

Brain

HEALTH PROGRAM



Resource Guide



Brain Boost



Brain Health 101

FOR MORE INFORMATION ABOUT HEALTHY BRAIN AGING AND CLINICAL TRIAL RESEARCH CALL:

SANDERS-BROWN CENTER ON AGING

2199 HARRODSBURG ROAD

LEXINGTON, KY 40504

859-323-5550

MEDICINE.UKY.EDU/CENTERS/SBCOA



Program Description:

Brain Boost

Activities When Living with Early to Moderate Dementia

Brain Health 101

Activities When Living with Early to Moderate Dementia

Resources

Area Agency on Aging- 1-800-677-1116

Alzheimer's Association 24-Hour Helpline- 1-800-272-3900

www.alz.org

Community Resource finder from Alzheimer's Association and AARP:

www.communityresourcefinder.org

VA Resources: <https://www.ruralhealth.va.gov/vets/resources.asp#dem>

Insurance

To find a State Health Insurance Program coordinator in your area, contact 1-800-677-1116.

<https://www.hhs.gov/answers/medicare-and-medicaid/who-is-eligible-for-medicare/index.html>

Medicare Part A- <https://www.medicare.gov/what-medicare-covers/what-part-a-covers>

Medicare Part B- <https://www.medicare.gov/what-medicare-covers/what-part-b-covers>

Medicare Advantage (Part C)- <https://www.medicare.gov/sign-upchange-plans/types-of-medicare-health-plans/medicare-advantage-plans/how-do-medicare-advantage-plans-work>

Medicare Part D- <https://www.medicare.gov/drug-coverage-part-d>

Medicaid- <https://www.medicaid.gov/>

Planning

Legal Services Corporation- 1-202-295-1500

www.FiveWishes.org

<https://www.aarp.org/caregiving/financial-legal/free-printable-advance-directives/>

Alzheimer's Association Care Planning Toolkit for Medical Providers-
<https://www.alz.org/careplanning/downloads/care-planning-toolkit.pdf>

CDC Care plan

<https://www.cdc.gov/aging/publications/features/caregivers-month.html>

Prevention

National Institute on Aging- Falls & Fall Prevention-

<https://www.nia.nih.gov/health/topics/falls-and-falls-prevention>

Do Not Call Registry- 1-888-382-1222

Consumer Credit & Reporting Industry- 1-888-567-8688

Direct Marketing Association (DMA)- www.dmachoice.org

Medic Alert Foundation- <https://www.medicalert.org/> 800-432-5378

Silver Sneakers Information- <https://tools.silversneakers.com/> or call
866-584-7389

Caregiving

National Institute on Aging- Taking Care of Yourself

<https://www.nia.nih.gov/health/taking-care-yourself-tips-caregivers>

A Dignified Life by Virginia Bell and David Troxel

Alzheimer Association Tips

Alzheimer's Association- Caregiver Health <https://www.alz.org/help-support/caregiving/caregiver-health>

Alzheimer's Association- Food & Eating- <https://www.alz.org/help-support/caregiving/daily-care/food-eating>

Alzheimer's Association- Activities- <https://www.alz.org/help-support/caregiving/daily-care/activities>

Alzheimer's Association- Bathing <https://www.alz.org/help-support/caregiving/daily-care/bathing>

Caregiver Stress- <https://www.alz.org/help-support/caregiving/caregiver-health/caregiver-stress>

Alzheimer's Association- Grief & Loss- <https://www.alz.org/help-support/caregiving/caregiver-health/grief-loss-as-alzheimers-progresses>

Alzheimer's Association Home Safety- <https://www.alz.org/help-support/caregiving/safety/home-safety>

Medication Safety- <https://www.alz.org/help-support/caregiving/daily-care/medication-safety> (1)

Alzheimer's Association Traveling- <https://www.alz.org/help-support/caregiving/safety/traveling>