

# DEMENTIA SUPPORT HANDBOOK

## WHAT IS DEMENTIA?

Dementia is an umbrella term used to describe a range of conditions affecting the brain that get worse over time. It is the loss of the ability to think, remember, and reason so that it affects daily life, activities, and relationships. Some people living with dementia have difficulty controlling their emotions and other behaviors, and their personality may change.

[Dementia](#) is the result of changes in the brain that cause nerve cells, or neurons, to stop working properly and eventually die. Researchers have connected changes in the brain to certain forms of dementia, but in most cases the specific brain changes that cause dementia are unknown. For a small number of people, rare genetic mutations that cause dementia have been identified.

One form of dementia, Alzheimer's disease, is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. People with Alzheimer's also experience changes in behavior and personality.

Dementia is not a normal part of aging. The following guide has been created to support you with the challenges surrounding a dementia diagnosis. Please reach out to family, friends and community supports. The Age Strong Commission can help with questions about the content of this handbook and for any other questions you have.

## What Are the Symptoms?

The [symptoms of dementia](#) may include:

- Experiencing memory loss, poor judgment, inhibition, and confusion
- Difficulty speaking, understanding, expressing thoughts, reading, writing
- Wandering and getting lost in a familiar surroundings
- Taking longer to complete normal daily tasks or forgetting how to do usual tasks
- Losing interest in normal daily activities, events, relationships
- Hallucinating or experiencing delusions or paranoia
- Losing balance, problems with movement, and falling



# Dementia

An umbrella term used to describe a collection of brain diseases and their symptoms, which include: memory loss, impaired judgment, personality changes, and an inability to perform daily activities.



## Alzheimer's Disease

### Prevalence

60-70% of dementia cases

**Characterized by**  
Amyloid plaques and beta tangles.

**Symptoms include**  
Impairments in memory, language, and visuospatial skills.



## Vascular Dementia

### Prevalence

10-20% of dementia cases

**Characterized by**  
Disease or injury to the blood vessels leading to the brain.

**Symptoms include**  
Impaired motor skills and judgement.



## Frontotemporal Dementia

### Prevalence

10% of dementia cases

**Characterized by**  
Deterioration of frontal and temporal lobes of the brain.

**Symptoms include**  
Personality changes and issues with language.



## Lewy Body Dementia

### Prevalence

5% of dementia cases

**Characterized by**  
Lewy body protein deposits on nerve cells.

**Symptoms include**  
Hallucinations, disordered sleep, impaired thinking and motor skills.



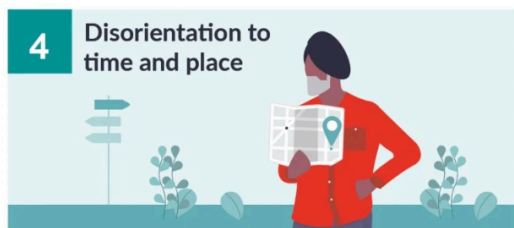
## Other Dementias

### Prevalence

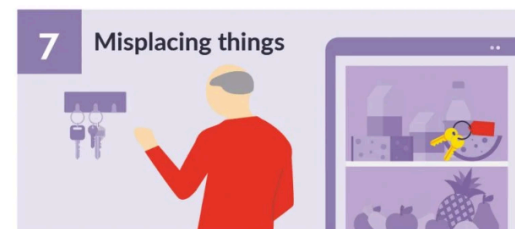
5% of dementia cases

### Dementias related to

- Parkinson's disease
- Huntington's disease
- HIV
- Crutzfeldt-Jakob disease
- Korsakoff syndrome



# 10 warning signs of dementia



[www.alzint.org](http://www.alzint.org)

If these signs are new, they may be a sign of dementia.  
Dementia is not a normal part of ageing.  
Speak to your doctor or contact your dementia and Alzheimer association.

  
**Alzheimer's Disease  
International**  
The global voice on dementia

# TIPS FOR LIVING WITH DEMENTIA

## Keep the Mind and Body Active

- Maintain a regular routine. Write reminder notes & to-do lists.
- Engage in meaningful activities: volunteer, learn something new, maintain hobbies, spend time in nature
- Read, borrow a Memory Kit from the Boston Public Library (Roslindale branch), complete puzzles
- Stay connected socially
- Move throughout the day and eat a nutritious, heart-healthy diet
- As able, perform daily tasks independently

## Research Studies & Medical Trials

The purpose of research studies and medical trials is to understand how to identify, target, prevent, and fight diseases of the brain. The goal is to find a cure. Alzheimer's disease and related dementias can affect anyone regardless of background and identity. It is critical to have research study volunteers who are diverse in race, gender, ethnicity, age and identity. This will lead to treatments and care that work for everyone. Here are some research participation options:

### Massachusetts Alzheimer's Disease Research Center

114 16th Street #2011, Mass General Hospital, Charlestown, MA 02129, [Madrc.org](http://Madrc.org)

Our expert staff from both Mass General Hospital and Brigham and Women's Hospital work closely together under the [MADRC umbrella](#) to lead cutting-edge research as well as to provide both professional and community resources and education. Our goal is to find effective treatments and eventually a cure for Alzheimer's disease and related dementias.

### Boston University Alzheimer's Disease Research Center

73 E. Concord Street, Boston, MA 02118, [bu.edu/alzresearch/](http://bu.edu/alzresearch/)

A National Institute on Aging Center focused on research aimed at reducing the human and economic costs of Alzheimer's disease through the advancement of knowledge.

## Dementia Resources

- [Age Strong Commission](#)
- [National Institute on Aging](#)
- [Alzheimer's Association](#)

## BE A GREAT CARE PARTNER

As dementia progresses, communication with your loved one may become one of the biggest challenges. It is important to adjust how you communicate and remember that non-verbal expression is just as important as verbal communication. Non-verbal communication includes aspects such as facial expressions, eye contact, gestures and touch, tone of voice, and body language. Using communication that is positive, consistent, reassuring and respectful develops trust and understanding between a person with dementia and their care partner.

Taking care of yourself and your needs is also important. You are the best care partner to your loved one when you are also taking the time to care for your own physical, mental, and emotional health.

## Maximize Your Loved One's Independence

### Home Safety

- Consider mobility devices for assistance and safety, like canes, walkers, wheelchairs
- Consider adaptive equipment, such as a raised toilet seat, shower chair or bench, grab bars, non-slip bath mats in the bathroom and safety equipment for the kitchen.
  - [REquipment](#) - a durable medical equipment reuse program
  - [Hospital Equipment Loan Program](#) - lend hospital/home-use health equipment at not cost to those in need
- Review the Alzheimer's Association's Home Safety Checklist & room-by-room safety plan:



## General Home Safety Tips

- ☐ Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- ☐ Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.
- ☐ Keep the number for the local poison control center handy or saved in your phone in case of emergency.
- ☐ Make sure carbon monoxide and smoke detectors and fire extinguishers are available and inspected regularly. Replace batteries twice a year during daylight saving time.
- ☐ Remove tripping hazards, such as throw rugs, extension cords and excessive clutter.
- ☐ Keep walkways and rooms well lit.
- ☐ Secure large furniture, such as book shelves, cabinets or large TVs, to prevent tipping.
- ☐ Ensure chairs have arm rests to provide support when going from a sitting to standing position.
- ☐ Apply stickers to glass doors at eye level to ensure doors are visible.
- ☐ Install a latch or deadbolt either above or below eye level on all doors.
- ☐ Remove locks on interior doors to prevent the person living with dementia from locking themselves in.
- ☐ Consider removing firearms from the home or storing them in a locked cabinet.
- ☐ For more information, contact the **Alzheimer's Association 24/7 Helpline (800.272.3900)**.

Home Safety Checklist made possible through a collaboration with Procter & Gamble.

**800.272.3900 | alz.org®**





## Kitchen

- ☐ Use appliances that have an auto shut-off feature.
- ☐ Prevent unsafe stove usage by applying stove knob covers, removing knobs or turning off the gas when the stove is not in use.
- ☐ Disconnect the garbage disposal.
- ☐ Mark food with purchase date; regularly check for and throw away expired items.
- ☐ Discard toxic plants and decorative fruits that may be mistaken for real food.
- ☐ Remove vitamins, prescription drugs, sugar substitutes and seasonings from the kitchen table and counters.



## Laundry Room

- ☐ Clean out lint screens and dryer ducts regularly to prevent fires.
- ☐ Consider installing safety locks on washing machines and dryers to prevent inappropriate items being put in or taken out too early.
- ☐ Install locks on laundry chutes to avoid temptation to climb into or drop inappropriate items down the chute.
- ☐ Keep all cleaning products — such as liquid laundry pacs and bleach — out of sight, secured and in the original (not decorative) storage containers to discourage someone from eating or touching harmful chemicals.



## Bathroom

- ☐ Install grab bars for the shower, tub and toilet to provide additional support.
- ☐ Set the water temperature at 120 degrees Fahrenheit or less to prevent scalding.
- ☐ Apply textured stickers to slippery surfaces to prevent falls.



## Bedroom

- ☐ Closely monitor the use of an electric blanket, heater or heating pad to prevent burns or other injuries.
- ☐ Provide seating near the bed to help with dressing.
- ☐ Ensure closet shelves are at an accessible height so that items are easy to reach, which may prevent the person from climbing shelves or objects falling from overhead.



## Garage and Basement

- ☐ Limit access to large equipment, such as lawn mowers, weed trimmers or snow blowers.
- ☐ Keep poisonous chemicals, such as gasoline or paint thinner, out of reach.
- ☐ Lock and properly store ladders when not in use to prevent a tripping or climbing hazard.
- ☐ Remove access to car keys if the individual living with dementia is no longer driving.
- ☐ Install a motion sensor on the garage door.
- ☐ Mark stairs with bright tape and ensure railings are sturdy and secure to prevent tripping or falls.

## Create A Routine

Research shows that keeping a regular routine helps people living with dementia maintain orientation, purpose, and independence. Daily structure helps decrease stress, anxiety, irritability, restlessness, and agitation. The daily activities of the person living with dementia engages in should be meaningful, purposeful, and joyful.

To help with routine and independence, try to provide cues in the environment in which the person with dementia lives. Label household rooms and items in the living space that are frequently used with words or pictures. Use simple signs with large and clear print, such as “turn off the stove”. Display the day, date and season in large print as well as a large and easy-to-read digital clock for orientation. Label pictures of family and friends that are displayed around the living space with their names. Try some of the activities listed in this section for meaningful engagement:

1. Make collage from magazine	53. Reminisce - first kiss
2. Put together nuts and bolts	54. Play horseshoes
3. Bake cookies	55. Dance
4. Read paper	56. Sing a hymn
5. Invite children to visit	57. Make ice cream
6. Read a letter out loud	58. Plant bulbs
7. Listen to music	59. Make cards
8. Parachute game	60. Sort cards by suit
9. Color/Paint	61. Write a letter
10. Make lemonade	62. Dress in team colors-talk sports
11. Wipe off table	63. Pop popcorn
12. Talk about gardening	64. Name the U.S. Presidents
13. Make Pigs-in-a-Blanket	65. Give a manicure, hand massage with scented lotion
14. Spelling bee	66. Music, Movement & Props
15. Readers Digest	67. Plant or weed
16. Fold clothes, sort socks	68. Make a may basket
17. Pet visit	70. Finish a famous saying
18. Cut out cards	71. Feed the ducks
19. Wash silverware	72. Mold dough
20. Bake bread	73. Picture books
21. Sort objects	74. Put a simple puzzle together
22. Sing Christmas songs	75. Sand wood
23. Life Review	76. Rub on hand lotion
24. Put silver away	77. Decorate place mats
25. Make a Valentine's collage	78. Arrange fresh flowers in a vase
26. Sing songs	79. Remember famous people
27. Look out window, what do you see?	80. Rake leaves
28. Make a pie	81. Make a fruit salad
29. Read a poem	82. Sweep the patio or room
30. Dye Easter eggs	83. Talk about famous events
31. Sort socks	84. Nursery Rhymes. You start
32. Take a walk	85. Make sandwiches
33. String fruit loops	86. Dust furniture
34. String cranberries	87. Cut up paper/ Tear paper
35. SNOEZELEN ®	88. Take care of bird cage/fish tank.
36. Look at photos	89. Trace/cut leaves
37. Reminisce	90. Simple trivia questions
38. Clip coupons	91. Finish Bible quotes
39. Sort poker chips	92. Paint with string
40. Count things	93. Cut out pictures
41. Fold towels	94. Read/listen to a short story
42. Afternoon Tea	95. Put coins in a jar
43. Reminisce/Inventions	96. Sew sewing cards
44. Play a game	97. Put seed in bird feeder
45. Paint	98. Clean out pumpkin
46. Cut out paper dolls	99. Roll yarn
47. Identify states and capitols	100. Reminisce about vacation
48. Make a family tree	101. Make a cake
49. Color American Flag	
50. Cook hot dogs	
51. Grow magic rocks	
52. Water house plants	



# UNDERSTANDING LONG TERM CARE

## In-Home Care

- Person living with dementia stays in their home, where they are familiar
- Skilled services are brought in-home to assist with more acute care needs
- Offers help/respite for care partner and socialization for person with dementia
- In-home services are potentially covered by health insurance, usually a lower cost than long-term placement

## Out-of-Home Care

- Community living settings offer more structure and socialization
- Provides more skilled care than can be provided in the home
- 24-hour supervision, trained staff, and specialized programming
- Custom levels of care to suit ongoing changes in each person
- Safety for person living with dementia and caregiver

## Approaching Important Conversations

Some conversations about dementia can be difficult and sensitive for both the person living with dementia and their care partners. For the best results, use a soft and gentle approach. Treat the person with respect and dignity, and try not to be critical or judgemental. Speak at a slower pace and expect gradual change; don't force an agenda or intervention. Listen to what the person with dementia has to say, allow for their feelings to be expressed and show empathy, respect and unconditional positive regard. As much as possible, try to work together on a conclusion. If necessary, consider a series of smaller conversations.

Communication includes how we relate to each other in non-verbal ways. People living with dementia may have difficulty receiving information or expressing themselves. Tone of voice, body language and facial expressions/gestures are as important as verbal language. Keep in mind that communication difficulties may vary from day to day or even moment to moment. Try AARP's [Care Planning Guide](#) to get started.

## In-Home Care

- Companion services: help with supervision, recreational activities or visiting.
- Personal care services: help with bathing, dressing, toileting, eating, exercising or other personal care.
- Homemaker services: help with housekeeping, shopping or meal preparation.
- Skilled care: help with wound care, injections, physical therapy and other medical needs by a licensed health professional. Oftentimes, a home health care agency coordinates these types of skilled care services once they have been ordered by a physician.
- Respite: Respite care can be provided at home — by a friend, other family member, volunteer or paid respite service — or in a care setting, such as adult day care or long-term care community. Respite care provides caregivers a temporary rest from

caregiving, while the person living with dementia continues to receive care in a safe environment.

- **Hospice:** Hospice is a special way of caring for people who are terminally ill – and for providing support to their family. The primary purpose of hospice care is to manage pain and other symptoms during the last six months of life where treatments focus on comfort rather than curing the underlying disease. Hospice care is provided by a team of specially trained providers, including doctors, nurses, home health aides, social workers, counselors, clergy, and volunteers.

### **Information and Referral for In-Home Services:**

[Boston ElderINFO](#): Resources and referrals for caregivers, in-home services and supports.

Phone: 617-292-6211

**Aging Service Access Points (ASAPs):** Help people over 60 and people living with disability who meet program guidelines with planning, coordinating and delivering an extensive range of home care services and support including homemaking, personal care, home delivered meals, companionship, adult day health and more. The Aging Service Access Points in Boston include [ETHOS](#), [Central Boston Elder Services](#) and [Boston Senior Home Care](#). New constituents to ASAP services should first call Boston ElderINFO (617-292-6211).

[Options Counseling](#): Provides seniors over 60 and people living with disabilities of any age with the information they need on long-term services and supports in order to live independently in their community, regardless of disability or income. Options counselors are trained to work with you, family members and/or significant others to connect you to vital resources and services that fit your current situation and preferences and allow you to stay in your home. Options counseling is a free service, call the referral line today at 617-292-6211 or email [info@bshcinfo.org](mailto:info@bshcinfo.org).

[MassOptions](#): connects elders, individuals with disabilities and their caregivers with agencies and organizations that can best meet their needs. Phone: 1-800-243-4636.

[PACE \(Program of All Inclusive Care for the Elderly\)](#): A program that combines Medicare and Medicaid benefits. PACE may pay for some or all of the long-term care needs of someone living with dementia. It covers medical, social service and long-term care costs for frail people. PACE permits most people who qualify to continue living at home instead of moving to a long-term care facility.


## Medical Alert Devices

- Medical Alert/Personal Emergency Response System with fall detection may be covered by Senior Care Options health plans, state home care programs and MassHealth
- [SafetyNet](#): a bracelet that uses active radio frequency identification for real-time tracking. The Boston Police Department will cover costs associated with the device and work directly with SafetyNet to keep your loved one safe if they have wandered or gone missing. To enroll, call SafetyNet Tracking Systems customer service at 1-877-434-6384
- [MedicAlert](#) with 24/7 Wandering Support + [Alzheimer's Association's Programs](#); to enroll call 800.ID.ALERT (800-432-5378) and use the code **ALZ**
- Virtual/Voice Assistants - Amazon Alexa, Google Home
- Medication reminders: automated medication dispensing systems, reminder applications for smartphones or tablets

## Transportation

- [Taxi Coupons](#): Get \$20 worth of Boston taxi rides for \$10. Available at City Hall and various locations around the city.
- [Age Strong Shuttle](#): Available for rides to medical appointments Monday through Friday, with advance scheduling at 617-635-3000.
- [Senior CharlieCard](#): People 65+ are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years. Apply online or at the CharlieCard Store at 10 Park Plaza.
- [The RIDE](#): The RIDE paratransit service provides door-to-door, shared-ride transportation to eligible people who can't use the subway, bus, or trolley all or some of the time due to temporary or permanent disability; similar operating hours to the MBTA—generally from 5am to 1am daily. To apply contact The RIDE Eligibility Center (TREC) at 617-337-2727.
- [RideMatch](#): A one-stop searchable directory of public, private and accessible transportation options in Massachusetts. Phone: 800-483-2500.

## Programs & Activities for Older Adults in Boston

- [Senior centers](#) and [community centers](#)
-  **Adult Day Health Centers**: structured programs with trained staff for people who need more supervision and direction than might be offered at a traditional senior center. Members spend the day in a friendly and caring community, with access to high quality health services and monitoring. Participants enjoy enriching activities and social programs, and then head back to the comforts of home each evening. In some cases, transportation may be available. [Full directory of MA adult day health programs](#).
- Community Dining Sites offer nutritious meals and socialization; monetary voluntary donation is requested but not required at most [dining sites](#).
- Memory Cafés provide an accepting and accessible environment for people living with dementia at any stage along with family members, friends and professional care partners. They are places to socialize and participate in engaging, artistic and joyful activities.

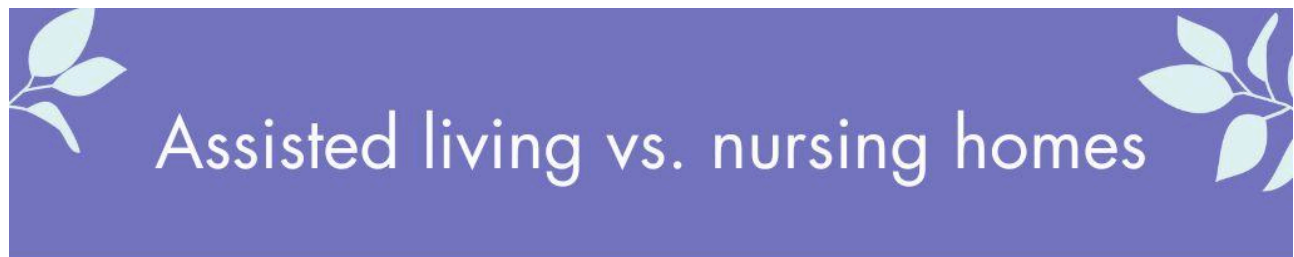
- 2nd Wednesday each month, 10am-12 noon, [Codman Square Library](#)
- Last Monday each month, 10:30am-12 noon, [Jamaica Plain Library](#) (English/Spanish)
- [Directory of locations](#) in Massachusetts

### City Supports for Homeowners

- [Boston Home Center](#), helping Boston residents buy, improve & keep their homes
- [Senior Home Repair Program](#), discounted home repair services for older adults
- [Property Tax Workoff Program](#), qualified homeowners can work-off up to \$2,000 on their property tax bill by offering volunteer services to the City of Boston.
- [Additional Dwelling Unit Program](#), learn how to move forward with the process of adding an additional dwelling unit (ADU) to your property. You can also apply for a 0% loan to build your approved design.
- [Seniors Save](#), a program for eligible older adults to replace/upgrade heating systems
- [Boston Water and Sewer Senior Discount Program](#)

### Residential Care Settings

Some people decide that a residential care setting is the best living environment to ensure that the person living with dementia receives the care they need. Different types of residential communities offer different levels of care, supportive services and accepted payment.



	ASSISTED LIVING	NURSING HOME
Assistance with day-to-day activities like bathing and grooming	✓	✓
Help moving around the facility (walking assistance, navigating a walker or wheelchair, etc.)	✓	✓
Medication management	✓	✓
Access to on-site therapy partners	✓	✓
Access to a thriving communal, social community and amenities	✓	
Full-time medical care		✓
Entry requirements (must be in need of a certain level of medical care)		✓

## **Memory Care at Assisted Living Communities**

Traditional assisted living typically offers apartment-style living, meals, supportive services like light housekeeping and laundry, varying levels of personal care assistance and daily engagement opportunities. Some assisted living communities also include a memory care unit. A memory care unit is specifically designed to meet the specialized needs of those living with dementia. This type of residential community is usually private pay and dependent on the level of services provided.

### [Boston Memory Care Facilities](#)

## **Long Term Care Facility (LTC) or Nursing Home**

Long term care facilities, also referred to as skilled nursing facilities or nursing homes, provide around the clock skilled care and long-term medical treatment. Long term care facilities include housing, nutrition, medical care, activities of daily living care like bathing, dressing or toileting, supportive services like housekeeping and laundry and daily engagement opportunities. Nursing homes are licensed by the state and regulated by the federal government. This type of residential community can be paid for privately or through a program of MassHealth.

### [Boston Skilled Nursing Facilities](#)

## **Navigating Residential Care Options**

There are many factors that go into the decision to move to a residential care community. To get help with this process, utilize the Age Strong Commission, Options Counseling or Boston ElderINFO for additional resources. Private care managers and elder law attorneys can also help guide this transition.

### [More Information on Long-Term Care](#)

## **Legal and Financial Planning**

As dementia progresses, your loved one may experience difficulty with medical, financial, and legal matters. Early planning for your legal and financial situation can prevent undue stress, minimize potential negative consequences in the future, and ensure that the wishes of the person are honored. The sooner you plan, the more the person living with dementia will be able to participate in the decisions that will affect their future.



## Manage Finances and Property

### Programs include:

- Tax Relief: learn about tax credits specific to eligible older adults
- Fuel Assistance: potentially save money on heating costs
- Food Resources: potentially save money on grocery costs
- Health Insurance: assess insurance needs/costs with a trained [SHINE](#)\*\* Counselor - Phone: 617-522-9270

## Legal Documents

An attorney who specializes in elder law or estate planning can provide legal advice, prepare the necessary documents and make [financial arrangements for long term planning](#) purposes.

**Health Care Proxy:** a document that names someone you trust as your agent to express your wishes and make health care decisions for you if you are unable to speak for yourself. Appoint someone you trust, who will be assertive and honor your wishes (source: [Medicareinteractive](#)).

**Durable Power Of Attorney:** a legal authorization for a designated person to make decisions about another person's property, finances or medical care.

**Living Will:** a written, legal document that spells out medical treatments you would and would not want to be used to keep you alive, as well as your preferences for other medical decisions, such as pain management or organ donation (source: [Mayo Clinic](#)).

## TAKE CARE OF YOURSELF

In order to give good care, the care partner must practice self care. A well rested, nourished, supported care partner will provide the best care for those with memory loss.

## Build Your Care Team and Support Network

Your care team and support network may include: family, friends, neighbors, health care providers, social workers, religious groups, community organizations, social engagement programs, and educational forums.

### [Tips for Caregivers and Families of People with Dementia](#)

## Stay Healthy and Maintain Balance

Caregiving can involve many challenges, tough decisions and the need to master new skills along the journey. You may need to develop new ways of communicating or relating to your loved one living with memory impairment. One of the biggest challenges of being a care partner is making sure you are taking care of yourself. However, when you take care of yourself everyone benefits. Managing self-care tips:

- Be responsible for your own needs; maintain meaningful activities and relationships.
- Have realistic expectations about what the person with dementia can and cannot do, and what you are capable of as a care partner. Unrealistic expectations could lead to feelings of exhaustion, failure, resentment and guilt.
- Focus on what you can do! It is important to be clear about what you can and cannot change.
- Communicate needs and concerns effectively with your care team and support network.
- Realize there will be emotional ups and downs, and learn from them. Refrain from repressing or denying feelings, get help with this by joining a support group.
- Get help when needed and don't wait until you are already overwhelmed and exhausted.
- Set goals and work toward them. Taking steps toward reaching your goals does not need to be major in order to make a significant difference.
- Stay on top of your own medical health by seeing your doctor.
- Manage stress by exercising regularly, eating healthily, practicing relaxation/mindfulness and staying positive.

Be realistic about the disease process, accept changes as they occur, take breaks and know that you are doing your best (source: [Alzheimer's Association](#)).

## RESOURCES

### **Age Strong Commission**

Our mission is to enhance the lives of people 55+ with meaningful programs, resources, and connections so together we can live and age strong in Boston. We can help with information and referral, transportation, food service, ways to save, volunteer opportunities, caregiver support, housing support, events and engagement.

1 City Hall Square, Room 271

Boston, MA 02201

Phone: 617-635-4366

[boston.gov/age-strong](http://boston.gov/age-strong)

### **Age Strong Commission Memory Café - Dorchester**

Memory Cafés provide an accepting and accessible environment for people living with dementia at any stage along with family members, friends and professional care partners. They are places to socialize and participate in engaging, artistic and joyful activities.

Meets the 2nd Wednesday of every month, 10 AM - Noon

BPL Codman Square

690 Washington Street

Dorchester, MA 02124

Phone: 617-635-3745

[boston.gov/departments/age-strong-commission/memory-cafes](http://boston.gov/departments/age-strong-commission/memory-cafes)

### **Age Strong Commission Memory Café - Jamaica Plain**

Memory Cafés provide an accepting and accessible environment for people living with dementia at any stage along with family members, friends and professional care partners. They are places to socialize and participate in engaging, artistic and joyful activities.

Meets the last Monday of every month, 10:30 AM - Noon

BPL Jamaica Plain

30 South Street

Jamaica Plain, MA 02130

Phone: 617-635-3745

[boston.gov/departments/age-strong-commission/memory-cafes](https://boston.gov/departments/age-strong-commission/memory-cafes)

### **Massachusetts Memory Café Directory**

Find other Memory Cafés in your area: [Directory of Memory Cafes in Massachusetts](#)

### **Age Strong Commission Support Group for Care Partners**

A new, free support group where you can get information, learn about resources, make connections, and share experiences.

Meets the 4th Friday of every month, 12 - 1 PM

BCYF Roslindale

6 Cummins Highway

Roslindale, MA, 02131

Phone: 617-635-3745

[boston.gov/calendar/support-group-dementia-care-partners](https://boston.gov/calendar/support-group-dementia-care-partners)

### **Age Strong Commission Age and Dementia-Friendly Businesses**

An age and dementia friendly business welcomes customers of all ages and abilities. Staff are trained on communication tips and best practices and the environment is supportive of the needs of older adults.

1 City Hall Square, Room 271

Boston, MA 02201

Phone: 617-635-4877

[boston.gov/departments/age-strong-commission/age-friendly-businesses](https://boston.gov/departments/age-strong-commission/age-friendly-businesses)

### **Boston Senior Home Care Caregiver Solutions**

BSHC Caregiver Advisors will evaluate your unique family caregiving situation and put a plan in place to help.

Lincoln Plaza

89 South Street, Suite 501

Boston, MA 02111

Phone: 617-451-6400

[bshcinfo.org/family-caregiving/](https://bshcinfo.org/family-caregiving/)

### **Adult Day Health Programs ( Adult Day Health Centers )**

Structured programs with trained staff for people who need more supervision and direction than might be offered at a traditional senior center. Members spend the day in a friendly and caring community, with access to high quality health services and monitoring. Participants enjoy enriching activities and social programs, and then head back to the comforts of home each evening. In some cases, transportation may be available. [Full directory of MA adult day health programs.](#)

### **Alzheimer's Association 24/7 Helpline & Educational Programs**

Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Phone: 800-272-3900

Whether in person or a live webinar, the Alzheimer's Association offers a range of classes from Alzheimer's basics to caregiving advice.

[alz.org/orswwa/helping\\_you/education\\_programs](http://alz.org/orswwa/helping_you/education_programs)

### **Massachusetts Alzheimer's Disease Research Center (Road Map Series)**

The Aging & Memory Loss: Road Map Education Series offers programs on when to be concerned about memory, behavior and thinking changes; how to discuss concerns with your primary care doctor and obtain a diagnosis; how to access research opportunities; how to access caregiver resources when supporting someone with Alzheimer's disease or a related dementia; and strategies to help prevent brain disease.

[madrc.org/community/](http://madrc.org/community/)

### **Brigham and Women's Center for Alzheimer's Research and Treatment**

Our mission is two-fold: to improve the early diagnosis of Alzheimer's disease (AD) employing more sensitive clinical evaluations, biological markers, and neuroimaging; and to assess promising new treatments for AD.

<https://www.brighamandwomens.org/research/labs-and-projects/cart/center-for-alzheimer-research-and-treatment>

### **The Wolk Center for Memory Health**

The Deanna and Sidney Wolk Center for Memory Health at Hebrew SeniorLife provides comprehensive outpatient care related to brain health, cognitive and behavioral problems, and memory loss.

1200 Centre Street

Boston, MA 02131

Phone: 617-363-8600

[hebrewseniorlife.org/services/health-care/wolk-center-memory-health](http://hebrewseniorlife.org/services/health-care/wolk-center-memory-health)

### **Boston Center for Memory**

BCM is structured to provide patients with Mild Cognitive Impairment, Alzheimer's disease and related dementias a timely and comprehensive evaluation, an accurate diagnosis, and a treatment plan and follow up care that meets each patient's needs.

180 Wells Avenue, Suite 304

Newton, MA 02459  
Phone: 617-699-6927  
[bostonmemory.com](http://bostonmemory.com)

### **Alzheimer's and Related Dementia Education and Referral (ADEAR) Center**

The ADEAR Center offers information on diagnosis, treatment, patient care, caregiver needs, long-term care and research and clinical trials related to dementia. The center can refer you to local and national resources.

Phone: 1-800-438-4380

Website: [ADEAR Center Website](http://ADEAR Center Website)

### **MGH Dementia Care Collaborative**

A resource for patients, families, and clinicians, the Dementia Care Collaborative provides comprehensive education, clinical co-management services, and emotional and social support to all navigating the complex journey of dementia.

Phone: 617-724-0406

[Dementiacarecollaborative.org](http://Dementiacarecollaborative.org)

### **AARP Massachusetts**

AARP is a nonprofit, nonpartisan organization that empowers people to choose how they live as they age.

1 Beacon Street, Suite 2301

Boston, MA, 02108

Phone: 866-448-3621

<https://www.aarp.org/caregiving/>

### **The Dementias: Hope Through Research**

This booklet provides a general overview of various types of dementia, and describes how the disorders are diagnosed and treated.

[catalog.ninds.nih.gov/sites/default/files/publications/21-NS-2252.pdf](http://catalog.ninds.nih.gov/sites/default/files/publications/21-NS-2252.pdf)

### **Getting Help with Alzheimer's Caregiving: National Institute on Aging**

Some caregivers need help when the person is in the early stages of Alzheimer's disease. Other caregivers look for help when the person is in the later stages of Alzheimer's. It's okay to seek help whenever you need it.

[nia.nih.gov/health/getting-help-alzheimers-caregiving](http://nia.nih.gov/health/getting-help-alzheimers-caregiving)

### **Glossary of Aging and Dementia Terms**

<https://www.alz.org/help-support/caregiving/care-options/glossary>

*\*Age Strong is not a medical resource. We are an agency of the City of Boston serving over 100,000 residents age 60+.*

*\*\* SHINE is Serving Health Insurance Needs for Everyone*

**For more information please contact the Age Strong Commission Age & Dementia-Friendly Unit: 617-635-4366**