

Patient Family Informational Handout
Introduction

We want you to stay well after you leave UAB Hospital. Here is a list of services for older adults that may be helpful to you.

For Patients with Dementia and their Caregivers

Alzheimer's of Central Alabama: www.alzca.org

Alzheimer's of Central Alabama (ACA) is a nonprofit volunteer organization and resource center serving dementia patients, caregivers and professionals. The goal of ACA is to support: education, caregiver services and research. Services include day care scholarships, incontinence scholarships, support groups, adult day care listings, educational materials, and more including the Care Trak Program. Care Trak utilizes a battery-operated radio wrist bracelet emitting an automatic tracking signal that can be used to locate patients who have wandered away from home. You may contact the ACA at 205-871-7970. Email: aca@alzca.org

Alzheimer's Association: www.alz.org

24 hour/day helpline: 1-800-272-3900

For 24 hour advice as well as caregiver information including education, support groups, senior housing finder, and much more.

General Geriatric Care Services

UAB Comprehensive Center for Healthy Aging

The UAB Center for Aging and the Division of Gerontology, Geriatrics, and Palliative Care offers a wide range of programs and services designed to enhance the quality of life for older adults and their families. Professional clinical services and consultations are offered in the Geriatric Clinic and Continence Clinic. Contact information for each of these sites is provided here or you may learn more about aging topics and the UAB Center for Aging Services at www.aging.uab.edu and www.agewell.com.

UAB Geriatric Primary Care and Geriatric Consultation Clinics at the UAB Hospital-Highlands Campus

Designed for frail patients age 65 and older, this clinic can provide primary care or geriatric consultation for issues such as dementia, falls, medication review, and overall frailty. There is also a geriatric social worker on site.

Address: 1201 11th Avenue South; Suite 305; Birmingham, AL 35205

Appointments: 205-996-2770

Camelia Medical Group, located within the McDonald Clinic

www.uabmedicine.org/locations/locations-cmg-benefits

By offering what is known as concierge medicine to patients of all ages, a yearly fee provides patient amenities, including fitness and nutrition evaluation, e-mail access to your physician, easier scheduling, telephone consultation for minor illnesses, consultation in the Travelers' Health Clinic for international travel, 24-hour access to their physician, home visits and more. Before establishing care with the Camellia

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Medical Group, patients have an opportunity to meet the staff and determine if the benefits of membership will meet the patient's needs.

Address: 1521 11th Avenue South, Birmingham, AL 35249-4551

Appointments: 205-996-2760

Supportive Care and Survivorship Clinic at the Kirklin Clinic, 3rd floor

This is a multidisciplinary clinic for patients of all ages facing chronic or life-limiting illnesses. Patients receive treatment for physical and psychosocial symptoms from a team of providers with expertise in Palliative Medicine, Internal Medicine, Counseling, and Nutrition. Referrals to this clinic may be made by any treating physician or by patient self-referral.

Appointments: 205-801-8624 from 8:00 a.m. to 4:00 p.m. Monday - Friday.

UAB Continenence Clinic at the Kirklin Clinic, 1st floor

UAB's Continenence Clinic provides evaluation and treatment for men and women of all ages with bladder and bowel control problems. An individualized treatment plan is developed for each patient based on a comprehensive evaluation. Our team of physicians, nurse practitioner, nurse, and behavioral psychologist treat patients with evidence-based therapies including pelvic floor muscle training, bladder and bowel control strategies, fluid management, and diet changes, adding biofeedback, medications, pessaries, posterior tibial nerve stimulation, injection of bulking agents, or referral for consideration of surgery as indicated. Patients may be referred by a doctor or call on their own, depending on their insurance.

Appointments: 205-801-8705

Other Helpful Numbers and Links

Geriatric Pain Clinic: 205-930-8973 and ask to see Dr. Tom Vetter

UAB Center for Low Vision Rehabilitation: 205-488-0736

UAB Driving Assessment Clinic: 205-325-8646

UAB Osteoporosis Prevention and Treatment Center: 205-801-8187,

<http://www.uab.edu/shp/toneyourbones/>

UAB Memory Disorders Clinic: 205-801-8986

Alabama Dept. of Senior Service: 1-800-243-5463

Legal Services for Seniors: 1-866-456-4995

National Institute on Aging: www.nia.nih.gov/alzheimers

Many of the complementary therapies as well as geriatric training opportunities for our staff are made possible thanks to generous donations from people who share in our vision of improving elder care in our community. If you would like to **join our team and aid our efforts in improving care for hospitalized older adults**, please contact Megann Cain, Director of Development and Community Relations for the UAB Department of Medicine, at (205) 934-7408; by e-mail at mbcain@uab.edu; or by regular mail at 1808 7th Avenue South, BDB 467, Birmingham, AL 35294-0012.

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If you would like to **become a volunteer for our inpatient geriatric team**, you may contact our Acute Care for Elders (ACE) Unit Coordinator Terri Middlebrooks, BSN, RN at 930-7305.

Rev 6-3-14