



## Monthly Resource Guide

September 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.

### Articles



#### **Articles from the Dementia Friendly America August 2020 newsletter**

- [Dementia's rate of growth has slowed by 13 percent in each of the past three decades](#) (The Washington Post, August 24, 2020)
- [Social Isolation: How Prolonged Loneliness During Covid-19 Raises the Dementia Risk in Older Adults](#) (Milwaukee Independent, August 19, 2020)
- [Geneva, Batavia, St. Charles Designated Dementia Friendly Community](#) (Kane County Connects, August 19, 2020)
- [Isolation, Disruption and Confusion: Coping With Dementia During a Pandemic](#) (Kaiser Health News, August 18, 2020)
- [Racism linked to cognitive decline in African American women](#) (The Conversation, August 17, 2020)

- [Caregiving Support Groups Go Virtual](#) (Next Avenue, August 10, 2020)
- [Pandemic increases strain on dementia patients' families, caregivers](#) (Valley News, August 8, 2020)

[Scientists get closer to blood test for Alzheimer's disease](#) (Associated Press, July 28, 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.

### **❖ 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.

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!*



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,

**We'd love to have you share this information with families, caregivers, and the community you serve via email, e-newsletter and social media (pngs attached).**

**Thanks, and feel free to let us know how it is shared!**

## **Alzheimer's Association Delaware Valley Chapter**

### **Walk to End Alzheimer's**

**While Walk looks a little different this year - our commitment to fundraise and END Alzheimer's hasn't changed. We ARE walking, just not together. We're walking safely as individuals, families and teams.**

Register, select your own 5K route (neighborhood, park, trail, etc.), view the online ceremony, use the ALZ Walk App, upload photos, carry your flags, drive-by the local Promise Garden, and fundraise to END Alzheimer's! Find your local walk today at [alz.org/delval/walk](http://alz.org/delval/walk).

### **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.

#### **Virtual Dementia Symposiums: Connecting the Community**

**Thursday, October 1, 2020 ~ 8:30am-12pm**

Topics: living with the new normal, managing behaviors, engagement through activity, & compassion fatigue.

**REGISTER [Here](#).**

**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](#)**

### **VIRTUAL EDUCATION PROGRAMS - September**

Get empowered and educated. Take advantage of September virtual webinars that are free and open to the public. *These do NOT provide a professional certificate of attendance.*

**REGISTER and attend by phone or online! Register with the links below or call our 24/7 Helpline 800.272.3900.**

#### **COVID-19 and Caregiving**

Tues., Sept. 1 at 10am ~ Register: <https://action.alz.org/mtg/71128234>

Tues., Sept. 8 at 10am ~ Register: <https://action.alz.org/mtg/71128149>

#### **Understanding and Responding to Dementia-Related Behavior**

Wed., Sept. 2 at 2pm ~ Register: <https://action.alz.org/mtg/71200013>

Wed., Sept. 30 at 12pm ~ Register: <https://action.alz.org/mtg/71198890>

#### **10 Warning Signs of Alzheimer's**

Wed., Sept. 9 at 2pm ~ Register: <https://action.alz.org/mtg/71200158>

#### **Understanding Alzheimer's and Dementia**

Tues., Sept. 15, 2020 at 10am

~ Register: <https://action.alz.org/mtg/71186170>

#### **Dementia and Alzheimer's: Diagnosis, Treatment and Ongoing Care**

Wed., Sept. 16, 2020 at 12pm ~ Register: <https://action.alz.org/mtg/71201117>

#### **Effective Communication Strategies**

Tues., Sept. 22, 2020 at 10am

~ Register: <https://action.alz.org/mtg/71187736>

Wed., Sept. 23, 2020 at 2pm ~ Register: <https://action.alz.org/mtg/71191317>

#### **Healthy Living for Your Brain and Body**

Tues., Sept. 29, 2020 at 10am

~ Register: <https://action.alz.org/mtg/71127989>

## **VIRTUAL SUPPORT GROUPS - September**

**Support groups are a safe place** to develop a support system, exchange practical information on caregiving challenges, share feelings, and learn about community resources! Attendees can participate via computer or phone.

**Please see the attached flyer for a FULL listing with registration links.**

### **Weekly Meetings**

Every Wednesday at 2pm

Every Thursday at 7pm.

### **Weekend Groups - Monthly**

3rd **Saturday** at: 1pm

4th **Saturday** at: 9:30am

### **Specialized Groups - Monthly**

**Caregivers of Frontotemporal Dementia (FTD):**

4th Thursday at 6pm and 1st Tuesday at 4pm

**Over 50 Adult Children/Long-Distance Caregivers:**

4th Tuesday at 6:30pm

**Adult Children of Early-Onset Dementia:**

3rd Wednesday at 6:30pm

**Adult Children:** 2nd Tuesday at 6:30pm

### **CANDID CONVERSATIONS (NEW)**

Candid Conversations is a virtual, **INTERACTIVE** session to openly discuss the challenges and opportunities of caregiving for a person with dementia in a safe, confidential, and open environment. Please see the **attached** flyer for more details.

### **September/October Discussion Topics**

**Preventing Wandering ~ Thurs., Sept. 10, 3-4pm**

Register: <https://action.alz.org/mtg/70627079>

**Caregiver Stress ~ Thurs., Sept. 24, 3-4pm**

Register: <https://action.alz.org/mtg/71249329>

**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. See and share  
the attached flyers for details.**



September 2020  
Regional Programs.pd



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September  
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