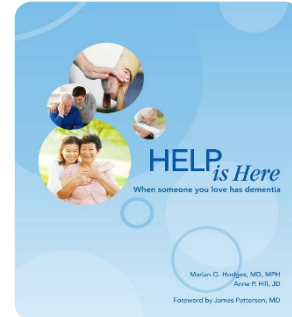


## Community Resources - Caring for Persons with Dementia

### When the diagnosis is new

**Book Suggestions** – Available on Amazon

- **“Help is Here: When someone you love has dementia”**  
by Marian Hodges, MD, MPH, and Anne P. Hill, JD
- **The Best Friends Approach to Dementia, 2<sup>nd</sup> Edition**  
by David Troxel and Virginia Bell
- **The Gift of Caring: Saving Our Patients from the Perils of Modern Healthcare**  
by Marcy Cottrell Houle, MS, & Elizabeth Eckstrom MD, MPH



**Request follow up with Social Worker/Care Manager where available.**

### Family and Caregiver Education & Support

**Alzheimer’s Association:** Caregiver education, information, support. Available at [www.Alz.org](http://www.Alz.org) or 800-272-3900.

**Oregon Care Partners:** Free online education resources for professional and family caregivers. Available at <https://oregoncarepartners.com>.

**UCLA Health:** Free education for how to better care for persons with dementia with daily activities. Available at [www.uclahealth.org/dementia/caregiver-education](http://www.uclahealth.org/dementia/caregiver-education).

**Family Caregiver Support Program** – Resources for caregivers and their loved ones available in every county.

- Oregon: toll free 855-673-2372 or [www.ADRCofofOregon.org](http://www.ADRCofofOregon.org)
- Washington: [www.dshs.wa.gov/AL TSA/resources](http://www.dshs.wa.gov/AL TSA/resources)

**Ageing & Disability Resource Connection** - Information, tools and guidance to help you plan for future needs.

- Oregon: [www.adrcoforegon.org](http://www.adrcoforegon.org)
- Washington: [WashingtonCommunityLivingConnections.org](http://WashingtonCommunityLivingConnections.org)

## Additional Resources

**SPADO (State Plan for Alzheimer’s Disease and Related Dementias in Oregon) –**

Practical tips after a dementia diagnosis developed by SPADO:

- <http://www.oregonspado.org/wp-content/uploads/After-A-Dementia-Diagnosis-Draft-6-4.pdf>

**MedicAlert/SafeReturn** –Identification bracelet, <https://www.medicalert.org/safereturn>

**Elder law** - Wills, estate and disability planning, guardianship or conservatorship, probate. Find local resources at National Academy of Elder Law Attorneys, [www.NAELA.org](http://www.NAELA.org)

**Advance Care Planning forms** – Advance Directive and Provider/Physician Orders for Life-Sustaining Treatment (POLST), <https://polst.org/>.