

## DEMENTIA-FRIENDLY SOUTH COUNTY

### A Dementia Awareness & Response Event

*Working together to lift up our community*

OCTOBER 28<sup>th</sup> | 7:00 - 9:00 PM

### RESOURCES and ORGANIZATIONS



There's a wealth of resources provided by national, state and local organizations dedicated to making a difference when it comes to dementia. This short list can help you get started.

#### **National**

[National Institute of Neurological Disorders and Stroke](#)

[National Institute on Aging](#)

[Healthy Brain Initiative](#) (CDC)

[Dementia Friends USA](#)

[Caregiver Action Network](#)

#### **State of California**

[CA Master Plan for Aging](#)

CA Health and Human Services – [Alzheimer's and Related Dementias Advisory Committee](#)

CA Dept of Public Health - [Alzheimer's Disease and Related Dementias Facts and Figures](#)

[CA Department of Aging](#)

#### **Santa Clara County**

[Department of Aging and Adult Services, Santa Clara County](#)

[Santa Clara County Seniors Agenda](#)

[Age-friendly Silicon Valley](#)

[Adult Protective Services \(APS\)](#)

[Institute on Aging](#)

[Family Caregiver Alliance](#)

[Brain Support Network](#)

[City of Morgan Hill](#) - [mholderadults.com](http://mholderadults.com), [eltorosc.com/support-services](http://eltorosc.com/support-services)

[Sourcewise](#) - South County services

### **South County Memory Care Centers**

[Loma Clara Senior Living](#) – 669-258-3500

[Westmont Senior Living](#) – 408-779-8490

[Merrill Gardens Senior Living](#) – 408-840-2317

[Live Oak Adult Day Centers](#)

### **University Memory & Aging Centers**

[Stanford Center for Memory Disorders](#)

[UCSF Memory and Aging Center](#)

### **Nonprofit Organizations**

[AARP](#)

[Alzheimer's Association](#)

[Lewy Body Dementia Association](#)

[The Sue's Story Project](#) (Lewy body dementia)

[Michael J. Fox Foundation](#) (Parkinson's)

[Parkinson's Foundation](#)

### **Books and Magazines**

["Dementia Reimagined"](#) - Tia Powell, Director, Montefiore-Einstein Center for Bioethics, and Einstein Cardozo Master of Science in Bioethics Program

["Elderhood"](#) - Louise Aronson, Geriatrician, Professor of Medicine, UCSF

[“Keep Sharp”](#) - Dr. Sanjay Gupta

[“The Dementia Handbook”](#) and [“Dementia with Dignity”](#) - Judy Cornish

[“The 36-hour Day”](#) – Nancy Mace and Dr. Peter Rabins

[“The MIND Diet”](#) - Maggie Moon, MS, RD

[Brain & Life Magazine](#)

[ALZ Magazine](#)

[Parkinson’s News Today](#)

[Dementia Connections](#)

### **Learning Tools & Infographics**

[Financial Workbook for Family Caregivers \(AARP\)](#)

[Prepare to Care Planning Guide \(AARP\)](#) How Family Caregivers Can Help

[Prepare for a Hospital Stay – What to Know Before You Go \(AARP\)](#)

[Caregivers Guide to Understanding Dementia Behaviors](#) (Family Caregiver Alliance)

[University of Washington Dementia Road Map](#) (with the Dementia Action Collaborative)

[Cost of Dementia Care](#) (infographic from Alzheimer’s Association)

[Risk Factors for Dementia](#) (infographic from The Lancet)

[Exercise and Dementia Prevention](#) (infographic from Practical Neurology)

### **Caregiver Training (professional and family caregivers)**

[The DAWN Method](#)

[Teepa Snow - Positive Approach to Care](#)

[National Council of Certified Dementia Practitioners](#)

[Dementia Education Programs](#) (Alzheimer’s Association)

Provided by:



THE  
Sue's Story  
PROJECT