



**Keystone First**  
*Community HealthChoices*

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# Alzheimer's disease and dementia resources

The resources below can be used by providers and individuals living with Alzheimer's disease and other dementias, their families, and caregivers to better understand the disease and make care decisions together.

National Alzheimer's and Dementia Resource Center: <https://nadrc.acl.gov>

## **2018 NADRC: Education Resources for Persons Living With Dementia and Family Caregivers**

This handbook, published by the National Alzheimer's and Dementia Resource Center, includes links to webpages, message boards, blogs, and videos to assist people living with dementia and family caregivers as they navigate changes in cognition and ability to manage daily activities. The education resources were reviewed by the National Alzheimer's and Dementia Resource Center. They are free of charge and come from a variety of sources, including government, academia, government-funded Alzheimer's disease centers, and nonprofit organizations dedicated to Alzheimer's disease and related disorders.<sup>1</sup>

## **2018 NADRC: Handbook for Helping People Living Alone With Dementia Who Have No Known Support**

This handbook, published by the National Alzheimer's and Dementia Resource Center, provides practical guidance as well as tools for helping a person living alone who does not have informal supports, including people with dementia who have a caregiver that cannot provide support. The handbook includes practical strategies for identifying people who are living alone without support, assessing risk, building trust, identifying family and friends willing to help, determining decision-making capacity, options for helping the person maintain their independence, and the basics of guardianship or conservatorship.<sup>2</sup>

National Institute on Aging: <https://order.nia.nih.gov/view-all-alzheimer-pubs>

Healthy Aging program and resources: <https://www.cdc.gov/aging/index.html>

Alzheimer's disease and healthy aging: <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

Alzheimer's Association — Greater Pennsylvania Chapter: <https://www.alz.org/pa>  
24/7 HELPLINE from the Alzheimer's Association: **1-800-272-3900**

Locate a caregiver support group in your area:  
[https://www.alz.org/local\\_resources/find\\_your\\_local\\_chapter](https://www.alz.org/local_resources/find_your_local_chapter)

<sup>1</sup>"2018 NADRC: Education Resources for Persons Living With Dementia and Family Caregivers," National Alzheimer's and Dementia Resource Center, September 2018, <https://nadrc.acl.gov/node/154>, accessed February 5, 2019.

<sup>2</sup>"2018 NADRC: Handbook for Helping People Living Alone With Dementia Who Have No Known Support," National Alzheimer's and Dementia Resource Center, September 2018, <https://nadrc.acl.gov/node/157>, accessed February 5, 2019.