

ALZHEIMER'S DISEASE RESOURCE PACKET

Compiled by the UCSD Shiley-Marcos Alzheimer's Disease Research Center (858-822-4800)
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SELECTED READING LIST FOR CAREGIVERS

There are numerous valuable resources on Alzheimer's disease that may not be included in this listing. These specific resources are arranged alphabetically.

A Dignified Life – The Best Friends Approach to Alzheimer's Care by Virginia Bell and David Troxel. Health Communications Inc., 2012.

Alzheimer's Disease - A Guide for Families and Caregivers by Lenore Powell and Katie Courtice. Perseus Publishing. Revised and updated, 2002.

Alzheimer's Early Stages: First Steps in Caring and Treatment by Dan Kuhn, MSW, Hunter House, 2003.

Coach Broyles' Playbook for Alzheimer's Caregivers - A Practical Tips Guide, 2006. Available at <http://caregiversunited.com/>

Coping with Alzheimer's – A Caregiver's Emotional Survival Guide by Rose Oliver and Frances Bock. Dodd, Mead and Co., 1987.

Learning to Speak Alzheimer's by Joanne Koenig Coste. Houghton Mifflin, 2003.

Living with Mild Cognitive Impairment by N. Anderson et.al. Oxford University Press, 2012

Living Your Best with Early-Stage Alzheimer's – An Essential Guide by Lisa Snyder, MSW. Sunrise River Press, 2010.

Speaking Our Minds – What It's Like to Have Alzheimer's –Revised Edition by Lisa Snyder, MSW. Health Professions Press, 2009

Staying Connected While Letting Go – The Paradox of Alzheimer's Caregiving by Sandy Braff and Mary Rose Olenik. M.Evans and Co., 2003

The Alzheimer's Action Plan by P. Murali Doraiswamy, MD and Lisa Gwyther, MSW. St Martin's Press, 2008

The Comfort of Home – A Guide for Caregivers by Meyer, Mittleman, and Epstein. Care Trust Publications, 2008.

The 36 Hour Day: A Family Guide to Caring for Persons With Alzheimer's, Related Dementing Illnesses and Memory Losses in Late Life by Nancy Mace & Peter Rabins. Johns Hopkins Press, revised 2006

FOR THE PERSON WITH ALZHEIMER'S or a RELATED DEMENTIA

Living Your Best with Early-Stage Alzheimer's – An Essential Guide by Lisa Snyder, MSW. Sunrise River Press, 2010

What to do When the Doctor Says it's Early-Stage Alzheimer's by T. Feinberg, and W. Yu. Fair Winds Press, 2005.

Perspectives – A Newsletter for Individuals with Alzheimer's or a Related Disorder. Quarterly newsletter available by surface mail or *free of charge by email*. Contact Lisa Snyder, at the UCSD Shiley-Marcos Alzheimer's Disease Research Center at 858-822-4800 or lsnyder@ucsd.edu to subscribe.

Taking Action: A Personal and Practical Guide for Persons with Memory Loss and Living Well Workbook for People with MCI or Early Dementia. Free workbooks that includes brief discussions on early-stage issues and space to write down personal information about living with dementia. Download at: http://www.alz.org/mnnd/in_my_community_56780.asp

Help and Hope – for persons diagnosed with Alzheimer's disease and related disorders. A 13-page booklet published by the Northern California/Northern Nevada Chapter of the Alzheimer's Association and is written for the person with Alzheimer's or a related dementia. Go to http://www.alz.org/norcal/in_my_community_14292.asp and click onto the Help and Hope downloadable link to access the PDF.

By Us For Us Guides: Published in Canada, these guides are written by and for persons with dementia and cover: Memory Workouts; Managing Triggers; Enhancing Wellness; Tips and Strategies; and Communication. They are available to download for free or to order at: <http://www.marep.uwaterloo.ca/products/bufu.html>

RESOURCES FOR CHILDREN AND TEENS

National Institution on Aging: ADEAR

<http://www.nia.nih.gov/alzheimers/alzheimers-disease-information-children-and-teens-resource-list>

This website is directly for Children and Teens, explaining Alzheimer disease. This site provides books and stories that children can read to learn more about the disease (books intended for children 5-11).

Alzheimer's Association

http://www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp

Alzheimer's Association is dedicated to getting kids and teens involved in helping and coping with the dementia process.

Alzheimer's Society of Toronto

http://www.asmt.org/edu_teensandchildren.htm

A website used to provide information about Alzheimer's disease for teens and children.

FOR FURTHER READING RECOMMENDATIONS

Alzheimer's Association National Clearing House **800-272-3900**
www.alz.org

Alzheimer's Disease Education and Referral (ADEAR) **800-438-4380**
www.nia.nih.gov/alzheimers

Family Caregiver Alliance **800-445-8106**
www.caregiver.org

RESPITE CARE

Southern Caregiver Resource Center Referrals for in-home help and respite. www.caregivercenter.org/	858-268-4432
Alzheimer's Association of San Diego A comprehensive listing of agencies that provide in-home assistance www.alz.org/sandiego	800-272-3900 or 858-492-4400
Adult Day Programs provide primary respite care in that they offer caregivers "time off" while the person with memory loss attends a supervised, stimulating day program.	
Out and About – A weekly outings-based program for people with dementia that provides caregiver respite. Contact Lisa Snyder at the UCSD Shiley-Marcos Alzheimer's Research Center.	858-822-4800

CRISIS/PROBLEM RESOLUTION/COUNSELING/LEGAL

Southern Caregiver Resource Center On-staff clinical social workers provide consultation on caregiving issues. www.caregivercenter.org/	858-268-4432
Adult Protective Services 24 hour elder abuse hotline and senior crisis team. www.sdcounty.ca.gov/hhsa/programs/ais/adult_protective_services/index.html	800-510-2020
Aging and Independence Services Short-term case management and community outreach to frail or at-risk elderly. www.ais-sd.net	800-510-2020
Nursing Home Ombudsman Advocacy for long-term care facility residents and their families. www.sdcounty.ca.gov/hhsa/programs/ais/ombudsman_long_term_care/index.html	800-640-4661 or 858-560-2507
Public Conservator's Office LPS Conservator	619-767-5019
Public Guardian Probate conservator information. http://www.sdcounty.ca.gov/hhsa/programs/papg/	858-694-3500
Elder Law and Advocacy Free legal referrals and consultation. www.seniorlaw-sd.org	858-562-1392
The Well Spouse Association A national non-profit organization that gives emotional support to families of the chronically ill. Support groups and newsletter. www.wellspouse.org	800-838-0879
HICAP – California Health Advocates Medicare beneficiary advocacy and education. www.cahealthadvocates.org	800-434-0222
Eldercare Mediation – National Conflict Resolution Center Assists seniors and their families with difficult decisions or conflict www.ncrconline.com	619-238-2400 x231

INFORMATION & REFERRAL NUMBERS

Alzheimer's Association of San Diego Toll Free/24-hour Helpline Education, advocacy, and patient and family services. www.alz.org/sandiego	800-272-3900 or 858-492-4400
Alzheimer's Foundation of America Education, caregiver counseling, advocacy, careADvantage magazine	866-232-8484
ADEAR - Alzheimer's Disease Education and Referral A national clearinghouse for resources and literature pertaining to Alzheimer's disease. www.nia.nih.gov/alzheimers	800-438-4380
Aging and Independence Services A clearinghouse for programs and services for seniors. www.ais-sd.net	800-510-2020
National Eldercare Locator A public service of the Administration on Aging to connect families with services to older adults in their community. http://www.eldercare.gov/	800-677-1116
San Diego Eldercare Directory Services, general and referral information for older adults. http://www.utsandiego.com/guides/eldercare/	800-533-8830
Southern Caregiver Resource Center For families & caregivers of adults with brain impairment. Information clearinghouse, direct family services and support, community education and outreach. www.caregivercenter.org/ or www.Link2Care.org for online caregiver support.	858-268-4432

CAREGIVING CLASSES

Alzheimer's Association of San Diego An extensive roster of dementia-related classes, workshops, lectures and events is available. www.alz.org/sandiego	858-492-4400
The Southern Caregiver Resource Center Classes and workshops for families, featuring topics related to Alzheimer's and other dementias. www.caregivercenter.org/	858-268-4432
The Glenner Memory Care Centers Caregiver classes are offered throughout the year at various times/locations. Contact Liz Reinhofer. www.glenner.org	800-736-6674
Sharp Hospital Senior Resource Center Sharp Hospital and its clinics offer a range of caregiving classes. http://www.sharp.com/seniors/resource-centers.cfm	619-740-4214 or 858-939-4790

OTHER CAREGIVER SUPPORT GROUPS

The Alzheimer's Association provides an extensive list of caregiver support groups on their website at: http://www.alz.org/sandiego/in_my_community_59358.asp . These are other community-based groups.

Central

Glenner Memory Care Centers, Hillcrest 619-543-4704

Every Wednesday 3:00-4:30 pm.

Contact: Marge Galante, RN

Live Well San Diego, Clairemont 800-827-1008

2nd & 4th Wednesday of every month 1:30-3:00 pm.

Contact: Adrienne Burnette, PhD ext. 102

South Bay

Glenner Memory Care Centers, Chula Vista 619-420-1703

Every Wednesday 3:00-4:30 pm.

Contact: Dawn Carnerie

North County Inland

Fallbrook Health Care Foundation, Fallbrook 800-827-1008

4th Thursday of every month 10:00-11:30 am.

Contact: Mariana Randolph at ext. 124

Remington Club, Rancho Bernardo 800-827-1008

1st & 3rd Thursday of every month 5:30-7:00 pm.

Contact: Adrienne Burnette at ext. 102

North Coast

Glenner Memory Care Centers, Encinitas 760-635-1895

Every Wednesday, 10:00-11:30 am.

Contact: Sheila Meyer

Sandy Braff, LMFT conducts free support groups in **Vista (Vista Village Senior Living), La Costa (Sunrise La Costa), and La Jolla (Sunrise La Jolla)** 858-792-4610

Contact: Sandy Braff

Adult Children Caregivers

Southern Caregiver Resource Center, Kearny Mesa 800-827-1008

2nd and 4th Thursday of every month 5:30-7:00 pm.

Contact: Elizabeth Saldana at ext. 108

Glenner Memory Care Centers, Hillcrest 858-622-5800

Contact Frances Martinez Goodrich, MSW

Caregiver Support Group for Men

1st and 3rd Thursday of every month 10:30am-12:00 pm. 619-980-8924

Contact Ken Fousel at kenfousel@earthlink.net or call

LICENSED ADULT DAY CENTERS

Central

Clairemont Villa Adult Day Health Care Center 5150 Murphy Canyon Rd., San Diego , CA 92108	858-576-8575
Glenner Memory Care Centers, Hillcrest 3686 Fourth Avenue, San Diego , CA 92103 www.glenner.org/our-centers/hillcrest/	619-543-4704
Live Well San Diego Adult Social Day Care 4425 Bannock Avenue, San Diego , CA 92117 www.livewellsandiego.org	858-483-5100
Loving Care Adult Day Health Care Center 2565 Camino Del Rio South, #201, San Diego , CA 92108	619-718-9777
Neighborhood House Association Adult Day Health Care 851 S. 35th Street, San Diego , CA 92113 www.neighborhoodhouse.org	619-233-6691
St. Paul's Intergenerational Senior Day Services 328 Maple Street, San Diego , CA 92103 www.stpaulseniors.org	619-239-6900
Congregation Beth Jacob 4855 College Avenue, San Diego , CA 92115	858-637-3270

South East, South Bay

Casa De Oro Adult Day Health Care 9805 Campo Rd. #130, Spring Valley , CA 91977 www.casadeoroadhc.com/	619-462-0881
Casa Pacifica Adult Day Healthcare 1424 30 th Street, Suite C, San Diego , CA 92154 www.casa-pacifica.com	619-424-8181
Glenner Memory Care Centers, South Bay Fredericka Manor: 280 Saylor Drive, Chula Vista , CA 91910 www.glenner.org/our-centers/chula-vista/	619-420-1703
Elm Adult Day Health Care 1220 Elm Avenue, Imperial Beach , CA 91932	619-827-0573
Horizons Adult Day Health Care 1415 E. 8 th Street, National City , CA 91950	619-474-1822

East County

Golden Life Adult Day Health Care 7373 University Ave., #101, La Mesa, CA 91941	619-433-3398
Ramona Adult Health Care Center 2138 San Vicente Road, Ramona, CA 92065	760-789-1553
Santee Elderly Daycare Center 8618 Dunwoodie Road, Santee, CA 92071	619-258-8092
Western Adult Day Health Care Center 240 South Magnolia, El Cajon, CA 92020	619-631-7222

North Coast

Glenner Memory Care Centers, Encinitas 335 Saxony Road, Encinitas, CA 92024 www.glenner.org/our-centers/encinitas/	760-635-1895
Silverado Senior Living Friday Morning Club 335 Saxony Drive, Encinitas, CA 92024 www.silveradosenior.org	760-230-4200
Somerford Place 1350 S. El Camino Real, Encinitas, CA 92024 www.somerfordplaceencinitas.com/	760-479-1818
Congregation Beth Israel 9001 Towne Centre Dr., University City, CA 92122	858-550-5998

North County Inland

Redwood Elderlink 1151 South Redwood St., Escondido, CA 92025 www.beredwoodelderlink.com	760-670-4748
Hope Adult Day Health Care 11239-A Camino Ruiz, Mira Mesa, CA 92126 www.hopeadhc.com	858-653-5916
North County Adult Day Health Care Center 1221 West Vista Way, Vista, CA 92083	760-758-2210
Americare Adult Day Health Care 340 Rancheros Dr., #196, San Marcos, CA 92069 www.americareadhc.com	760-682-2424
Poway Adult Day Health Care Center 12250 Crosthwaite Circle, Poway, CA 92064 www.angelfire.com/falcon/powayadultdaycare/	858-748-5044
Fallbrook Adult Day Care 320 West Alvarado Street, Fallbrook, CA 92028	760-723-0890
Alta Golden Memory Center 16885 West Bernardo Dr, Suite 210, Rancho Bernardo, CA 92128	858-779-9254