

STATE HEALTH IMPROVEMENT PLAN

● ● ● ● ● ● PRIORITY AREA 9

Alzheimer's Disease and Related Dementias Resource Guide



ELDERAFFAIRS.ORG





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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

DISCRIMINATION

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



of Black Americans



of Native Americans



of Asian Americans



of Hispanic Americans



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



These caregivers provided an estimated 15.3 billion hours valued at nearly

\$257 BILLION



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

It kills more than

BREAST CANCER



PROSTATE CANCER

COMBINED



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FLORIDA

ALZHEIMER'S STATISTICS



PREVALENCE

65+ NUMBER OF PEOPLE AGED 65 AND OLDER WITH ALZHEIMER'S

Year	TOTAL	ESTIMATED % CHANGE
2020	580,000	24.1%
2025	720,000	



MORTALITY



DEMENTIA DEATHS DURING THE COVID-19 PANDEMIC

3,121 more deaths than expected from dementia in 2020 **18.5%** higher than average

OF DEATHS FROM ALZHEIMER'S DISEASE (2019)

6,539

6th leading cause of death



HOSPICE (2017)

19,897

of people in hospice with a primary diagnosis of dementia

15%

% in hospice with a primary diagnosis of dementia



HOSPITALS (2018)

1,552

of emergency department visits per 1,000 people with dementia

23.0%

dementia patient hospital readmission rate



MEDICAID

\$ 2.689 BILLION

Medicaid costs of caring for people with Alzheimer's (2020)

28.4%

projected change in costs from 2020 to 2025



MEDICARE

\$30,106

per capita Medicare spending on people with dementia (in 2020 dollars)



CAREGIVING (2020)

527,000
Number of Caregivers

685,000,000
Total Hours of Unpaid Care

\$10,636,000,000
Total Value of Unpaid Care

47.8%

% of caregivers with chronic health conditions

16.3%

% of caregivers with depression

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.



ALZHEIMER'S IMPACT MOVEMENT™
alzheimer's association®

For more information, view the **2021 Alzheimer's Disease Facts and Figures** report at alz.org/facts.
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10 Warning Signs of Alzheimer's

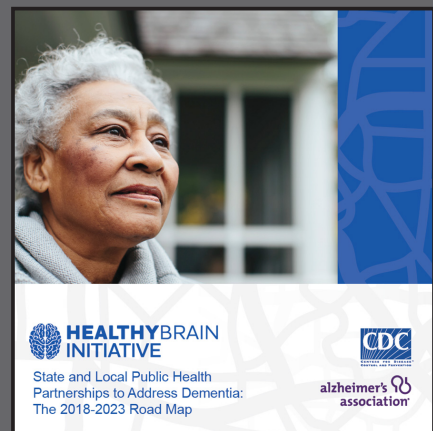


Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For other people, friends and family are the first to see changes in memory, behavior, or abilities. Memory loss that disrupts daily life is not a typical part of aging. People with one or more 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.



alz.org/publichealth
cdc.gov/aging

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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.



STUMP YOURSELF

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.

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.



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.



FUEL UP RIGHT

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



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS.™

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.
www.nia.nih.gov/health/legal-and-financial-planning-people-alzheimers
- ✓ 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

- ✓ Get home-safety tips.
www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease
- ✓ 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

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
- ✓ Learn about driving safety.
www.nia.nih.gov/health/driving-safety-and-alzheimers-disease

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
- ✓ Learn more about clinical trials:
 - NIA Clinical Trials Information
www.nia.nih.gov/health/clinical-trials
 - National Institutes of Health
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
- ✓ Eat a well-balanced diet that includes fruits, vegetables, and whole grains.
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.
- ✓ Get tips about self-care, safety, staying connected, and more.
www.nia.nih.gov/health/tips-living-alone-early-stage-dementia

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
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



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](#)

Last Updated: 5/2018



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

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.

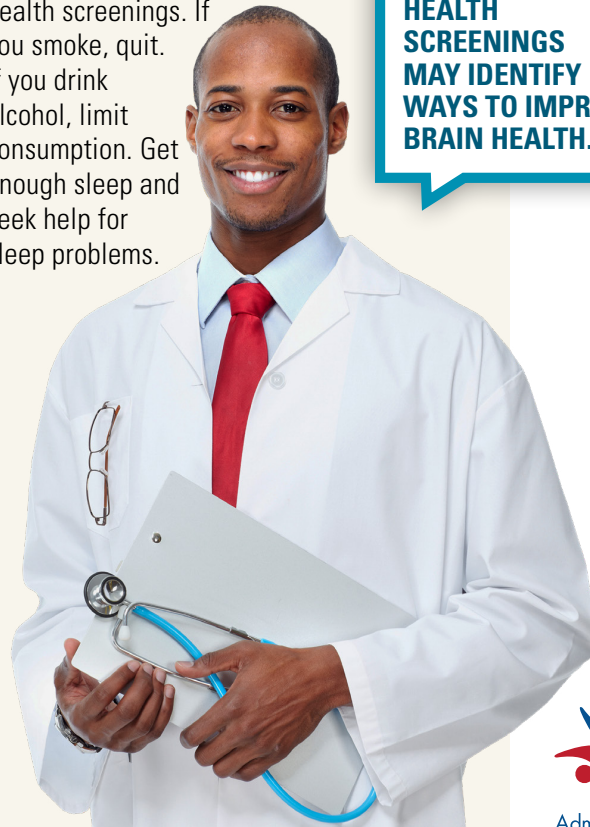
REDUCE IT: Manage your cholesterol and blood pressure, exercise, eat healthily, and get recommended health screenings. If you smoke, quit. If you drink alcohol, limit consumption. Get enough sleep and seek help for sleep problems.

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

**REGULAR
HEALTH
SCREENINGS
MAY IDENTIFY
WAYS TO IMPROVE
BRAIN HEALTH.**



Last Updated: 5/2018



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

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.

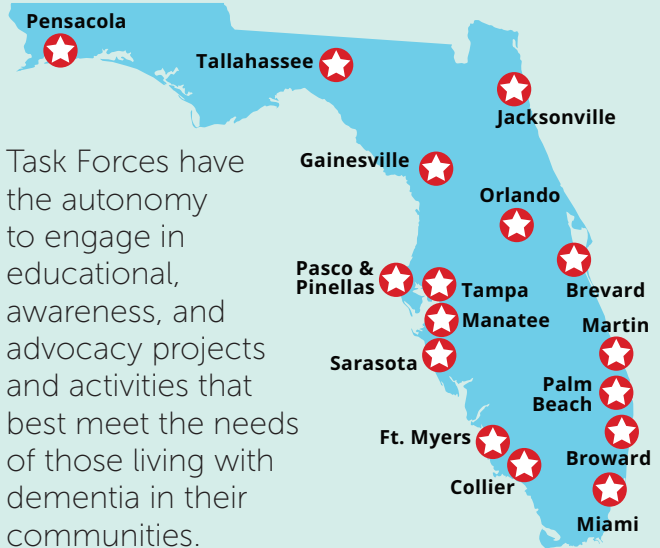
ASSISTANCE Provide assistance to dementia-caring communities: Each participating community is supported by DOEA to produce and implement community-specific action-oriented plans.

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,



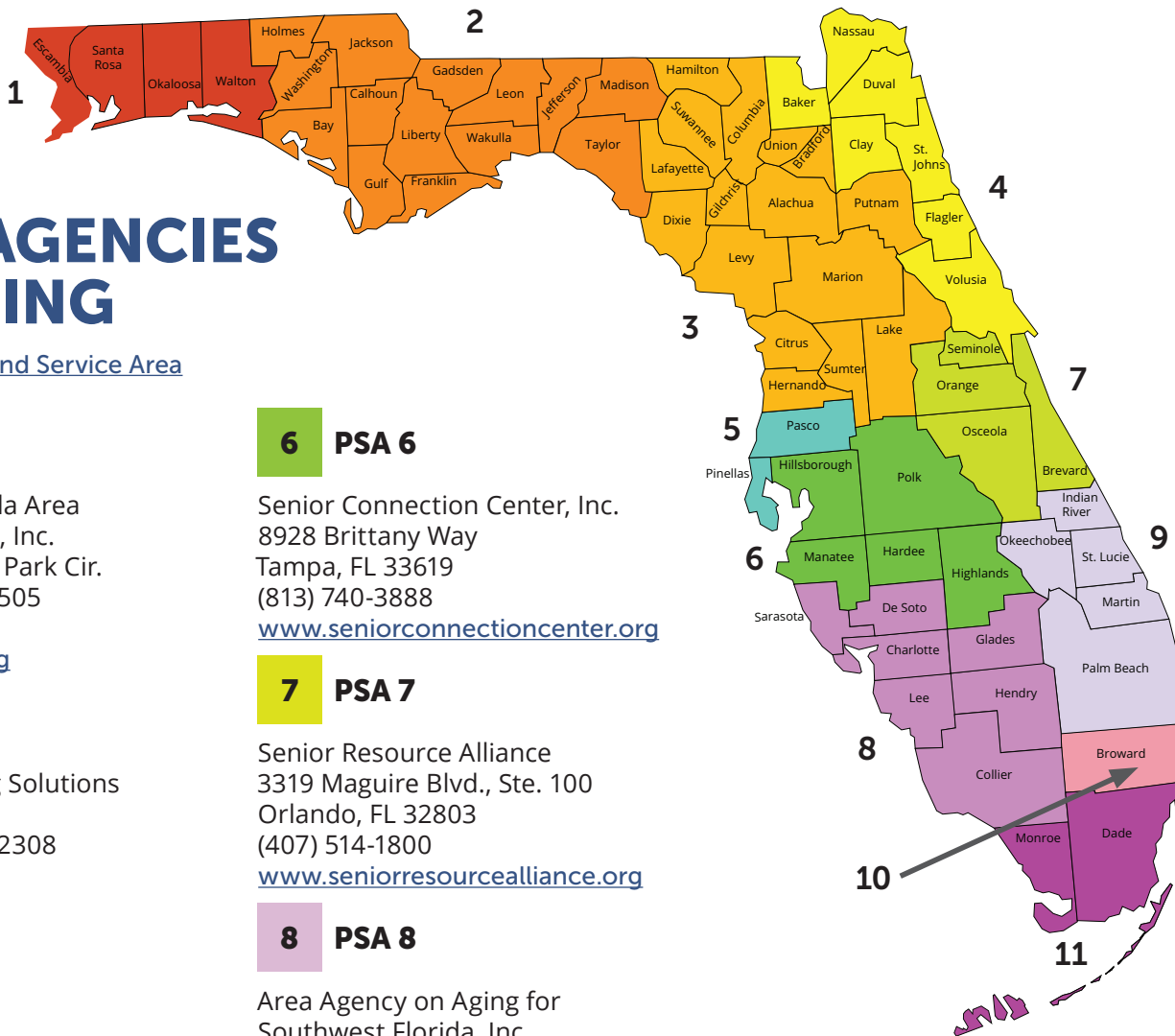
Task Forces have the autonomy to engage in educational, awareness, and advocacy projects and activities that best meet the needs of those living with dementia in their communities.

LEARN MORE

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



DEMENTIA
CARE & CURE INITIATIVE
FLORIDA DEPARTMENT OF ELDER AFFAIRS



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

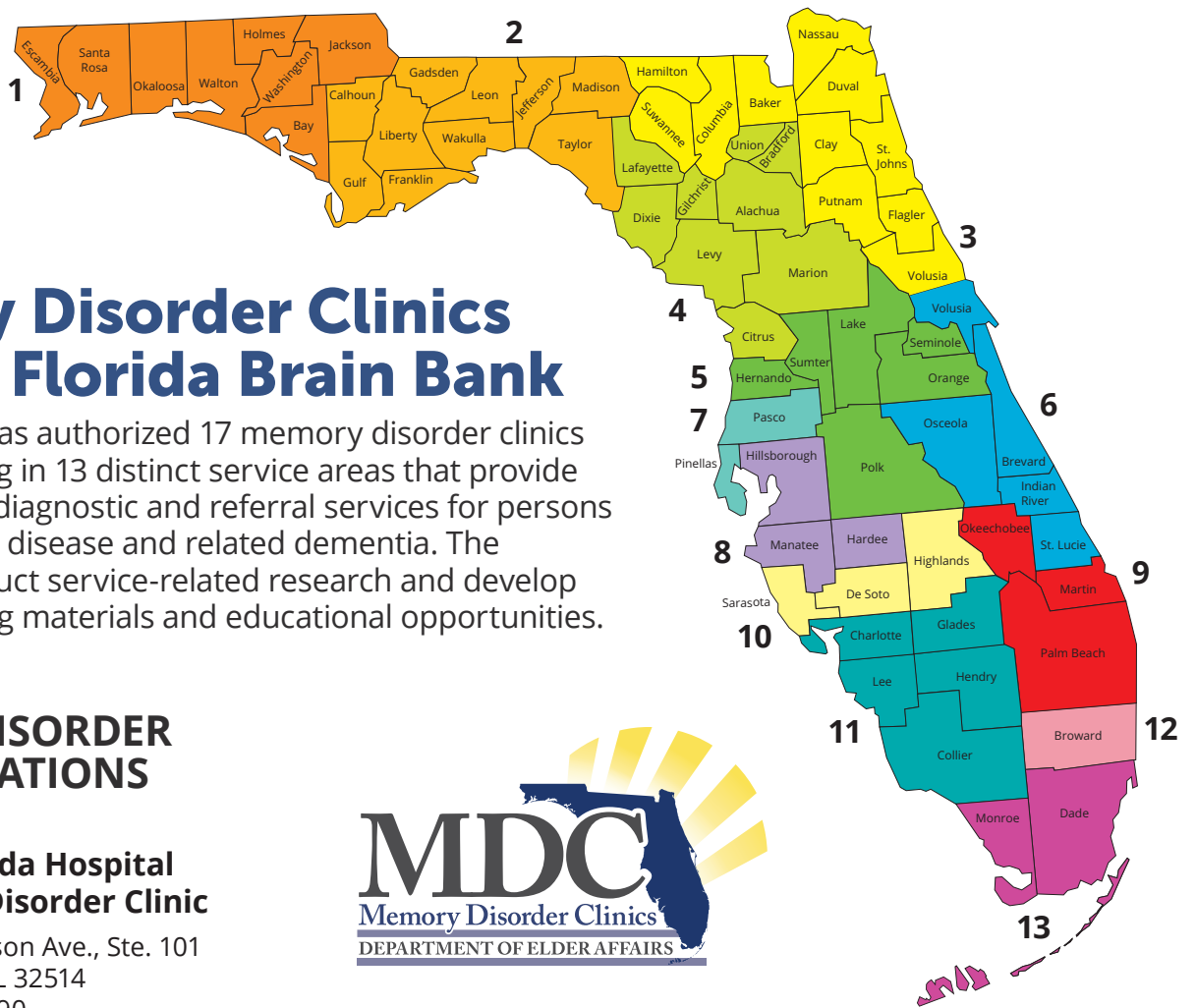
Aging and Disability Resource Center of Broward County, Inc.
5300 Hiatus Rd.
Sunrise, FL 33351
(954) 745-9567
www.adrcbroward.org

11 PSA 11

Alliance for Aging, Inc.
760 N.W. 107th Ave.,
Ste. 214, 2nd Floor
Miami, FL 33172
(305) 670-6500
www.allianceforaging.org

County coloring represents area 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

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

6 **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 HealthBrain 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](#)

[A Guide to Healthy Aging: What You Should Do](#)

[A Guide to Healthy Aging: What You Should Eat](#)

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](#)

[A Guide to Healthy Aging: What You Should Do](#)

[A Guide to Healthy Aging: What You Should Eat](#)

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](#)



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