 - 80% of the cases diagnosed. The hallmark symptom of Alzheimer’s dementia is memory loss.

Other types of dementia include vascular dementia, dementia with Lewy bodies, frontotemporal dementia, Huntington’s disease, Parkinson’s disease dementia and chronic traumatic encephalopathy (CTE).

**Did You Know?**

- Dementia is not a normal part of aging. It is caused by diseases or damage to the brain.

- Dementia is not just about memory loss. The specific mental and physical symptoms that someone with dementia may experience depend on the parts of the brain that are damaged and the disease that is causing the dementia.

- People with dementia have twice as many hospital stays per year as other older adults. Falls are the leading cause of hospitalization for people living with dementia.

- The vast majority of older adults do not have dementia, and most will never develop it. However, as you grow older, the likelihood of developing dementia increases.

- Regardless of our age, we can reduce the chance of age-related diseases & optimize our chance of maintaining our cognitive health.

Two-thirds of adults age 18 and over personally know someone who has had Alzheimer's disease or another type of dementia.
Tips to Find Services and Support

Here are a few pointers to keep in mind as you begin to look for resources and support.

Ask for Help. Friends and family will often ask you if there is anything that they can do to help. Use your network and ask others to help you look for resources and information in your area.

If possible, use the Internet. The Internet is an easy and quick way to get information. Because information can vary, it is important not to rely on one site alone. Also, make sure the sponsoring organization is a reputable and reliable source of information.

Talk to a real person. Many phone numbers will lead to voicemail. It’s important to leave a message, but don’t wait for someone to call you back. Keep in mind that some services have backlogs of calls to return. Keep calling back until you connect with someone who can help you.

Write down your questions in advance. Before you call, write down specific questions and try to be as concrete and detailed as possible.

Keep track of your conversations. Keep a notebook of who you talked to. Write down names, phone numbers, and notes from each call. You never know when you will need the information down the road.

No one person or organization has all the answers. The person you get on the phone or the website you visit may have expertise in certain areas, but not in others. It is always smart to be prepared with other resources and organizations that can help.

Use your creativity. Create your own personal resource network. This could include contacting community-based agencies to find out what kinds of support services are available in your area. Consider asking friends or other caregivers what resources they found to be useful.

Many services are local. Services can vary widely from state to state and community to community. Make sure you look for resources that provide services where you live.
Dementia-Specific Organizations

Alzheimer’s Association Michigan

Provides information and resources on Alzheimer’s disease and other forms of dementia, including the latest research, care navigation tools, support groups and a 24/7 Helpline. Their service area covers the entire state of Michigan, with headquarters in Southfield and regional offices in Ann Arbor, Flint, Grand Rapids, Lansing, Kalamazoo, Muskegon, Marquette, Midland and Traverse City.

alz.org
24/7 Helpline: 1-800-272-3900

The Association for Frontotemporal Degeneration (FTD), the most common form of dementia for people under age 60, including ongoing research, symptoms, and support groups in Michigan.

TheAFTD.org
Helpline: 1-866-507-7222

Huntington’s Disease Society – Michigan Chapter

Provides information about the hereditary neurodegenerative disorder known as Huntington’s disease and support groups in Michigan.

michigan.hdsa.org
Helpline: 1-800-345-HDSA (4372)

Michigan Parkinson Foundation

Provides information and referral, exercise programs, medication assistance and support groups for people with Parkinson’s disease and their families.

ParkinsonsMl.org
Helpline: 1-800-852-9781

Concussion Legacy Foundation

Provides information about living with Chronic Traumatic Encephalopathy (CTE), a degenerative brain disease found in athletes, military veterans, and others with a history of repetitive brain trauma.

ConcussionFoundation.org/CTE-resources

Rethinking Dementia: Accelerating Change

A community collaborative with a mission to improve the lives of people affected by dementia in West Michigan by promoting better access to quality support and services. Maintains a comprehensive resource directory of dementia-related resources in Allegan, Barry, Kent, Ionia, Lake, Osceola, Ottawa, Mason, Mecosta,
Montcalm, Muskegon and Newaygo counties.

RethinkingDementiaMI.org

Dementia Action Alliance

A national organization of people living with dementia, care partners, and dementia specialists that helps individuals and families living with dementia to connect and engage. Offers a Dementia Mentor program, podcasts, virtual memory cafes and information about technology.

DAAnow.org

Memory Cafés

Memory cafés, a concept started in the Netherlands in the 1990s, offer a comfortable space where people living with dementia and their care partners, friends and family can socialize, enjoy a meal together, or engage in activities such as games or concerts.

To find a memory café near you, visit memorycafedirectory.com/memory-cafes-in-michigan/

Training and Support for Family Caregivers

Creating Confident Caregivers

Creating Confident Caregivers® is a six-week evidence-based program for family caregivers of persons with dementia who are living at home. Classes are provided by most of Michigan’s Area Agencies on Aging (AAAs) to provide knowledge, skills, and information to improve caregiving for both the caregiver and the person living with dementia. The program is free, but class size is limited and participants must pre-register.

To find a class near you, call your local AAA or visit the Michigan Aging & Adult Services Agency website at michigan.gov/osa. Once on the website, click on “Special Programs” in the left column, and then click below, on “Creating Confident Caregivers.”

THRIVE Network

Connects Michigan families caring for a loved one who has dementia with free or low-cost information and programs from multiple institutions and agencies with a focus on self-care and wellness. THRIVE is a collaboration of Michigan State University (MSU) Extension, Michigan Alzheimer’s Disease Research Center, Wayne State Institute of Gerontology and MSU College of Human Medicine. THRIVE focuses caregiver wellbeing because how well a caregiver thrives directly impacts how the person in their care will thrive.

thrivenetworkMI.org
Help Finding Services in Michigan

Michigan Area Agencies on Aging (AAAs)

The AAAs were established under the Older Americans Act in 1973 as “one-stop shops” to help connect Americans age 60 and over with needed services in their local communities. Michigan’s Area Agencies on Aging work with a network of over 1,200 partner service providers across the state including county commissions on aging, senior centers and home health agencies. There are 16 regional AAAs in Michigan. Your local AAA can help you connect with in-home services and community services such as help with meals, bathing, and household tasks; respite care including adult day programs; evidence-based classes to improve balance and reduce falls; and more.

To find your local AAA, visit the Michigan Aging & Adult Services Agency website at michigan.gov/osa. Once on the website, click on “Aging Services” in the left column, or you can follow this link: https://www.michigan.gov/osa/1,4635,7-234-64081-295815-,00.html

Program of All-Inclusive Care for the Elderly (PACE)

Another way some people can connect with home and community based services in Michigan is through PACE. To qualify a person must be 55 or over, eligible for both Medicare and Medicaid, and live in a part of the state covered by one of Michigan’s 20 PACE centers. PACE participants receive comprehensive health and supportive services across a range of settings at their PACE center, in their home, and in the community.

To find out if PACE is available where you live, visit: pacemichigan.com/find-your-pace

Michigan Long-Term Care Ombudsman Program

Long-term care ombudsmen advocate for residents living in state-licensed nursing homes, homes for the aged and adult foster care facilities. They can provide information about how to find an appropriate facility for your loved one, are trained to resolve problems and can assist you with complaints. There is no cost to residents or families to use ombudsman services.

MLTCOP.org
1-866-485-9393

Michigan Department of Licensing and Regulatory Affairs

Online Search for Licensed Assisted Living and Adult Foster Care

When looking for care settings, it pays to do your homework. This online search tool lets you look up licensed assisted living and adult foster care settings in your community. You can review each facility’s inspection reports including investigations of any violations the facility has faced.

adultfostercare.apps.lara.state.mi.us/
Michigan Veterans Affairs Agency (MVAA)

The MVAA connects Michigan residents who have served in the U.S. Armed Forces and their families, to services and benefits. If you are a veteran or a surviving spouse who is eligible for a VA pension, you may be eligible for additional funds if you are housebound or require the aid of another person to perform everyday tasks, such as bathing, feeding and dressing.

michiganveterans.com
1-800-MICH-VET (800-642-4838)

Michigan Veterans Benefits Counselors:
michiganveterans.com/find-benefits-counselor

Medicare Medicaid Assistance Program (MMAP)

MMAP provides free, confidential, personalized counseling to help Michigan residents navigate the Medicare and Medicaid systems, as well as veterans’ health benefits and private insurance. MMAP counselors can explain your health plan options, help you identify resources for prescription drug assistance, help you understand hospital bills and Medicare notices, and more. MMAP is funded by state and federal grants, and is not affiliated with the insurance industry.

Visit MMAPinc.org
Or call 1-800-803-7174 to be connected with a local MMAP counselor

Adult Protective Services

Provides education and investigates allegations of abuse, neglect or exploitation against vulnerable adults. If you suspect that a vulnerable adult is being abused, neglected or exploited, you can call this agency’s hotline any time day or night to make a report.

michigan.gov/abuseneglect
24-Hour Hotline:
1-855-444-3911

Making Choices Michigan

A non-profit committed to helping people discuss their preferences for future healthcare, decide on a patient advocate, and document their choices in an advance directive. Making Choices Michigan is a program of Great Lakes Health Connect, a non-profit health information exchange that maintains a registry where you can store your advance directive electronically so it’s available to hospitals and healthcare providers at the time of need.

makingchoicesmichigan.org
1-616-421-4840 (Monday - Friday, 8:30 AM – 4:30 PM)

Assistive Technology

Michigan Disability Rights Coalition (MDRC)

The MDRC’s Assistive
Technology Program helps people access low-cost, free or insurance-covered assistive technology devices and equipment, such as specialized eating utensils and mobility aids, which can help people of all ages live more independently despite their disabilities.

mymdrc.org/assistive-tech
(800) 578-1269

Utilities

Michigan Public Service Commission (MPSC)

Various programs are available to assist older adults having difficulty paying their gas, electric or telephone bills. Many utility companies also allow customers to designate a third party – such as a family caregiver – to receive a copy of any shutoff notice that may go out to help ensure that a shutoff notice does not go unseen. To learn more about what’s available in your area, contact your utility company directly or contact the MPSC.

michigan.gov/mpsc

For inquiries or complaints, call 1-800-292-9555 (Monday - Friday, 8:30 AM - 4:30 PM, excluding state holidays)

Legal Services

Elder Law of Michigan, Inc.

This 501(c)(3) organization provides free legal advice and information on a variety of topics for older adults, people with disabilities, and their caregivers.

elderlawofmi.org
1-866-400-9164

Mid-America Pension Rights Project

This special project within Elder Law of Michigan provides individuals with basic advice about pension laws and pension rights, filing benefit claims, finding pensions “lost” due to company mergers and more. Services are provided at no charge, with no age or income requirements.

Utilities Technology Program helps people access low-cost, free or insurance-covered assistive technology devices and equipment, such as specialized eating utensils and mobility aids, which can help people of all ages live more independently despite their disabilities.

For inquiries or complaints, call 1-800-292-9555 (Monday - Friday, 8:30 AM - 4:30 PM, excluding state holidays)

Legal Services

Elder Law of Michigan, Inc.

This 501(c)(3) organization provides free legal advice and information on a variety of topics for older adults, people with disabilities, and their caregivers.

elderlawofmi.org
1-866-400-9164

Mid-America Pension Rights Project

This special project within Elder Law of Michigan provides individuals with basic advice about pension laws and pension rights, filing benefit claims, finding pensions “lost” due to company mergers and more. Services are provided at no charge, with no age or income requirements.

Michigan Public Service Commission (MPSC)

Various programs are available to assist older adults having difficulty paying their gas, electric or telephone bills. Many utility companies also allow customers to designate a third party – such as a family caregiver – to receive a copy of any shutoff notice that may go out to help ensure that a shutoff notice does not go unseen. To learn more about what’s available in your area, contact your utility company directly or contact the MPSC.

michigan.gov/mpsc

Utilities Technology Program helps people access low-cost, free or insurance-covered assistive technology devices and equipment, such as specialized eating utensils and mobility aids, which can help people of all ages live more independently despite their disabilities.

For inquiries or complaints, call 1-800-292-9555 (Monday - Friday, 8:30 AM - 4:30 PM, excluding state holidays)

Legal Services

Elder Law of Michigan, Inc.

This 501(c)(3) organization provides free legal advice and information on a variety of topics for older adults, people with disabilities, and their caregivers.

elderlawofmi.org
1-866-400-9164

Mid-America Pension Rights Project

This special project within Elder Law of Michigan provides individuals with basic advice about pension laws and pension rights, filing benefit claims, finding pensions “lost” due to company mergers and more. Services are provided at no charge, with no age or income requirements.

Michigan Public Service Commission (MPSC)

Various programs are available to assist older adults having difficulty paying their gas, electric or telephone bills. Many utility companies also allow customers to designate a third party – such as a family caregiver – to receive a copy of any shutoff notice that may go out to help ensure that a shutoff notice does not go unseen. To learn more about what’s available in your area, contact your utility company directly or contact the MPSC.

michigan.gov/mpsc
National Resources

Alzheimers.gov

A free federal information resource about Alzheimer’s disease and related dementias managed by the National Institute on Aging, National Institutes of Health and U.S. Dept. of Health & Human Services.

alzheimers.gov

Medicare

Provides information about the Medicare program and how to find Medicare plans and providers. Caregivers will also find a tool on the website to compare home health care agencies and nursing homes.

Veterans Administration

Provides supports and services for families caring for veterans. Connects caregivers with local caregiver supports programs for veterans.

caregiver.VA.gov

1-855-260-3274

Social Security Administration

Information on retirement and disability benefits, including how to sign up for Social Security.

Information on retirement and disability benefits, including how to sign up for Social Security.

michiganlegalhelp.org

National Academy of Elder Law Attorneys – Michigan Chapter

A professional association of attorneys who specialize in legal services for older adults and people with special needs. Provides a database of elder law attorneys searchable by city or zip code. Individual attorney fees will vary.

naela.org/findlawyer

default

handling their legal problems without a lawyer, along with referrals to lawyers and community services if you need more help.
Alzheimer's Association & AARP Community Resource Finder

The joint Alzheimer’s Association & AARP **Community Resource Finder** is a comprehensive online tool to help individuals and families find dementia and aging-related services in their community. It is free to use and searchable by zip code. It includes a glossary of common terms, tip sheets to help guide decisions regarding providers and services, and links to online caregiver communities.

Find it online at: CommunityResourceFinder.org

CommunityResourceFinder.org Provider Categories

- Adult Day Care Programs
- Area Agencies on Aging
- Assisted Living
- Dementia Diagnostic Center
- Early Stage Programs
- Elder Law Attorneys
- Geriatric Care Managers
- Geriatric Psychiatrists
- Geriatricians
- Home Care
- Home Health Care
- Hospice
- Hospitals
- Independent Living
- Neurologists
- Skilled Nursing Care
- Social Engagement Programs
- Support Groups
- Transportation

The Alzheimer’s Association and AARP do not endorse any of the providers listed here. The information contained in the Community Resource Finder is thought to be reliable but is not guaranteed to be accurate. It is compiled from provider descriptions of their own services as well as other public data sources and is subject to change without further notice.
Local Opportunities to Participate in Clinical Research

Michigan Alzheimer's Disease Research Center (MADRC)

Michigan residents may choose to participate in research studies through the MADRC at the University of Michigan, which conducts ongoing research projects including drug studies, observational studies, lifestyle intervention studies, imaging studies and caregiver studies.

http://alzheimers.med.umich.edu/research

Other MI institutions that conduct clinical research in dementia include:

In the West Michigan area - The Alzheimer’s Alliance
https://alzheimers.msu.edu/

In Southeast Michigan - Wayne State University
https://neurology.med.wayne.edu/dementia

Quest Research Institute:
http://www.questri.com/areas-of-research/alzheimers-diseasememory-loss/

Other ways to find opportunities to participate in clinical research include:

TrialMatch.alz.org - This is a free clinical study matching service that connects individuals with Alzheimer's, caregivers and healthy volunteers to current studies.

ClinicalTrials.gov - This is a U.S. National Library of Medicine database of privately and publicly funded clinical studies conducted around the world (use “Michigan” as a search term).
Other Helpful Publications

**AARP HomeFit Guide**

Falls are the leading cause of hospitalization in people living with dementia. The AARP Home Fit Guide describes simple steps individuals and families can take in their homes to decrease the risk of falls, such as removing rugs, decluttering the floor to prevent tripping, and maintaining optimal lighting.

To receive a free copy, contact the AARP Michigan office at 1-866-227-7448, or you can order or download a free HomeFit guide at AARP.org/livable-communities/info-2014/home-fit-resources-worksheets.html

**Michigan’s Guide for Aging Drivers and Their Families**

This guide can help people living with dementia and their families figure out how to prolong their independence while encouraging safe driving.

To order or download a free copy visit: michigan.gov/agingdriver

**Managing Someone Else’s Money in Michigan**

This website provides 4 free downloadable booklets to help family members understand what they can and cannot do if they become one of these types of “fiduciaries” in charge of taking care of a loved one’s finances: Help for Agents under a Power of Attorney in Michigan, Help for Representative Payees and VA Fiduciaries in Michigan, Help for Trustees under a Revocable Living/Grantor Trust in Michigan, and Help for Court-Appointed Conservators in Michigan.

To download any of these guides, visit: protectmymoneymi.org

**Planning for Your Peace of Mind: A Guide to Medical & Legal Decisions**

This free booklet is published by the Michigan Legislative Service Bureau. It provides...
general information to help Michigan residents organize their personal records and plan for future health care and estate matters. Includes forms for Michigan’s Statutory Will and Designation of Patient Advocate.

To receive a printed copy, call your State Senator or State Representative, or you can download a copy at Legislature.MI.gov/Portals/0/Supporting%20Material/Publications/PeaceofMind.pdf

Prepared to Care

Prepare to Care

This free booklet from AARP provides information and checklists for families to help you develop and implement a caregiving plan for your loved one. To download the guide visit: AARP.org/caregiving/prepare-to-care-planning-guide/, or to request a printed copy call 1-877-333-5885.
Five Pillars of a Brain-Healthy Lifestyle

Regardless of our age, we can reduce the chance of age-related diseases & optimize our chance of maintaining cognitive health. According to current brain research vetted by AARP’s Global Council on Brain Health and our work with Staying Sharp, there are five pillars of a brain-healthy lifestyle.

<table>
<thead>
<tr>
<th>MOVE</th>
<th>DISCOVER</th>
<th>NOURISH</th>
<th>RELAX</th>
<th>CONNECT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise More</td>
<td>Learn More</td>
<td>Eat Right</td>
<td>Sleep Better</td>
<td>Be Social</td>
</tr>
</tbody>
</table>

- **MOVE**
  - Being physically active helps repair and protect chemicals in the brain, improves your circulation, reduces anxiety and more. Walking is a great way to start.

- **DISCOVER**
  - Challenge your brain in new ways. Take or teach a class. Learn a new language, dance or musical instrument. Play a challenging game. Stay curious.

- **NOURISH**
  - Nourish your brain with healthy foods. Eat less meat and sweets and more fish, nuts, beans, grains, leafy green vegetables and healthy fats like olive oil.

- **RELAX**
  - Get enough sleep, typically 8 hours. Take time out to reduce your stress. Try meditation or controlled breathing exercises. Laugh and smile more.

- **CONNECT**

To find out more visit AARP.org/brainhealth

Global Council on Brain Health
A COLLABORATIVE FROM AARP