

Dementia Resources for Patients and Families



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Objectives



- Provide an overview of resources for patients and care partners facing dementia
- Identify Guides and Navigators to assist with accessing resources
- List of community resources and links

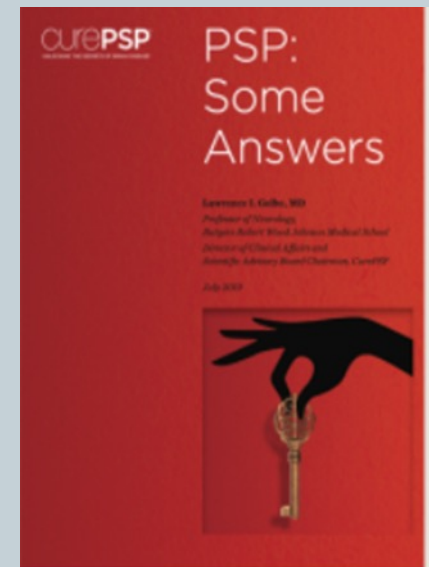
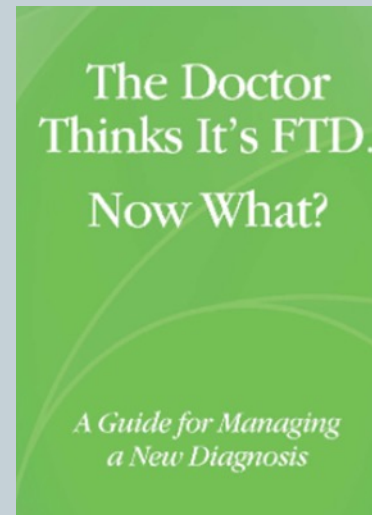
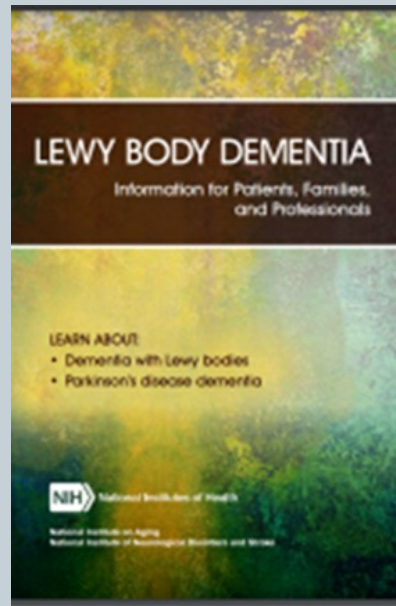
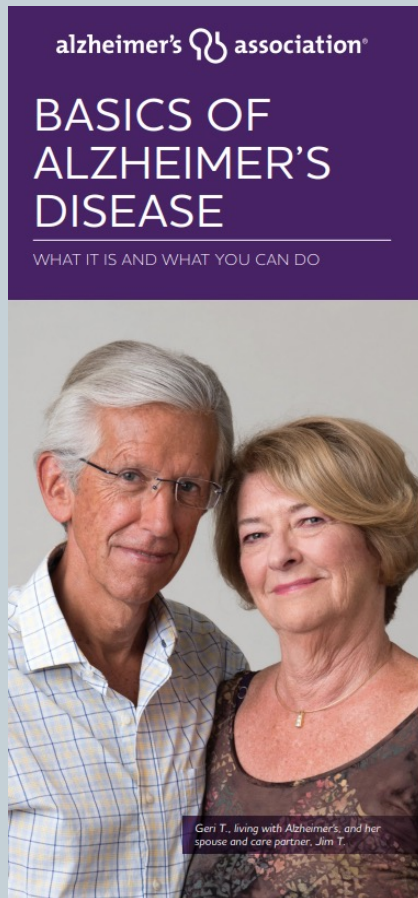
Principles of a Dignified Diagnosis



- Talk to me, the person living with dementia, directly.
- Tell the truth
- Deliver the diagnosis in plain but sensitive language
- Coordinate with other care providers
- Give me tools for living with this disease
- Work with me on a plan for living a quality life
- Recognize that I am an individual and the way I experience this disease is unique

- Alzheimer's Assoc.

Dementia Education





► **I Have Alzheimer's Homepage**

[Know What to Expect](#)

[Treatments and Research](#)

[Plan for Your Future](#)

[Programs and Support](#)

[Overcoming Stigma](#)

[Younger-Onset Alzheimer's](#)

[Live Well](#)

I Have Alzheimer's

If you have been diagnosed with Alzheimer's or another dementia, you are not alone.

There are people who understand what you are going through, and help is available. There is much you can do in the early stage to cope with the changes ahead.

Living Well with Memory Loss



UW Medicine

Living with Memory Loss
A Basic Guide



First Edition, January 2017

***"You go through the grief process and then
you start living. Yes, there's life after
diagnosis."***

~ Myriam, living with dementia

Memory and Brain Wellness Center | Box 359860
325 9th Ave., 3rd Floor West Clinic, Seattle, WA 98104 | 206.520.5000

Living Well with Memory Loss



- **Area Agency on Aging / Community Living Connections**
 - Senior Information and Referral
 - Financial and Health Coverage Assistance
 - Wellness Classes
 - Transportation Resources
 - Dementia Education
 - Care Giver Support Network

- **Alzheimer's Association**
 - 24hr Helpline
 - www.Alz.org

- **Dementia Support Northwest**
 - (Serving Whatcom and Skagit counties)

WA Community Living Connections (CLC)

Area Agencies on Aging

Direct referral form

WA CLC is a network of 13 Area Agencies on Aging (AAA) and their partners in WA

- Each AAA in Washington has an Information & Assistance/Referral (I&A/R) office, with knowledgeable staff to assist in connecting you to local resources
- To find the local I&A/R office
 - Go to **wacdc.org**
 - Click on **CONNECT** to get to map
 - Click on **County** of interest
- Staff help individuals and/or family members find local services, understand options and/or eligibility for services/supports
- **Wacdc.org or 1-855-567-0252**

Refer a Patient

https://wacdc.org/consite/connect/refer_a_patient.php



Legal Resources



- Dementia Legal Planning Toolkit
- Dementia Legal Planning Assistance
- Bilingual DPOA forms available in Arabic, Chinese (Traditional), Korean, Spanish, Russian, Somali, Tigrinya, Vietnamese from WA Law Help website



Dementia Legal Planning

Get connected to a legal professional

If you are a Washington State resident and need help navigating the completion of dementia legal documents, you may be able to connect with a legal professional who will guide you through them. Attorneys can help talk through:

- Powers of attorney for finances and health care
- Health care directives
- Dementia directive form

This program serves those who are 60 and over, people living with dementia of any age, or those under 60 with a family history of dementia. This free service is subject to capacity. Please note that the Dementia Legal Planning Project does not provide notarization (that part will be up to you).

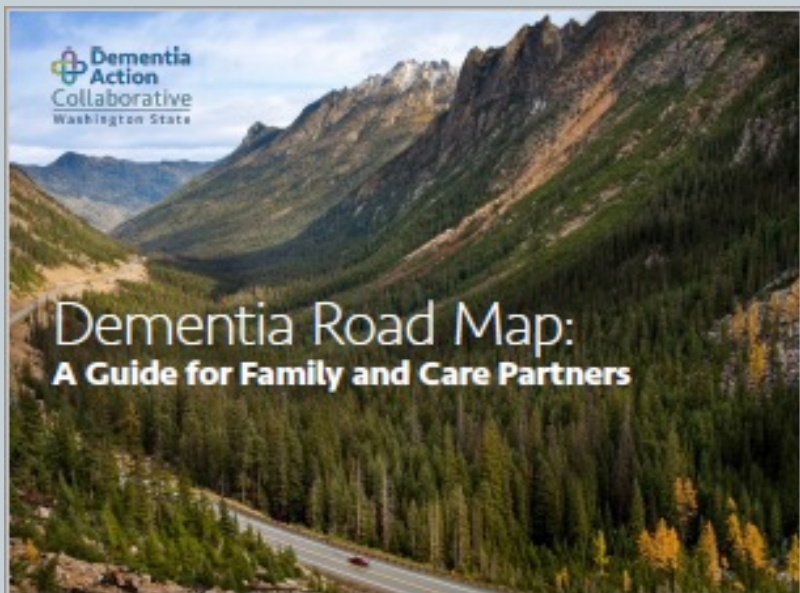
To get started, you can call the Dementia Legal Planning (DLP) phoneline at **425-780-5589** or fill out the form below. If you call, please leave your name, contact information, and the best time to call you back. Someone from the Pro Bono Council will reach out to you shortly to connect you with services. Normal business hours are Monday through Friday, 9:00 a.m. to 5:00 p.m.

*** COMPLETING THIS FORM IS NOT A GUARANTEE THAT SERVICES WILL BE OFFERED OR PROVIDED***

This service intake form is only for assistance with completing the legal and advance care planning forms mentioned above. Unfortunately, **we do not have enough staff to respond to requests for other services.**



Care Partner Education and Support



www.dshs.wa.gov/altsa/dementia-action-collaborative

Care Partner Education and Support (cont)



- **Care Giver Support Network**
 - Powerful Tools for Caregivers
 - Dementia coaching / Star-C Program
 - Respite care
 - Counselor referrals
 - Support groups
- **Alzheimer's Association**
- **Lewy Body Dementia Association**
- **The Association for FTD**
- **Cure PSP**

Encourage Engagement



- Area Agencies on Aging
- Alzheimer's Association
- Dementia Support Northwest (Whatcom & Skagit Co)
- **Momentia (Puget Sound area and virtual programs)**
- **The Memory Hub**



Onsite Collaborators:

UW Memory
and Brain
Wellness Center

Frye Art
Museum

Alzheimer's
Association

Full Life

Elderwise



**The Memory Hub -
A Place for Dementia-Friendly
Community, Collaboration and Impact**

Memory Hub Programs & Resources



- Support groups
- Caregiver workshops
- Creative Engagement
- Library & Resource Center
- Art Gallery
- Memory Garden
- Elderwise Adult Day Program
- ‘Memory Navigator’
- ADAPT Brain & Body Wellness Program
- Public Lectures
- Networking & Professional Development Events
- Project ECHO-Dementia
- Annual “Reframing Dementia” Conference
- *And more!*



The Memory Hub

Dementia Education in other languages



- Alzheimer's Association – Spanish, Chinese, Japanese, Vietnamese, Korean
- Dementia Road Map – English and Spanish
- MBWC Handbook – Arabic, Chinese, Korean, Spanish, Russian, Vietnamese
- Dementia Australia – 38 languages
www.dementia.org.au/languages



Arabic - العربية

Armenian - հայերեն

Assyrian - ܐܪܡܝܐ

Croatian - Hrvatski

Dari - دری

Dutch - Nederlands

Finnish - Suomalainen

French - Français

German - Deutsche

Greek - ελληνικά

Hindi - हिंदी

Hungarian - Magyar

Indonesian - Bahasa Indonesia

Italian - Italiano

Japanese - 日本語

Khmer - ខ្មែរ

Korean - 한국어

Lao - ລາວ

Latvian - Latvijas

Lithuanian - Lietuvos

Macedonian - МАКЕДОНСКИ

Maltese - MALTI

Nepali - नेपाली

Polish - Polskie

Portuguese - Português

Punjabi - ਪੰਜਾਬੀ ਦੇ

Romanian - Românesc

Russian - русский

Serbian - српски

Simplified Chinese (Mandarin) - 普通话

Spanish - Español

Tagalog

Tamil - தமிழ்

Thai - ไทย

Traditional Chinese (Cantonese) - 廣東話

Turkish - Türk

Ukrainian - український

Vietnamese Tiếng Việt

www.dementia.org.au/languages

Questions?



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