

# DEMENTIA CAREGIVER RESOURCES



After receiving a dementia diagnosis,  
it can be hard knowing where  
to turn. Here's a place to start on  
your journey as a caregiver.

## DEMENTIA: What are Specific Care Needs at Each Stage?



### EARLY STAGE

- Some help with care is needed
- Loved one might need reminders for appointments and names
- Provide support with techniques to allow loved ones to maintain independence when possible
- Safety is always important; Provide supervision to loved one if they are unable to do activities on their own
- Create a long-term care strategy and make arrangements for financial and legal matters



### MIDDLE STAGE

- Help with daily self-care tasks like showering, personal grooming, and getting dressed
- Reminders or signals to complete these activities
- Eventually, a higher level of hands-on support will become necessary
- Create a regular schedule or routine
- Practice patience and start using fresh ways to communicate (see page 6)
- Driving will no longer be possible for the individuals
- Due to safety concerns, supervision is essential as leaving your loved one alone becomes risky



### LATE STAGE

- Continuous care and monitoring are necessary around the clock
- Aiding with bed transfers, shifting between the bed and a chair
- Preparing food into smaller portions to aid swallowing
- At some point, the family member will rely entirely on their caregiver
- Not all families are capable of providing this extent of assistance
- Alternatives for care exist:
  - Employing a caregiver on a part-time basis
  - Relocating your loved one to a nursing home

## EDUCATION: Compassionate Communication

By Liz Ayers, An employee and volunteer of the Alzheimer's Association and a former caregiver

### DON'T

- Don't reason.
- Don't argue.
- Don't confront.
- Don't remind them they forget.
- Don't question recent memory.
- Don't take it personally!

### DO

- Give short, one sentence explanations.
- Repeat instructions or sentences exactly the same way.
- Allow plenty of time for comprehension.
- Eliminate "but" from your vocabulary; substitute "nevertheless."
- Agree with them or distract them to a different subject or activity.
- Accept the blame when something's wrong (even if it's fantasy.)
- Leave the room, if necessary, to avoid confrontations.
- Respond to the feelings rather than the words.
- Be patient and cheerful and reassuring. Do go with the flow.

### REMEMBER

- They are not crazy or lazy. They are saying normal things, and doing normal things for Alzheimer's Disease(AD) patients. If they were doing things, or saying things to deliberately aggravate you, they would have a different diagnosis.
- Some days they'll seem normal, but they're not. Their reality is now different than yours and you cannot change them. You can't control the disease.
- You can only control your reaction to it.
- Their disability is memory loss. They cannot remember and can't remember that they cannot remember. They'll ask the same question over and over, believing it's the first time they've asked.
- They do not hide things; they protect things by putting them in a safe place. Do not take "stealing" accusations personally.
- They are scared all the time. Patients react differently to fear. Some may become passive, uncooperative, hostile, angry, agitated, verbally abusive, or physically combative. They may even do them all at different times, or alternate between them. Anxiety may compel them to shadow you (follow you everywhere.)







# DEMENTIA CAREGIVER RESOURCES:

## Where can I go for info and support?

---

### ALZHEIMER'S/DEMENTIA ORGANIZATIONS

- **Alzheimer's Association**  
alz.org/help-support/caregiving  
Phone: (800) 272-3900
- **Alzheimer's of Central Alabama**  
alzca.org  
Phone: (205) 871-7970
- **Family Caregiver Alliance**  
caregiver.org  
Phone: (800) 445-8106
- **National Institute on Aging**  
alzheimers.gov
- **United Way Area Agency on Aging**  
uwaaa.org  
Phone: (800) 243-5463

### RESPIRE PROGRAMS

- **Anchor Community Respite**  
Asbury United Methodist Church  
6690 Cahaba Valley Road  
Birmingham, AL 35242  
asburyonline.org/anchor/
- **Cares**  
Collat Jewish Family Services (CJFS)  
St. John's Episcopal Church  
3794 Crosshaven Drive  
Birmingham, AL 35223  
cjfsbham.org/cjfs-cares-2
- **Encore Respite Ministry**  
Canterbury United Methodist Church  
350 Overbrook Road  
Birmingham, AL 35213  
encorerespice.org
- **Founders Place**  
St. Luke's Episcopal Church  
3736 Montrose Road  
Birmingham, AL 35213  
saint-lukes.com/ministries/founders-place/

### SUPPORT GROUPS

- **Alzheimer's of Central Alabama's Coffee Talk with Miller & Vance**  
Tuesdays from 11 – noon CT.  
Call (205)871-7970 or mpiggott@alzca.org  
Join us on zoom:  
<https://us02web.zoom.us/j/86450491838>
- **Founders Place at St. Luke's Episcopal Church**  
Tuesdays at 10:15 am  
Contact Susan Logan,  
susanlogan65@gmail.com
- **West Alabama Area Agency on Aging Caregiver Support Group, Tuesdays**  
Contact Kelli Kimbrell,  
kelli.kimbrough@westal.org
- **Our Lady of the Lake Catholic Church**  
4609 Martin St. S., Cropwell, AL 35054  
Every 1st Tuesday of each month
- **St. Theresa Catholic Church**  
8101 3rd Ave, Leeds AL 35094  
Every 2nd Thursday of each month at 6:30pm  
Contact Elizabeth Thomaston,  
Ethomaston50@gmail.com
- **Asbury United Methodist Church**  
1st and 3rd Thursdays at 1:00  
Contact Maggie Dunaway,  
mdunaway@asburyonline.org for more information.  
Zoom also available.

# DEMENTIA CAREGIVER CONTACTS:

## Who can I reach out to for immediate help?

---

### CRISIS NUMBERS

- **9-1-1**
  - In an emergency, it's ok to call 911
- **Local Fire Department**
  - FD staff can help in non-emergency situations like lift assist if your loved one experiences a fall
- **Crisis Center Senior Talk Line**
  - (205) 328-8255
  - A reassurance service for senior citizens and their caregivers who might find comfort in having a counselor to talk to
- **The Alzheimer's Association 24/7 Helpline**
  - (800) 272-3900
  - Speak confidentially with master's- level care consultants for decision-making support, crisis assistance and education on issues families face every day.

### UAB

- **Brain Aging and Memory Clinic**
  - Chelsey Robinson,  
Medical Social Worker  
(205) 975-7365  
chelsearobinson@uabmc.edu
  - Phylcia Jackson,  
Medical Social Worker  
(205) 801-8271  
phyliciamoore@uabmc.edu
  - Appointments  
(205) 801-8986  
uabmedicine.org/make-an-appointment/

### ADULT DAY CENTERS

- **McCoy Adult Day Care**
  - 730 8th Avenue West  
Birmingham, AL 35204  
mccoyadultdaycare.com  
phone: 205-251-2178
- **Rose Garden Adult Day Care**
  - 4900 First Avenue North  
Birmingham, AL 35222  
Bonnie Ward, Director  
rosegarden4900@gmail.com  
phone: 205-595-5800
- **The Day Place**
  - 835 Odum Rd. Suite 101  
Gardendale, AL 35071  
Angel Hammond  
205-285-9245
- **South Highland Center**
  - 2035 Highland Ave. South  
Birmingham, AL 35205  
southhighlandcenter.org  
Alison Walker, Director  
awalker@southhighland.org  
phone: 205-933-2332



**CENTER FOR PALLIATIVE & SUPPORTIVE CARE**

**UAB MEDICINE.**

The University of Alabama at Birmingham