STATE HEALTH IMPROVEMENT PLAN
PRIORITY AREA 9
Alzheimer’s Disease and Related Dementias Resource Guide
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Introduction

The Alzheimer’s Disease Initiative (ADI) was legislatively created in 1985 to provide a continuum of services to meet the changing needs of individuals and families affected by Alzheimer’s Disease and Related Disorders (ADRD). The State Health Improvement Plan: Priority Area 9 (SHIP PA9) is a supporting component of the Alzheimer’s Disease Initiative. SHIP PA9 was included in the State Health Improvement Plan to work on specific goals, strategies, and objectives related to Alzheimer’s Disease and Related Disorders.

The other components of the Alzheimer’s Disease Initiative are as follows:

- Alzheimer’s Disease Advisory Committee
- ADI Respite Care Program
- Memory Disorder Clinics
- Brain Bank
- Supporting Components:
  - Florida Silver Alert
  - Alzheimer’s Disease and Related Disorders (ADRD) Training
  - Dementia Care and Cure Initiative
2021 Alzheimer’s Disease Facts and Figures

1 in 3 seniors dies with Alzheimer’s or another dementia

More than 6 million Americans are living with Alzheimer’s

Alzheimer’s and dementia deaths have increased 16% during the COVID-19 pandemic

Over 11 million Americans provide unpaid care for people with Alzheimer’s or other dementias

Between 2000 and 2019, deaths from heart disease have decreased 7.3%

While deaths from Alzheimer’s disease have increased 145%

In 2021, Alzheimer’s and other dementias will cost the nation $355 billion

By 2050, these costs could rise to more than $1.1 trillion

Discrimination is a barrier to Alzheimer’s and dementia care. These populations reported discrimination when seeking health care:

- 50% of Black Americans
- 42% of Native Americans
- 34% of Asian Americans
- 33% of Hispanic Americans

In 2021, Alzheimer’s and other dementias will cost the nation $355 billion.

These caregivers provided an estimated 15.3 billion hours valued at nearly $257 billion.

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More than 6 million Americans are living with Alzheimer’s. The cost of caring for those with Alzheimer’s and other dementias is estimated to total $355 billion in 2021, increasing to more than $1.1 trillion (in today’s dollars) by mid-century. Dementia caregivers today are providing 20% more care than in 2009.
10 Warning Signs of Alzheimer’s

Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For other people, friends and family are the first to see changes in memory, behavior, or abilities. Memory loss that disrupts daily life is not a typical part of aging. People with one or more of these 10 warning signs should see a doctor to find the cause. Early diagnosis gives them a chance to seek treatment and plan for the future.

1. **Memory loss that disrupts daily life:** forgetting events, repeating yourself or frequently relying on more aids to help you remember (like sticky notes or reminders).

2. **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.

3. **Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.

4. **Confusion with time or place:** having trouble understanding an event that is happening later, or losing track of dates.

5. **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.

6. **New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying “that thing on your wrist that tells time” instead of “watch”).

7. **Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.

8. **Decreased or poor judgment:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.

9. **Withdrawal from work or social activities:** not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what’s happening.

10. **Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.

The Centers for Disease Control and Prevention (CDC) and the Alzheimer’s Association have created the Healthy Brain Initiative’s (HBI) State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map.

It is designed to focus the public health response to growing and future impacts of Alzheimer’s and other dementias. With 25 actions, public health leaders can promote brain health, better care for people with cognitive impairment, and increase attention to caregivers.

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10 WAYS TO **LOVE YOUR BRAIN**

**START NOW.** It’s never too late or too early to incorporate healthy habits.

- **BREAK A SWEAT**
  Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

- **HIT THE BOOKS**
  Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

- **BUTT OUT**
  Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

- **FOLLOW YOUR HEART**
  Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.

- **HEADS UP!**
  Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

- **FUEL UP RIGHT**
  Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

- **STUMP YOURSELF**
  Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

- **BUDDY UP**
  Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

- **TAKE CARE OF YOUR MENTAL HEALTH**
  Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

- **CATCH SOME ZZZ’S**
  Not getting enough sleep may result in problems with memory and thinking.

- **BREAK A SWEAT**
  Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.
Now What?

Next Steps After an Alzheimer’s Diagnosis

A diagnosis of Alzheimer’s disease can be difficult, but getting accurate information and support can help you know what to expect and what to do next. Use this checklist to help you get started.

Learn about Alzheimer's disease

- Being informed will help you know what to expect as the disease progresses. Here are some resources:
  - Alzheimer's and related Dementias Education and Referral (ADEAR) Center
    www.alzheimers.gov | 800-438-4380
  - Alzheimer's Association
    www.alz.org | 800-272-3900
  - Alzheimer’s Foundation of America
    https://alzfdn.org | 866-232-8484
  - Local hospitals and community centers may have educational programs about Alzheimer’s disease and related dementias.

Get regular medical care

- Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist).
  www.nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor
- Consider going to a memory disorders clinic. Ask your doctor for a referral if desired.

Find local services and support

- Find local services by contacting Eldercare Locator
  https://eldercare.acl.gov | 800-677-1116
- Contact your local Alzheimer’s Disease Research Center
  www.nia.nih.gov/health/alzheimers-disease-research-centers
- Find local chapters, organizations, and support groups:
  - Alzheimer’s Association
    www.alz.org | 800-272-3900
  - Alzheimer’s Foundation of America
    https://alzfdn.org | 866-232-8484

Do some legal, financial, and long-term care planning

- Get information to help you plan.
- Prepare or update your will, living will, health care power of attorney, and financial power of attorney. To find a lawyer, contact your local bar association or the National Academy of Elder Law Attorneys.
  www.naela.org
- Learn about care you may need in the future and how to pay for it.
  https://longtermcare.acl.gov
- Explore getting help to pay for medicines, housing, transportation, and more.
  www.benefitscheckup.org

Get help as needed with day-to-day tasks

- Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- Ask family members or friends or find local services to help with routine tasks, such as cooking, paying bills, transportation, or shopping.
- Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.
- See tips about coping daily, changes in relationships, and more.
  www.nia.nih.gov/health/alzheimers/caregiving
### Be safe at home
- Ask your doctor to order a home-safety evaluation and recommend a home health care agency to conduct it. Medicare may cover the cost.
- Consider wearing a medical ID bracelet or necklace in case you get lost or need help, or joining the MedicAlert and Alzheimer’s Association’s Wandering Support program. [www.medicalert.org/alz](http://www.medicalert.org/alz)

### Stay safe on the road
- Talk with your doctor if you become confused, get lost, or need lots of help with directions, or if others worry about your driving.
- Get a driving evaluation. Ask your doctor for names of driving evaluators, or visit the American Occupational Therapy Association. [https://myaota.aota.org/driver_search](https://myaota.aota.org/driver_search)

### Consider participating in a clinical trial
- Ask your doctor about trials or studies.
- Contact an Alzheimer’s Disease Research Center for assessment and potential research opportunities.
- Search for a clinical trial or study near you or that you could participate in remotely:
  - NIA Clinical Trials Finder [www.nia.nih.gov/alzheimers/clinical-trials](http://www.nia.nih.gov/alzheimers/clinical-trials)
  - Learn more about clinical trials:
    - National Institutes of Health [www.nih.gov/health-information/nih-clinical-research-trials-you](http://www.nih.gov/health-information/nih-clinical-research-trials-you)

### Stay healthy
- Be active! Getting exercise helps people with Alzheimer’s feel better and helps keep their muscles, joints, and heart in good shape. [www.nia.nih.gov/health/exercise-physical-activity](http://www.nia.nih.gov/health/exercise-physical-activity)
- Eat a well-balanced diet that includes fruits, vegetables, and whole grains. [www.nia.nih.gov/health/healthy-eating](http://www.nia.nih.gov/health/healthy-eating)
- Continue to enjoy visits with family and friends, hobbies, and outings.

### If you live alone
- Identify someone who can visit you regularly and be an emergency contact.
- If you are at risk of falling, order an emergency response system. A special pendant or bracelet lets you summon help if you fall and can’t reach the phone.
- Consider working with an occupational therapist. This person can teach you ways to stay independent. Ask your doctor for more information.
- Stick with familiar places, people, and routines. Simplify your life.

### If you are working
- If you have problems performing your job, consider reducing your hours or switching to a less demanding position.
- Consider consulting your employer’s HR department or employee assistance program about family leave, disability benefits, and other employee benefits.
- Find out if you qualify for Social Security disability benefits through “compassionate allowances.” [www.ssa.gov/compassionateallowances](http://www.ssa.gov/compassionateallowances) 800-772-1213
TALKING ABOUT BRAIN HEALTH & AGING

THE BASICS

Aging well depends on your genes, lifestyle choices, and environment. Even if you’re healthy, brain changes as you age may lead to increased challenges with multitasking, paying attention, and recalling words. However, most of us—at any age—can learn new things and improve skills, which can be important for maintaining our independence.

PROTECTING YOUR BRAIN HEALTH

Good overall health may help to maintain good brain health. These tips may help you stay active and healthy, physically and mentally.

- Eat or drink less sugar, salt, and solid fat
- Eat more fruits, vegetables, and whole grains
- Choose lean meats, fish, or poultry
- Control portion sizes
- Choose low- or non-fat dairy
- Drink adequate fluids
- Make physical activity a part of your routine
- Seek exercise guidance from a health care provider
- Join programs that teach exercise safety
- Volunteer or work
- Join a social club or gather with friends
- Try programs at local community centers
- Get 7-8 hours of sleep every night

A HEALTHY DIET MAY PROMOTE BRAIN HEALTH NOW, AND IN THE YEARS TO COME.

RESOURCES

Administration on Community Living (ACL):
- Brain Health Webpage
- Brain Injuries Fact Sheet
- Medicine, Age, and Your Brain Fact Sheet
- Eldercare Locator (find local supports/services)

National Institute on Aging (NIA):
- What is Brain Health? Campaign
- Health Information Website
- Cognitive Health
- Go4Life® Physical Activity Campaign

Centers for Disease Control and Prevention (CDC):
- Physical Activity Webpage
- Health Information for Older Adults
- Basics About Sleep
- Healthy Brain Initiative

Other Federal Agencies:
- NINDS Mind Your Risks Campaign
- NCI’s Smokefree.gov
- EPA’s Guide to Air Quality and Your Health
- USDA’s ChooseMyPlate.gov
- NIAAA’s Alcohol & Your Health Webpage

ACL is an operating division of the U.S. Department of Health and Human Services.

Last Updated: 5/2018
BRAIN HEALTH RISKS
Genetic risks to brain health are inherited, but the lifestyle and environmental factors you control may be changed to help overcome some of these risks and help maintain brain health.

Accidents
**THE RISK:** As we get older, the risk of falls and other accidents that can cause brain injury increases.

**REDUCE IT:** Exercise to improve balance, wear safety belts and helmets, get an eye exam, make sure your home is safe, and get enough sleep.

Alcohol
**THE RISK:** Consuming alcohol can impair communication among brain cells and affect your balance, coordination, memory, and emotions.

**REDUCE IT:** Older adults should be especially careful because medicines can interact with alcohol. Either don’t consume it or follow the Dietary Guidelines for Americans 2015-2020, which describes “moderation” as up to one drink per day for women and two drinks per day for men.

Smoking and Related Risks
**THE RISK:** Smoking and other pollutants can affect your health, including your heart and lungs.

**REDUCE IT:** If you smoke, quit. Consider how to limit your exposure to air pollution from fires (including fireplaces and candles), vehicles, and industrial areas.

Medicines
**THE RISK:** Some medicines—on their own or when combined with other things—can affect the way your brain functions.

**REDUCE IT:** Talk to your health care providers about all prescription and over-the-counter drugs you take. Follow instructions and take medicines safely.

Health Conditions
**THE RISK:** Conditions like heart disease, stroke, high blood pressure, diabetes, and sleep problems can affect brain health.

**REDUCE IT:** Manage your cholesterol and blood pressure, exercise, eat healthily, and get recommended health screenings. If you smoke, quit. If you drink alcohol, limit consumption. Get enough sleep and seek help for sleep problems.

**WHERE TO BEGIN**
There are many things that can affect brain health. Start with one small step in the right direction:

- Schedule a health screening or physical exam
- Review your medicines with your health care provider
- Add one daily serving of vegetables to your diet
- Start a food, activity, or health journal
- Find your community center’s activity schedule
- If you are a Medicare beneficiary, schedule an Annual Wellness Visit
WHY FOCUS ON DEMENTIA?

Dementia is a comprehensive term for a decline in mental ability that is severe enough to interfere with daily life. With an estimated 580,000 people living with Alzheimer’s disease, not accounting for other types of dementia, and a projection to have over 720,000 individuals living with the disease in Florida by 2025, Florida ranks second in the nation with the highest incidence.

The Dementia Care and Cure Initiative (DCCI) was created in 2015 in response to the increasing incidence of dementia by implementing a statewide effort to becoming more dementia-caring – acting to support those diagnosed with and living with dementia, their families, their loved ones, and caregivers – bettering communities and the state overall.

GOALS

AWARENESS Increase awareness of dementia, services, and supports: Accomplished through educational events, the media, and joint efforts with community leadership and stakeholders, including partnering state agencies.

ASSISTANCE Provide assistance to dementia-caring communities: Each participating community is supported by DOEAA to produce and implement community-specific action-oriented plans.

ADVOCACY Continue advocacy for care and cure programs: Advocating for the funding of programs that care for both those diagnosed with dementia and their caregivers, as well as research that work towards finding a cure.

TASK FORCES

DCCI Task Forces are organized in communities throughout Florida, and they work to increase education about, awareness of, and sensitivity regarding the needs of those affected by dementia. Since 2015, the program has spread to 16 communities in Florida, and while it is a statewide initiative, Task Forces have the autonomy to engage in educational, awareness, and advocacy projects and activities that best meet the needs of those living with dementia in their communities.

LEARN MORE

For more information about the Dementia Care and Cure Initiative, visit us at ElderAffairs.org or email us at DCCI@elderaffairs.org.
AREA AGENCIES ON AGING

PSA - Planning and Service Area

1 PSA 1
Northwest Florida Area Agency on Aging, Inc.
5090 Commerce Park Cir.
Pensacola, FL 32505
(850) 494-7101
www.nwflaaa.org

2 PSA 2
Advantage Aging Solutions
2414 Mahan Dr.
Tallahassee, FL 32308
(850) 488-0055
www.aaanf.org

3 PSA 3
Elder Options
100 S.W. 75th St., Ste. 301
Gainesville, FL 32607
(352) 378-6649
www.agingresources.org

4 PSA 4
ElderSource, The Area Agency on Aging of Northeast Florida
10688 Old St. Augustine Rd.
Jacksonville, FL 32257
(904) 391-6600
www.myeldersource.org

5 PSA 5
Area Agency on Aging of Pasco-Pinellas, Inc.
9549 Koger Blvd.
Gadsden Bldg., Ste. 100
St. Petersburg, FL 33702
(727) 570-9696
www.agingcarefl.org

6 PSA 6
Senior Connection Center, Inc.
8928 Brittany Way
Tampa, FL 33619
(813) 740-3888
www.seniorconnectioncenter.org

7 PSA 7
Senior Resource Alliance
3319 Maguire Blvd., Ste. 100
Orlando, FL 32803
(407) 514-1800
www.seniorresourcealliance.org

8 PSA 8
Area Agency on Aging for Southwest Florida, Inc.
15201 N. Cleveland Ave., Ste. 1100
North Fort Myers, FL 33903
(239) 652-6900
www.aaaswfl.org

9 PSA 9
Area Agency on Aging of Palm Beach/Treasure Coast, Inc.
4400 N. Congress Ave.
West Palm Beach, FL 33407
(561) 684-5885
www.youragingresourcecenter.org

10 PSA 10
Aging and Disability Resource Center of Broward County, Inc.
5300 Hiatus Rd.
Sunrise, FL 33351
(954) 745-9567
www.adrcbroward.org

11 PSA 11
Alliance for Aging, Inc.
100 W. Las Olas Blvd., Ste 214
Fort Lauderdale, FL 33312
(954) 623-2266
www.allianceforaging.org

County coloring represents areas served by the corresponding Area Agency on Aging.
Memory Disorder Clinics and the Florida Brain Bank

The legislature has authorized 17 memory disorder clinics (MDCs) operating in 13 distinct service areas that provide comprehensive diagnostic and referral services for persons with Alzheimer's disease and related dementia. The clinics also conduct service-related research and develop caregiver training materials and educational opportunities.

MEMORY DISORDER CLINIC LOCATIONS

1. West Florida Hospital Memory Disorder Clinic
   2120 E. Johnson Ave., Ste. 101
   Pensacola, FL 32514
   (850) 494-6490

2. Tallahassee Memorial HealthCare Memory Disorder Clinic
   1401 Centerville Rd., Ste. 504
   Tallahassee, FL 32308
   (850) 431-5001

3. Mayo Clinic Jacksonville Memory Disorder Clinic
   4500 San Pablo Rd.
   Jacksonville, FL 32224
   (904) 953-7103

4. University of Florida Memory Disorder Clinic
   3009 SW Williston Rd.
   Gainesville, FL 32608
   (352) 294-5400

5. Orlando Health Center for Aging and Memory Disorder Clinic
   32 West Gore Street
   Orlando, FL 32806
   (321) 841-9700

6. AdventHealth Memory Disorder Clinic
   1933 Dundee Drive
   Winter Park, FL 32792
   (407) 392-9237

7. Health First Memory Disorder Clinic
   3661 S. Babcock St.
   Melbourne, FL 32901
   (321) 434-7612
| 7 | Morton Plant Madonna Ptak Center for Alzheimer’s Research and Memory Disorders Clinic |
|   | 430 Morton Plant St., Ste. 401 Clearwater, FL 33756 (727) 298-6025 |
| 8 | University of South Florida Memory Disorder Clinic |
|   | 3515 E. Fletcher Ave. Tampa, FL 33613 Phone: (813) 974-3100 |
| 9 | St. Mary’s Medical Center Memory Disorder Clinic at Palm Beach Neuroscience Institute |
|   | 901 Village Blvd., Ste. 702 West Palm Beach, FL 33409 (561) 990-2135 8756 Boynton Beach Blvd., Ste. 2500 Boynton Beach, FL 33472 (561) 990-2135 |
| 9 | Florida Atlantic University Louis and Anne Green Memory and Wellness Center |
|   | 777 Glades Rd., Bldg. AZ-79 Boca Raton, FL 33431 (561) 297-0502 |
| 10 | Sarasota Memorial Memory Disorder Clinic |
|    | 1515 S. Osprey Ave., Ste. A-1 Sarasota, FL 34239 (941) 917-7197 |
| 11 | Lee Memorial LPG Memory Care |
|    | 12600 Creekside Ln., Ste. 7 Fort Myers, FL 33919 (239) 343-9220 |
| 12 | Broward Health North Memory Disorder Center |
|   | 201 E. Sample Rd. Deerfield Beach, FL 33064 (954) 786-7392 |
| 13 | Mt. Sinai Medical Center Wien Center for Alzheimer’s Disease and Memory Disorders |
|   | 4302 Alton Rd., Ste. 650 Miami Beach, FL 33140 (305) 674-2543 ext. 54461 |
| 13 | University of Miami Center for Cognitive Neuroscience and Aging |
|   | 1695 N.W. 9th Ave., Ste. 3202 Miami, FL 33136 (305) 355-9065 |
| 13 | The MIND Institute at Miami Jewish Health |
|    | 5200 NE 2nd Avenue Miami, FL 33137 (305) 514-8652 |

**BRAIN BANK LOCATIONS**

| 5 | State of Florida Brain Bank- Satellite Office Orlando Alzheimer’s and Dementia Resource Center |
|   | 715 Douglas Ave. Altamonte Springs, FL 32714 (407) 436-7755 |
| 13 | State of Florida Brain Bank Wien Center for Alzheimer’s Disease and Memory Disorders |
|    | 4302 Alton Road, Suite 650 Miami Beach, Florida 33140 (305) 674-2018 |

*NOTE: County coloring represents area served by the corresponding Memory Disorder Clinic.*
Resources

The following is a list of online resources and downloadable assets for use in outreach and education efforts. This list has been compiled by the Florida Department of Elder Affairs and includes links from the Florida Department of Health, the Alzheimer’s Association, national organizations, and diverse partners in Florida’s Aging Network.

Caregiving Information

Alzheimer’s Association Alzheimer’s and Dementia Caregiving
AARP Help Caring for a Loved One with Dementia
AARP Overcoming the Loneliness of Dementia Caregiving
Dementia Friendly America
Florida Department of Elder Affairs
Caregiver Assistance Programs
Millennials and Dementia Caregiving in the United States

Cognitive Health Information

12 Ways to Keep Your Brain Young – Harvard Health
Administration for Community Living Key Indicators of Well Being
Administration for Community Living Aging Integrated Database (AGID)
Nation Institute on Aging Cognitive Health Brain Health Resource
Women’s Alzheimer’s Movement Brain Guide
Tools for Earlier Detection of Cognitive Impairment and Dementia
Healthy Aging - Downloadable Posters

10 Ways to Love Your Brain
12 Ways to Create an Empowering Dementia Environment
Active Lifestyle Yields Better Brain Function
Caregiver Dressing and Grooming
Keeping Your Brain Healthy
Know the 10 Signs of Dementia
Sleep is Vital to the Aging Brain
Tips for Making Meal Time Easier

Healthy Aging - Downloadable Hand Fans

10 Ways to Love Your Brain
12 Ways to Create an Empowering Dementia Environment
Active Lifestyles Yields Better Brain Function
Caregiver Dressing and Grooming Tips
Keeping Your Brain Healthy
Know the 10 Signs of Dementia
Sleep is Vital to the Aging Brain
Tips for Making Mealtime Easier

Advanced Care Planning and End of Life Care Information

Advanced Care Planning for Patients with Alzheimer’s Disease as a Public Health Issue
Alzheimer’s Association End of Life Decisions
Dementia, Caregiving, and Controlling Frustration
Five Wishes
Florida Hospice and Palliative Care Association
Mayo Clinic Alzheimer’s disease: Anticipating end-of-life needs
National Hospice and Palliative Care Organization
National Institutes on Aging Advance Care Planning: Healthcare Directives
National Institute on Aging: End of Life Care for People with Dementia
National Institute on Aging: What is End-of-Life Care?
National Palliative Care Research Center
National Institute on Aging: Alzheimer’s and Dementia Resources for Professionals