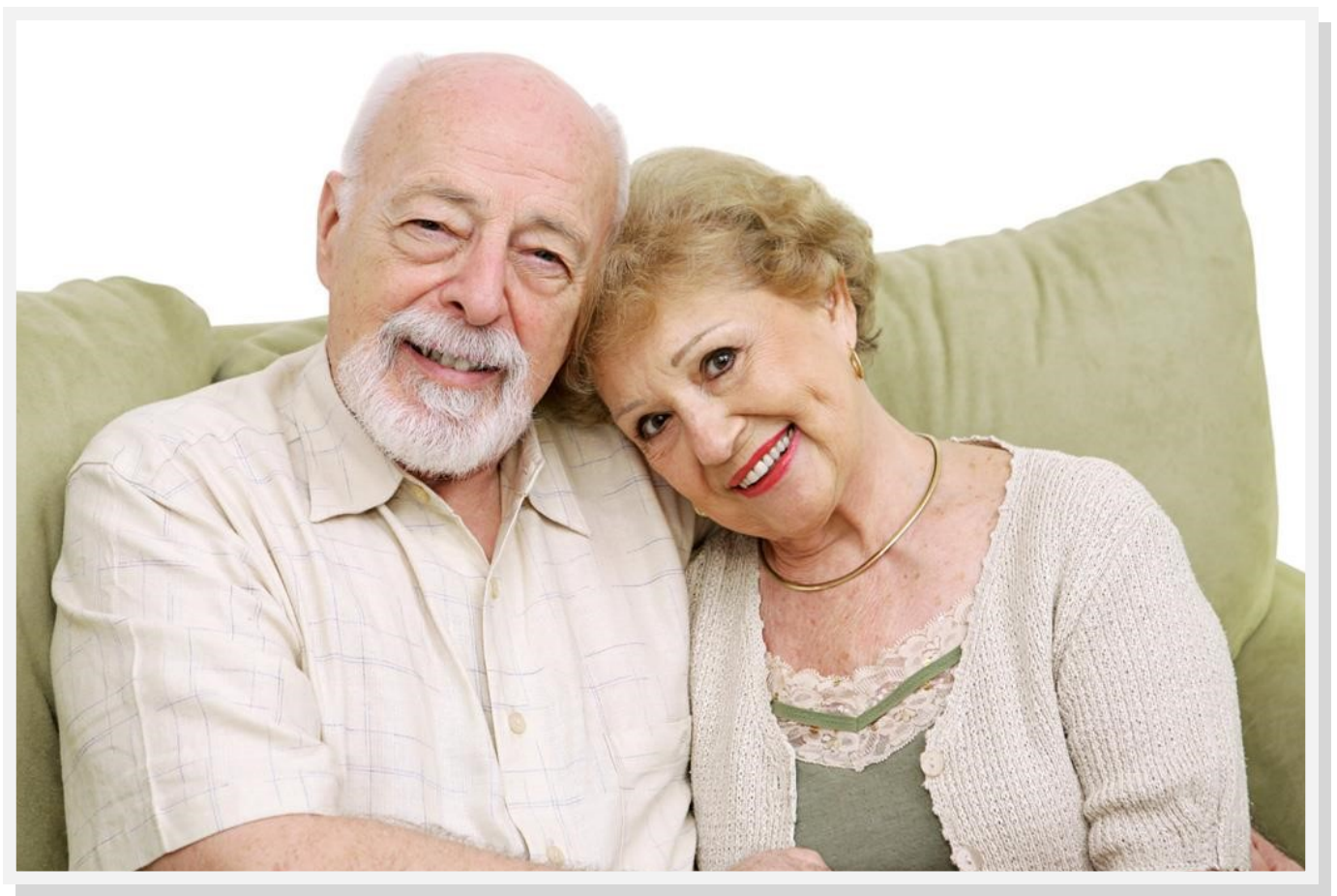


One Senior Place **Alzheimer's & Dementia Resource Guide**



One Senior Place

Brevard/Space Coast: 321-751-6771
8085 Spyglass Hill Road, Viera, FL 32940

Greater Orlando: 407-949-6733
715 Douglas Ave, Altamonte Springs, FL 32714

OneSeniorPlace.com



The Experts in Aging

Alzheimer's Disease and Related Dementia

Many people are confused about the difference between “dementia” and “Alzheimer's disease.” Simply put, dementia is a general term for *a decline in mental ability severe enough to interfere with daily life*. Alzheimer's is the most common type of dementia, accounting for 60-80% of all cases. Although the majority of people with Alzheimer's are 65 and older, the disease is not a normal part of the aging process. Forgetting newly learned information or important dates and events are symptomatic of the type of memory loss characterized by the disease. The symptoms of Alzheimer's disease usually develop slowly and increase in severity over a period of up to eight years, although the life expectancy of people with Alzheimer's varies greatly depending on their physical condition. Over time, problems with memory, thinking and behavior become severe enough to impede even simple tasks. There is no known cure for Alzheimer's Disease. Current treatments, however, can slow the worsening of dementia symptoms and improve the quality of life for Alzheimer's patients and their family caregivers.

If your loved one is showing signs of memory loss, an assessment such as a baseline memory screening may be in order. Free memory screenings are offered at One Senior Place each month. Doctors, researchers and clinicians agree: an early diagnosis and prompt treatment may help slow the onset and lessen the severity of the symptoms of Alzheimer's disease.

Resources in Brevard/Space Coast

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|---|--------------|--|
| • Brevard Alzheimer's Foundation | 321-253-4430 | www.BrevardAlzheimers.org |
| • Alzheimer's Association | 407-228-4299 | www.alz.org/cnfl/ |
| • East Central Florida Memory Disorder Clinic | 321-768-9575 | www.ecfmdc.org |
| • One Senior Place Care Management | 321-253-6330 | www.OneSeniorPlace.com |
| • The Center for Family Caregiving | 321-951-7118 | www.CenterForFamilyCaregivers.org |
| • Project Lifesaver—Brevard County TRIAD | 321-631-2747 | www.BrevardTriad.org |

Resources in Greater Orlando

- | | | |
|--|--------------|--|
| • Alzheimer's & Dementia Resource Center | 407-843-1910 | www.AdrcCares.org |
| • Alzheimer's Association | 407-228-4299 | www.alz.org/cnfl/ |
| • Orlando Health Center for Aging and Memory Disorder Clinic | 321-841-9700 | www.OrlandoHealth.org |
| • Bioclinica Research | 407-697-1413 | www.BioclinicaResearch.com |
| • One Senior Place Care Management | 407-949-6717 | www.OneSeniorPlace.com |
| • Musical Minds Choir | 407-937-1800 | www.cfcartrts.com/arts-and-wellness |



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Revolutionizing the way America shops for senior care and services

Care Options Related to Dementia

Loved ones with dementia can be cared for at home as long as they are in a safe, nurturing environment. Private duty care (and hospice care when appropriate), allows families to keep loved ones with memory loss at home for as long as possible. When family dynamics don't allow for in-home care, other care options such as adult daycare, assisted living and specially designed nursing homes can provide the needed attention for people with dementia. Some assisted living communities may have optional memory care, while others may specialize in memory care. If 24-hour nursing care is required, nursing homes offer a secure environment. People with dementia often need care providers who understand the special needs of those with memory loss. This is true throughout the spectrum of care providers: Look for physicians and even dentists who can provide specialized care.

Caring for the Caregiver

Caring for a loved one with dementia can be very challenging. And the stress of sometimes overwhelming responsibilities can adversely affect family relationships. It is very important, therefore, for the caregiver to have a strong support network in place. Learning about dementia care and meeting other caregivers is a good place to start. Every person with dementia is different, but sharing information and ideas often results in a special kind of help and encouragement that only another caregiver can provide. Contact your local Alzheimer's resource organization for a list of support groups in your area.

Care Management

Referrals, websites, helplines and other resources are all great tools. But sometimes we all need the guidance of an experienced professional to help us understand our options. **One Senior Place Care Management offers a FREE 30-minute one-on-one consultation** with someone who fully comprehends the personal goals and medical needs of seniors to make your situation less stressful. A One Senior Place Care Manager can help you determine the level of care needed --AND put you in touch directly with the appropriate resources. Continued Care Management Services are also available for those who desire in-home access to a Registered Nurse and/or Masters level Social Worker to help ensure independence and the highest quality of life. Schedule an appointment today with a **One Senior Place Care Manager at 866-751-6771** to relieve yourself of the stress of solitary decision-making. With One Senior Place, you're never alone.

Additional Online Resources:

www.OneSeniorPlace.com

www.AlzheimersReadingRoom.com

www.HelpForCaregivers.org

Florida Brain Bank www.elderaffairs.state.fl.us/doea/BrainBank



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Revolutionizing the way America shops for senior care and services

Square One for Senior Services

One Senior Place is a one-stop resource and information office for advice, referrals, and services for seniors, caregivers, and those approaching retirement.

Walk in our doors and find a wide variety of senior focused businesses, plus a calendar packed with educational presentations, seminars, and our legendary Special Events.

Our Aging Services Experts will connect you with a wide range of services including:

- In-home senior care
- Senior living advice and assisted living placement services
- Professional care management
- Legal, financial, and insurance
- Hospice care
- Alzheimer's care and resources, and much more!



Need help for yourself or a loved one?

Call **866-751-6771** today to schedule your free 30-minute consultation with a One Senior Place Aging Services Expert who can help you identify and connect with the services you need.



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