

Brain

HEALTH ACTIVITIES



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 designed for those with Mild Cognitive Impairment (MCI) and those with mild Dementia

Brain Health 101

Activities designed for those with mild to moderate Dementia and those who care about them

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>