

## CAREGIVER RESOURCES

### *Dementia*

#### Helpguide.org

##### ***Caregiving Support and Help***

<http://www.helpguide.org/articles/caregiving/caregiving-support-and-help.htm>

##### ***Dementia and Alzheimer's Care***

<http://www.helpguide.org/articles/alzheimers-dementia/dementia-and-alzheimers-care.htm>

##### ***Support for Alzheimer's and Dementia***

<http://www.helpguide.org/articles/caregiving/support-for-alzheimers-and-dementia-caregivers.htm>

#### Local Resources

##### ***Alzheimer's Support Group for Caregivers***

Overlake Senior Health Center

Hidden Valley Office Park, Building 1

1750 112<sup>th</sup> Avenue NE, Suite A101

Bellevue, WA 98005

Facilitator: Regina Bennett, (425) 502-9828 or (425) 688-5807

Meeting Times: Third Monday of each month, 3:00-4:30pm

\*Must call facilitator prior to attending

##### ***Eastside Adult Day Services – Bellevue Center***

12831 NE 21<sup>st</sup> Place

Bellevue, WA 98005

(425) 867-1799

[info@eads-cares.org](mailto:info@eads-cares.org)

Free Class Series: Powerful Tools for Caregivers

<http://eadscares.wordpress.com/our-services/powerful-tools-for-caregivers/>

\*Additional caregiver services and support groups also available

##### ***Dementia Support Group / Informational Lecture***

Aegis of Kirkland

130000 Totem Lake Boulevard

Kirkland, WA 98033

Facilitator: Brenda Kauffman, (425) 823-7272, [Brenda.kauffman@aegisliving.com](mailto:Brenda.kauffman@aegisliving.com)

Meeting Times: Last Tuesday of every other month (Jan, Mar, May, Jul, Sept, Nov), 6:00 p.m.

\*All caregivers welcome

#### Ten Tips for Family Caregivers

- 1) Seek support from other caregivers. You are not alone!
- 2) Take care of your own health so that you can be strong enough to take care of your loved one
- 3) Accept offers of help and suggest specific things people can do to help you
- 4) Learn how to communicate effectively with doctors
- 5) Caregiving is hard work so take respite breaks often
- 6) Watch out for signs of depression and don't delay in getting professional help when you need it
- 7) Be open to new technologies that can help you care for your loved one
- 8) Organize medical information so its up-to-date and easy to find
- 9) Make sure legal documents are in order
- 10) Give yourself credit for doing the best you can in one of the toughest jobs there is!

**CAREGIVER RESOURCES**  
*Senior Home Care*

**Andelcare**

(425) 283-0408 – Bellevue

(206) 838-1844 – Seattle

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Bellevue, WA 98007

<http://www.andelcare.com/>

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