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FREE GUIDE · FAMILY CARE

The Family Resource Guide

Andrea & Steve's curated guide to navigating care for an aging parent in Montgomery County.

Trusted by 1,000+ Families Since 2004

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The Return To Sender Resource Guide

CARE MANAGEMENT

Aging Life Care Association, www.aginglifecare.org, 520-881-8008
the **Mid-Atlantic chapter**, mid-atlanticgcm.wordpress.com
This organization and its Mid-Atlantic chapter will help you find a professional, credentialed geriatric care manager who can help you develop a detailed plan of care as well as help with strategies for caring for your loved one. Their guidance leads families to the actions and decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off of work for family caregivers through: Assessment and monitoring, Planning and problem-solving, Education and advocacy and Family caregiver coaching.

CAREGIVERS

Caregiver Action Network, www.caregiveraction.org, 202-454-3970
The Caregiver Action Network is non-profit organization that supports those who provide care for their loved ones with chronic conditions, disabilities, disease, frailties of old age. It provides peer support and resources to family caregivers across the country free of charge.

National Alliance for Caregiving, www.caregiving.org, 301-718-8444
The National Alliance for Caregiving is a leader in conducting policy analysis and tracking legislation dealing with family caregiving issues—initiatives that focus on family caregivers or affect the care recipient in a way that would also affect the family caregiver. The need to support the nation's 53 million family caregivers and sustain them as the backbone of our chronic and long-term care system is a central issue in national and state efforts to reform healthcare.

American Medical Association Caregiver Self-Assessment Questionnaire "How Are You?" https://www.caregiving.org/wp-content/uploads/2010/11/caregiverselfassessment_english.pdf
This Caregiver self-assessment was developed by the American Medical Association to help family and private duty caregivers determine the level or stress associated with the care they are providing.

ALZHEIMER'S AND DEMENTIA

Adria Thompson – Belightcare.com www.Instagram.com/belightcare, www.Facebook.com/belightcare, www.TikTok.com/belightcare Licensed speech language pathologist, Adria Thompson gives brilliant insight into how to handle the unique issues surrounding loved ones with dementia. Her Instagram, Facebook and TikTok posts are inspiring, entertaining, and most of all extremely informative.

Alzheimer's Association of the National Capital Area, www.alz.org, 1-800-272-3900 The Alzheimer's Association can help you connect with professionals and support options near you to help deal with the effects of Alzheimer's and dementia.

Dementia Action Alliance, www.daanow.org, 732-212-9036
The Dementia Action Alliance is a non-profit organization that is dedicated to helping families and individuals live better lives with dementia. They have monthly podcasts, an online Resource Center, a national Speakers Bureau and other services to help families and individuals.

Dementia Society of America, www.dementiasociety.org, 1-844-336-3684
The Dementia Society of America is an all-volunteer organization promoting Dementia awareness. They have an information hotline, multiple online resources, and a Web-based locator that can help families and individuals find valuable support near them.

Dementia Care Central https://www.dementiacarecentral.com/montreal-cognitive-assessment-test/ The Montreal Cognitive Assessment is a 30-question test that tells whether a person shows signs of dementia. It is not meant to make a diagnosis, but studies have shown it is extremely reliable for predicting whether or not someone will be diagnosed with Alzheimer's disease or another dementia. **The test is intended to be administered and graded by a medical professional, who will then decide if more tests are necessary**. Again, the MoCA is not a diagnostic tool, but rather an indicator that more tests are required. There are several "at-home" dementia tests available for download on this site. These tests are not designed to diagnose Alzheimer's but they are helpful for family to help determine if a medical professional should be consulted. There is quite a bit of excellent advice offered on this site along with the multiple tests for free download.

Dementia Assist Apps https://www.teepasnow.com/resources/resources-and-products/free-dementia-assist-app/
Teepa Snow is considered a leading authority in the training and education of caregivers and family members who are living with or working with someone with Dementia. Snow has developed Dementia Assist Apps to assist the person caring for a person with dementia (PWD). It contains the most common behavioral expressions by the PWD, possible causes, and suggested actions to take for the behavioral expression.

GOVERNMENT AND COMMUNITY ORGANIZATIONS

Jewish Council for the Aging, www.accessjca.org, 301-255-4200
The Jewish Council for the Aging helps older adults in the Greater Washington, DC region maintain independence, dignity, vitality and self-respect. There are similar organizations like this in major metro areas throughout the country.

National Council on Aging, www.ncoa.org, 571-527-3900
The National Council on Aging believes that aging well is something every American deserves—regardless of gender, color, sexuality, income, or zip code. They help deliver

the resources, tools, best practices, and advocacy the country needs to ensure that every person can age with health and financial security.

National Hospice & Palliative Care Organization, www.caringinfo.org, 1-800-658-8898
The National Hospice and Palliative Care Organization has developed a series of resources they call "CaringInfo" to help provide free resources to help people make decisions about end-of-life care and services before a crisis. One of their goals is to expand access to a proven person-centered model for healthcare—one that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences.

National Institute on Aging, www.nia.nih.gov, 1-800-222-2225
The National Institute on Aging is one of the 27 Institutes and Centers at the National Institutes of Health (NIH), a component of the U.S. Department of Health and Human Services. NIA's mission is to: support and conduct genetic, biological, clinical, behavioral, social, and economic research on aging, foster the development of research and clinician scientists in aging, provide research resources, and to disseminate information about aging and advances in research to the public, health care professionals, and the scientific community, among a variety of audiences.

Centers for Medicare and Medicaid Services, www.cms.gov, 1-800-633-4227
This is the government agency responsible for Medicare insurance as well as the variety of Medicaid programs that are available to many citizens. It is a good source of information to answer insurance and other related questions. There is quite a bit of detail available on this site and it also supports the Website: Medicare.gov which is dedicated exclusively to Medicare-related issues. U.S. Govt. Site for Medicare, www.medicare.gov, 1-800-633-4227

Administration for Community Living Eldercare Locator https://eldercare.acl.gov
The Eldercare Locator is a public service of the U.S. Administration on Aging which connects you to service for older adults and their families. They can also be reached at 800-677-1116.

National Respite Locator https://archrespite.org/respitelocator
The Access to Respite Care and Help (ARCH) National Respite Network and Resource Center goal is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

Positive Aging Sourcebook, retirementlivingsourcebook.com, 800-394-9990; 703-992-1100
Positive Aging SourceBook was founded by Steve Gurney in 1990 to provide individuals, families, and professionals with the most comprehensive listing of every retirement community, assisted living, nursing and rehab center and home care option in the DC, Northern Virginia and Suburban Maryland. The publication filled a huge void in the marketplace and with the encouragement of government agencies and regional non-

profits quickly expanded to two more regional editions covering the State of Maryland, and the Delaware Valley Region (Pennsylvania, New Jersey, and Delaware).

MENTAL HEALTH

Mental Health Association, www.every-mind.org, 301-424-0656
The Mental Health Association has been in existence for 60 years providing community education, advocacy and direct services to empower children, teens, families, older adults and the entire community to reach optimal mental wellness. This organization is local to the Washington, DC metro area in Montgomery County, MD.

National Alliance on Mental Illness, www.namimc.org, 301-949-5852
The National Alliance on Mental Illness – Montgomery County (NAMI MC) was established in 1978 by five local families, seeking to support each other and to educate others about mental illness. With little insight easily available, harsh existing approaches to treatment, and few current support services available, the movement of families and caregivers seeking to cope with the mental illness of their loved ones grew across the nation. A true grassroots movement, this national effort grew and changed names several times over the years to today become the largest grassroots mental health organization in the country. NAMI MC predates the national organization (based in Arlington, VA) and provides a large array of different free classes and support groups for individuals – and family members of those individuals – living with a mental illness. All classes and support groups are offered free of charge and multiple times a week at various locations within Montgomery County and surrounding areas.

Well Spouse Association, www.wellspouse.org, 1-800-838-0879
The Well Spouse Association is a non-profit organization founded by Zane Kotker ("Maggie Strong") whose husband was diagnosed with Multiple Sclerosis. With much encouragement, she wrote a book, "Maindstay: For the Well Spouse of the Chronically Ill" sharing her experiences as a well spouse. Members can share their thoughts and feelings openly with others facing similar circumstances in a supportive, non-judgmental environment. In addition, they share information on a wide range of practical issues facing spousal caregivers. WSA works to make health care professionals and the general public aware of the great difficulties caregivers face every day.

LEGAL ADVICE

National Academy of Elder Law Attorneys, Inc. (NAELA), www.naela.org,703-942-5711
The primary goal of the National Academy of Elder Law Attorneys is to improve the quality of legal services provided to older adults and people with disabilities. This site also features the 2021 Krause Report which contains all the essentials of crisis Medicaid planning and other long-term care solutions, including: the latest on Medicaid Compliant Annuities, An overview of the Medicaid Program, Advanced crisis Medicaid planning tactics, Pre-planning strategies for long-term care, Long-Term Care insurance policy options, Medicaid Denial and Fair Hearing Advice, and more.