GPS* for Early-Stage Alzheimer’s and Other Dementias

*GPS: Guide to Proactive Steps

A Resource Provided by the Center for BrainHealth® 2020

Dallas Area Resources

SUGGESTED DONATION $10
This resource was made possible by funding from a young-professionals organization dedicated to Alzheimer’s research and awareness.
PREFACE

The idea for this resource guide came from families who have received a diagnosis of Alzheimer’s disease and expressed frustration at the challenge in finding resources, despite an abundance of options. It can be incredibly overwhelming to navigate this sea of information, so we wanted to help families forge a positive path in the context of a community of support.

This resource guide is intended to serve as a starting point for families in the Dallas area who have just received a diagnosis but are not sure what to do next. In the pages that follow, you will learn about programs offered at Center for BrainHealth and its Brain Performance Institute, as well as other organizations, programs, and helpful tips that can further inform your journey. We hope this resource guide helps distill the cacophony of information into a concise, easy-to-digest starting point.

The development and creation of this guide was made possible in large part thanks to the generosity and support of BvB Dallas. Eden Starnes, Erin Venza, Bess Callarman, Tiffany Stevens, and Margaret Chaplin all made significant and invaluable contributions to this project, for which we are deeply grateful. Finally, we know that new programs and resources continue to come online, so we anticipate updating this document over time to ensure it continues to be an up-to-date, useful resource. We welcome your feedback and ideas for future updates.

The content herein is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this document. The Center for BrainHealth makes no representations as to the accuracy, completeness, suitability or validity of any of the content included herein, which is provided on an “as is” basis. The Center for BrainHealth does not recommend or endorse any specific tests, physicians, products, procedures, opinions or other information that may be mentioned. Links to articles are provided for information purposes only and the views and opinions expressed in those articles are those of the respective authors and do not necessarily reflect those of The Center for BrainHealth.
Dear Friend,

No one wants a diagnosis of Alzheimer’s or other dementia. At the Center for BrainHealth® (BrainHealth), we understand the stark reality of this diagnosis, but also the vast potential that still exists and can be harnessed in the ensuing years. We want to share the science of how to optimize quality of life while living with a diagnosis from the onset.

BrainHealth has a comprehensive plan for families learning to adjust to a diagnosis, including:

- **BrainHealth® Index.** Assessment to evaluate and monitor brain performance to create a personalized plan to utilize preserved capacities. This brain check-up is valuable for both the care partner and people experiencing memory concerns.

- **Strengths-Based Intervention.** An engaging and interactive discussion group called the Discovery Group, led by master’s level clinicians, for people with a recent diagnosis of Alzheimer’s disease. The group focuses on an appropriate level of mental engagement in a supportive social context.

- **Collection of Life Stories.** An enjoyable way to exercise communication skills and tap better-preserved long-term memory.

- **Community Resources.** BrainHealth is a proud partner with programs and institutions serving the broader Alzheimer’s community.

You will discover a multitude of ways to access help in this resource guide. My team looks forward to connecting with you through one of our programs. If you have questions or comments, I would love to hear from you.

Warm Regards,

Audette Rackley, M.S., CCC/SLP
Center for BrainHealth
Assistant Director, Strengths-Based Programs
(972) 883-3405
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BrainHealth® INDEX

**What is it?**
- The BrainHealth® Index is a non-diagnostic assessment of brain performance that identifies areas of strength and offers specific, easy to implement recommendations in areas for improvement.
- The BrainHealth® Index is conducted one-on-one with an experienced clinician who is able to adapt the assessment to suit a variety of specific concerns, including language and memory.

**Who might benefit?**
- Adults of all ages who want to be proactive in finding ways to maintain and even improve their brain performance through regular monitoring.
- Individuals who feel they may be experiencing some decline in memory, speed of thinking, new learning or other cognitive areas.
- Care partners who want to be proactive about their brain health.

**Why do it?**
A BrainHealth® Index establishes a baseline of function and provides an opportunity to speak with a clinician and get personalized, practical action items to strengthen brain function.

**How do I schedule a BrainHealth Index?**
- A BrainHealth® Index can be scheduled either for a morning. Feedback sessions with personal recommendations typically occur two to three weeks later.
- Assessments are administered at the Brain Performance Institute, 2200 W. Mockingbird Lane, Dallas, TX 75235. Parking is free and easily accessible, and our building is ADA-compliant.
- For more information, visit the BrainHealth® Index website.
- For pricing information and scheduling, contact Lindsay Reese at (972) 883-3310, or lindsay.reese@utdallas.edu.
At the Center for BrainHealth, we recognize the continued potential even in the midst of changes in memory and thinking. Whether you have Mild Cognitive Impairment, or early Alzheimer’s we have developed programs to help keep people on a positive path.

**What is it?**
The Discovery Group is a unique program offered to families adjusting to a diagnosis of Alzheimer’s. It is one of the few options available for people with an early-stage diagnosis.

**Why should you do it?**
Medication is not the only option. There are additional ways to support daily life engagement. Lifestyle accommodations can add to retained functionality, dignity and quality of life.

**Clinician-led Program**
Our clinicians are highly skilled therapists who understand the impact of Mild Cognitive Impairment and different types of dementia on the brain. We provide science-based insights on ways to optimize performance, leading to positive outcomes.

**Grounded in Science & Focused on Strengths**
- Our research shows that engagement at the appropriate level helps stimulate important cognitive abilities, provides a sense of purpose, and may slow the rate of decline in functional abilities. This approach is designed to allow individuals to maintain a greater sense of well-being, longer.
- For example, if a person loses the ability to move an arm, one would never ask them to repeatedly use that arm. Yet when someone has cognitive changes, we often expect them to continue to succeed in an area of difficulty, whether it be memory, language or complex mental activities. This causes frustration and can lead to hopelessness and symptoms of depression.
- Our program changes the status quo. We tap into preserved abilities and focus on long-standing interests rather than working on areas of difficulty. We illuminate a positive path forward and bring back hope.

**How is the Discovery Group different from a support group?**
BrainHealth programs provide an action-oriented, hope-filled, positive way forward. Traditional support groups provide a forum to process feelings around a diagnosis, and traditional activity groups focus on a shared interest.

“I cannot thank you enough. How you gave us valuable information and communicated with my mom and dad made a huge impact on the start of this journey.”
– Care Partner
THE DISCOVERY GROUP FOR EARLY ALZHEIMER’S

What is involved?
- A small group experience offered twice a year for people with a recent diagnosis of Alzheimer’s disease. Clinicians create a low-stress environment balanced with stimulating mental engagement in a social environment.
- The intervention is research-driven and dials down stress by tapping into preserved abilities. Activities focus on maximizing potential rather than drawing attention to areas of decline.
- The 1.5 hour sessions meet on scheduled mornings and include:
  - Discussions on topics of interest
  - Education on the diagnosis
  - Proactive strategies and daily tips

Who might benefit?
- Individuals with a recent diagnosis of Alzheimer’s
- People who want to connect with others seeking hope and a positive roadmap to cope with life changes

Why participate?
- To exercise your brain in meaningful ways
- To find an action plan and be part of a conversation about continued potential in the midst of a progressive disease
- You may be able to offer support to someone else adjusting to a challenging diagnosis

How do I participate?
- A screening is required prior to participation to determine eligibility.
- All meetings are conducted at the Center for BrainHealth.
- Thanks to BvB Dallas, this program is offered at no cost to participants.
- For more information, contact Audette Rackley at (972) 883-3405, or arackley@utdallas.edu.

“After our diagnosis, we were unsettled as to what to do. The BrainHealth experience offered the best prescription for us. The staff was supportive, compassionate, caring, and kind. Thank you for being there for us.”
– Program Participant
COLLECTION OF LIFE STORIES

What is a collection of life stories?
An organized collection of meaningful personal experiences expressed as brief stories. Stories are often accompanied by pictures and other visual aids to stimulate memory and understanding. This collection is developed through a process of reminiscing and recording significant memories.

"I can’t say enough about how this program has helped us. My husband is particularly excited about the collection of life stories. We both thank you from the bottoms of our hearts.”
– Care Partner Feedback

How do participants benefit?
- Reminiscence is an enjoyable brain exercise that has been shown to have a positive impact on quality of life.
- The process of recording life stories taps into strengths for many people with dementia, including long-term memory, world knowledge, wisdom, and personal experiences.
- This activity helps to reinforce memory, instills a sense of purpose, and provides a communication tool as language skills decrease.
- Life story books are family treasures and highlight a loved-one’s personality and legacy.
- These books can help facilitate meaningful interactions with other healthcare professionals by providing an understanding of a person’s history and life-long interests.

How do I participate at the Center for BrainHealth?
- The Center for BrainHealth offers one-on-one reminiscence sessions with student clinicians. Conversations focus on significant life stories that are organized, edited, and preserved in a book format and in a digital file that is given to the participant.
- Thanks to BvB Dallas, this program is currently offered at no cost to participants.
- For information on creating a Collection of Life Stories at the Center for BrainHealth, contact Audette Rackley at (972) 883-3405 or email arackley@utdallas.edu.

If you live outside the Dallas area and would like to create a book on your own, go to page 46 for books and websites on this topic.
INDIVIDUAL CONSULTATION & RECOMMENDATIONS FOR CARE PARTNERS

What is it?
- A focused, one-on-one discussion to understand your current challenge areas and expand your support network.
- An opportunity to connect you with an experienced member of the BrainHealth team and other community resources as appropriate.

Who would benefit?
- People who have memory concerns and need help determining the next steps.
- Families who need to make guided adjustments to successfully adapt to a new phase in life.

Why do it?
- You feel overwhelmed with information and need help identifying next steps.
- You are having difficulty finding or connecting to needed resources.
- You would like face-to-face time with an expert who can provide individualized guidance to help maximize your quality of life.
- You want to make sure that you are taking into account your own brain health as the care partner to provide stability in the midst of change and stress.
- You want to be more aware of how to respect the dignity of the person with the diagnosis.

How do I schedule a consultation?
- Consultations take place at the Center for BrainHealth, 2200 W. Mockingbird Ln., Dallas, TX 75235.
- For more information and scheduling, contact Audette Rackley at (972) 883-3405, or arackley@utdallas.edu.

“You gave me several new suggestions to try, reinforced what we were already doing, and gave much needed affirmation that we are on the right track. Thank you for your kind and supportive voice.”
– Care Partner

For information on local caregiver support groups, go to pages 32-33.
iRest

Mindfulness is a science-based practice of managing stress by learning how to cultivate a sense of calm. Thanks to a special partnership with Warrior Spirit Project, the Brain Performance Institute is proud to offer weekly integrative restoration (iREST) classes focusing on this practice.

Who might benefit?
• Care partners who want to incorporate moments of calm into daily life.
• People who want to deal with the reality of changes in a positive manner.
• Diagnosed individuals who want to be proactive in moments of stress, fear, or frustration.

Why do it?
• A diagnosis of Alzheimer’s can increase stress for the diagnosed person and for care partners.
• Knowing how to create (or regain) a sense of calm is an important habit to establish.
• It is important be prepared for how to manage upcoming increases in stress.
• A calm perspective can decrease stress and improve the ability to visualize alternatives.

How do I participate in iREST at the Brain Performance Institute?
• iREST is a guided, restorative, evidence-based relaxation practice.
• Guided classes are held on Fridays from 2:00 pm to 3:00 pm.
• Cost is $15 per session. Discovery Group members can experience their first session at no cost, thanks to the generosity of a donor who has benefited from iREST.
• Located at the Brain Performance Institute, 2200 W. Mockingbird Ln., Dallas, TX 75235
• Call/Email: Lindsay Reese at (972) 883-3310, or lindsay.reese@utdallas.edu

For more on stress management and mindfulness, go to page 34.
Medical and Professional
Are you needing a diagnosis and don’t know where to start? Your primary care physician can make a diagnosis or refer you to a specialist for a more comprehensive evaluation. Some Dallas-area options are listed in this section.

Memory Specialists

**Baylor Scott and White Memory Center, AT&T Memory Center**
9101 N. Central Expressway, Suite 230, Dallas, TX 75246

*Claudia Padilla, M.D.*
*Clinic: (214) 818-5765 (doctor referral required)*
*Website: [Baylor Neuroscience Center's AT&T Memory Center](https://neuroscience.bswsmc.org/memory-center)*

*Claudia Padilla, M.D.*

- Clinic: (214) 818-5765 (doctor referral required)
- Website: [Baylor Scott & White Cognitive Behavioral Neurology and Neuropsychiatry](https://www.bswhealth.com/cognitive-behavioral-neurology-neuropsychiatry)

**University of Texas Southwestern Medical Center, Neurology Clinic**
James W. Aston Ambulatory Care Center
5303 Harry Hines Blvd., 4th Floor, Suite 108, Dallas, TX 75390

*Trung Nguyen, M.D., Ph. D.*
*Brendan Kelley, M.D.*

- Clinic: (214) 645-8800 (doctor referral required)
- Email: [adc@utsouthwestern.edu](mailto:adc@utsouthwestern.edu)
- Website: [Alzheimer's Disease Center, Peter O'Donnell Jr. Brain Institute](https://www.utsouthwestern.edu/med/centers-institutes/peter-o-donnell-jr-brain-institute)
- Website: [Memory Disorders, Peter O'Donnell Jr. Brain Institute](https://www.utsouthwestern.edu/med/centers-institutes/peter-o-donnell-jr-brain-institute)

**University of Texas Southwestern Medical Center, Psychiatry Clinic**
Paul M. Bass Administrative and Clinical Center
6363 Forest Park Rd., 7th floor, Suite 749, Dallas, TX 75390

*Molly Camp, M.D.*
*Izabella Dutra De Abreu, M.D.*

- Clinic: (214) 645-8500
- Website: [Psychiatry Clinic at Paul M. Bass Administrative and Clinical Center](https://www.utsouthwestern.edu/med/centers-institutes/paul-m-bass-administrative-clinical-center)
MEDICAL (continued)

General Neurology Clinics

Neurology Consultants of Dallas
8390 Lyndon B Johnson Frwy., Dallas, TX 75243
- Clinic: (214) 750-9977
- Website: Our Providers, Neurology Consultants of Dallas
- *Assessments can be conducted for non-English speakers who provide an interpreter.

Texas Neurology
Dallas: 6080 North Central Expressway, Suite 100, Dallas, TX 75206
- Dallas Clinic: (214) 827-3610
- Website: Texas Neurology Clinic
- Website: Dallas Office, Texas Neurology Clinic

Richardson: 2821 E. George Bush Hwy., Suite 303, Richardson, TX 75082
- Richardson Clinic: (214) 540-1400
- Website: Richardson Office, Texas Neurology Clinic

University of Texas Southwestern Medical Center, Neurology Clinic
James W. Aston Ambulatory Care Center
5303 Harry Hines Blvd., 4th Floor, Suite 108, Dallas, TX 75390
- Clinic: (214) 645-8800 (doctor referral required)
- Email: adc@utsouthwestern.edu
- Website: General Neurology, Peter O'Donnell Jr. Brain Institute

Looking for more options or a specialist near you?
Visit the online Alzheimer's Association AARP Community Resource Finder, a comprehensive database of aging-related resources.

Go to CommunityResourceFinder.org:
- Select “Medical Services”
- Choose a medical need to search
- Enter your zip code
RESEARCH

Pharmacological Research

Baylor Scott and White Memory Center, AT&T Memory Center
9101 N. Central Expressway, Suite 230, Dallas, TX 75246
- Research: (214) 818-0382
- Website: Baylor Neuroscience Center's AT&T Memory Center
- Website: Baylor Scott & White Cognitive Behavioral Neurology and Neuropsychiatry

University of Texas Southwestern Medical Center, Neurology Clinic
James W. Aston Ambulatory Care Center
5303 Harry Hines Blvd., 4th Floor, Suite 108, Dallas, TX 75390
- Research: (214) 648-9331
- Email: adc@utsouthwestern.edu
- Website: Alzheimer's Disease Center, Peter O'Donnell Jr. Brain Institute
- Website: Memory Disorders, Peter O'Donnell Jr. Brain Institute

Non-Pharmacological Research

Center for BrainHealth®
2200 W. Mockingbird Ln., Dallas, TX 75235
- Contact: Namrata Das at (972) 883-3266
- Website: Participate in a Study, Center for BrainHealth®

Online Research Databases

Alzheimer’s Association TrialMatch
- Free, easy-to-use matching service.
- Generates a customized list of clinical studies based on user information.
- Website: TrialMatch, Alzheimer’s Association

ClinicalTrials.gov
- Database of privately and publicly funded clinical studies conducted around the world.
- Search for studies that are actively recruiting and that you may be able to participate in.
- Also learn about new interventions and treatments that are being explored.
- Website: ClinicalTrials.gov
ALZHEIMER’S ASSOCIATION

The Alzheimer’s Association is a voluntary health organization whose goal is to eliminate Alzheimer’s. They help people affected by dementia find local support and healthy ways to promote brain health.

Changing Gears
An eight-week curriculum designed to assist individuals in the early stages of Alzheimer’s disease and their caregivers. This group provides support on making informed lifestyle choices.

Community Access Programs
The following programs are free of charge, but space is limited and advanced registration required.

- Connections & Re-Connections at the Meadows Museum: Call (214) 768-3980
- Meaningful Moments at the Dallas Museum of Art: Call (214) 922-1324
- Memories in the Making at the Irving Arts Center: Call (972) 252-2787
- Wild Gatherings at the Dallas Zoo: Call (469) 554-7300, or 1(800) 272-3900

Support Groups
- Offered monthly for individuals and their care partners to attend together or separately.
- 24/7 Helpline: 1(800) 272-3900
- Website: Support Groups, Alzheimer's Association

Care Consultation
Receive guidance from Care Support Specialists to address topics such as:

- Safety Issues
- Legal & Financial
- Behavioral Concerns
- Driving Concerns
- Caregiver Stress
- Placement Support
- Education
- Multiple Family Issues
- Respite Programs

For additional information, contact Angela Hodges at 214-540-2423 or ahodges@alz.org.

24/7 Helpline Support 1(800) 272-3900
Any day of the week, any hour of the day, there is always someone ready to listen.

For additional information on community programs, go to pages 20-22.
THE SENIOR SOURCE

The Senior Source is an organization that provides services to the senior community. While the services are not specific to Alzheimer’s, they have a wealth of resources.

Caregiving with Confidence
Seminar designed to educate caregivers on resources and insights from a team of experts.

Caregiver Support Program
Provides information, resources, and counseling for all topics related to caregiving, including in-home services, support groups, relocation and housing options, hospice care, transportation services, legal services, end-of-life planning, mental health support, and care management.

Elder Financial Safety Center
The Elder Financial Safety Center is a collaboration between The Senior Source, the Dallas County Probate Courts and District Attorney’s Office. This center helps older adults avoid financial exploitation by focusing on methods for prevention, protection, and prosecution.

ElderCare Partners
Fee-for-service program that provides in-depth personalized assistance.
- Aids participants in the development and implementation of personalized care plans.
- Programs include: In-home care; Home safety; Emergency planning; Crisis intervention; Eldercare consultations; Care monitoring; Mediation; Medication management, and more.

Senior Companion Program
- Trained senior companions are matched with seniors and provide in-home companionship.
- Volunteers companions assist with non-medical activities such as meal preparation, accompanying to appointments, and respite care.
- Referral from a partnered organizations is required.

Long-Term Care Ombudsman Program
- Certified staff and volunteers make regular, unannounced visits to nursing homes and licensed assisted living facilities to advocate for residents’ rights and resolve issues.
- Staff are able to assist families in the process of selecting a long-term care facility.

3910 Harry Hines Blvd., Dallas, TX 75219  |  (214) 823-5700  |  www.theSeniorSource.org
AGING LIFE CARE EXPERTS

What is an aging life care expert (geriatric care manager)?
An aging life care expert is often a licensed professional who specializes in geriatrics and provides guidance and support to families caring for a loved one with dementia. The goal of an aging life care expert is to improve quality of life and reduce caregiver stress by helping to navigate medical care.

Who might benefit?
An aging life care expert may be helpful for:
• Decision-making guidance
• Coordinating a care plan
• Locating resources available
• Providing home visits and companionship
• Accompanying your loved one to appointments
• Determining living arrangements, and more

How do I locate Aging Life Care Experts near me?
Aging Life Care™ Association offers resources to help locate an aging life care expert near you.
• Website: Find an Aging Life Care Expert Search, Aging Life Care™
• Website: Selecting an Aging Life Care Professional®, Aging Life Care™
• Website: Working with an Aging Life Care Professional, Aging Life Care™

How do I choose an Aging Life Care Expert?
• When meeting with a potential aging life care expert, ask about their expertise and dementia-related knowledge so that you find a good match.
• Ask if they are members of the Aging Life Care Association, which has a Code of Ethics and Standards of Practice.
Activity and Respite Options
COMMUNITY PROGRAMS

Dallas Arboretum and Botanical Garden

Memory Garden Project
Offers participants with early and middle stage dementia or Alzheimer’s and their care partners an opportunity to experience nature hands-on.

- Space is limited, and advanced registration is required.
- Location: 8525 Garland Rd., Dallas, TX 75218.
- Phone/Email: Kristi Trail at (214) 515-6524, or ktrail@dallasarboretum.org
- Website: The Memory Garden Project, Dallas Arboretum and Botanical Garden

Dallas Museum of Art

Meaningful Moments
Monthly program for individuals with early stage dementia and their family or care partners.

- Includes a gallery discussion, an interactive component, and an art-making activity in the Art Studio, based upon a new theme each month.
- Participants have the opportunity to relax and connect with art in the galleries, share stories, and gain inspiration.
- General admission is free of charge, but advanced registration is required.
- Location: 1717 N. Harwood St., Dallas, TX 75201
- Phone/Email: Dallas Museum of Art at (214) 922-1324, or access@DMA.org
- Website: Meaningful Moments for Individuals, Dallas Museum of Art

Dallas Zoo

Wild Gatherings
Includes different instructor-led tours, animal encounters, and craft activities each month.

- Explore and connect with nature and others. This program is designed to connect individuals with dementia and their caregivers.
- Admission to this event is free of charge, but advanced registration through the Alzheimer's Association is required.
- Location: 650 S. R. L. Thornton Fwy., Dallas, TX 75203
- Phone: Alzheimer's Association at 1 (800) 272-3900
- Website: Wild Gatherings, Dallas Zoo
- Register online with the Alzheimer's Association:
  - Visit Community Resource Finder
  - Select “Alzheimer's Association, Programs and Events”
  - Select “Alzheimer's Social Engagement Programs”
  - Type in your zip code
COMMUNITY PROGRAMS (continued)

Irving Arts Center

Memories in the Making Program

Expressive art program is designed for individuals with Alzheimer’s and other dementias.

- Painting workshops are led by facilitators trained by the Alzheimer’s Association.
- Please note: this is not a drop-off program. Caregivers are expected to remain on the premises and are highly encouraged to participate in the Caregivers’ Creative Arts Expression Workshop (listed below).
- Admission is free of charge, and advanced registration is required.
- Location: 3333 N. MacArthur Blvd., Irving, TX 75062
- Phone/Email: Irving Arts Center Box Office at (972) 252-2787, or boxoffice@cityofirving.org
- Website: Memories in the Making® & Caregiver Workshops

Creative Arts Workshop for Caregivers

This workshop is designed for caregivers to have the opportunity to relax, learn, and engage with activities in the visual arts, music, etc., as their family member or friend participates in the Memories in the Making Program (above).

- Workshops are led by teaching artists and other creative arts professionals.
- Admission is free of charge, but advanced registration is required.
- Location: 3333 N. MacArthur Blvd., Irving, TX 75062
- Phone/Email: Irving Arts Center Box Office at (972) 252-2787, or boxoffice@cityofirving.org
- Website: Memories in the Making® & Caregiver Workshops

Old Red Museum of Dallas County History and Culture

Community Connections: Programming for Early Stage Dementia

Designed for individuals with early stage dementia and their family or care partners. Participants are invited to explore a different historical theme each month utilizing gallery spaces and artifacts.

- Admission is free of charge, but advanced registration is required.
- Parking is available at the George Allen Parking Garage for $4.
- Location: 100 S. Houston St., Dallas, TX 75202
- Phone/Email: Jessica VanGorder at (214) 757-1927, or jessicav@oldred.org
- Website: Community Connections, Old Red Museum of Dallas County History and Culture
- Phone: Alzheimer’s Association at 1 (800) 272-3900
- Register online with the Alzheimer’s Association:
  - Visit Community Resource Finder
  - Select “Alzheimer’s Association, Programs and Events”
  - Choose “Alzheimer’s Social Engagement Programs”
  - Type in your zip code
Richland College – Dallas, TX
Emeritus Program (for people 50 years and older)
This program is not specifically for people with dementia.
- We recommend considering classes that sound fun, rather than challenging. Look for activities that will be a no-stress fit for your lifestyle.
- Participants may benefit from additional support, such as taking a class with a friend.
- Course options include: drawing, ceramics, watercolor painting, music, history, computer instruction, wellness, physical education, and much more.
- Some programs also offer lectures, day trips, and other opportunities to help seniors “stay intellectually challenged, enriched, physically fit and socially connected.”
- Fees for continuing education (non-credit) classes vary by course.
- At no cost, seniors 65 and older can use the Senior Tuition Waiver for up to 6 hours of CREDIT CLASSES per semester.
- Advance registration is required for all classes.
- Location: 12800 Abrams Road, Dallas, TX 75243
- Phone/Email: (972) 238-6972, or rlcemeritus@d2cccd.edu
- Website: Senior Adult Programs (Emeritus), Dallas College

SMU Meadows Museum- Dallas, TX
Connections Program
This three-day informal program is designed for individuals with early stage dementia and their family members or care partners.
- Involves a variety of activities that enable participants to connect through art.
- Offered twice a semester on three consecutive Wednesdays or Fridays.
- Participation and parking are free, but advanced registration is required.
- Location: 5900 Bishop Blvd., Dallas, TX 75205
- Call/Email: Kayle Rieger Patton at (214) 768-3980, or museumaccess@smu.edu
- Website: Events at Meadows School of the Arts, Museum Access Program: Connections

Re-Connections Program
This program offers the opportunity for a regular and informal social gathering for individuals with early stage dementia and their family members or care partners.
- Participants enjoy light refreshments and explore museum collections and exhibits.
- Participation and parking are free, but advanced registration is required.
- Location: 5900 Bishop Blvd., Dallas, TX 75205
- Call/Email: Kayle Rieger Patton at (214) 768-3980, or museumaccess@smu.edu
- Website: Events at Meadows School of the Arts, Museum Access Program: Connections
RESPITE PROGRAMS

Respite programs provide an opportunity for caregivers to have some time for themselves while their loved ones are cared-for in a safe, engaging, and social environment. Cost ranges from free to minimal. Programs are held at local churches and temples. Space is limited and advanced registration is required. Please call ahead to confirm times and locations for all respite programs.

CARROLLTON

Candle Lighters at Horizon Unitarian Universalist Church
- Held on Fridays, from 10:00 am to 2:00 pm.
- Location: 1641 Hebron Pkwy., Carrollton, TX 75010
- Phone/Email: Patti Burns at (972) 492-9433, or candlelighters@horizonuu.org
- Website: Support Groups, Horizon Unitarian Universalist Church

DALLAS

Casa de Vida at North Park Presbyterian Church
- Cost is a $15 per session, and scholarships are available.
- Held on select Tuesdays and Wednesdays, from 9:30 am to 1:30 pm.
- Location: 9555 N. Central Expy., Dallas, TX 75231
- Phone/Email: Ellen Mata at (214) 363-5457 ext. 24, or emata@northparkpres.org
- Website: Casa de Vida, North Park Presbyterian Church

Friday Friends at Wilshire Baptist Church
- Held twice a month on Fridays, from 10:00 am to 2:00 pm.
- Location: 4316 Abrams Rd., Dallas, TX 75214
- Call/Email: Marilyn Morgan at (214) 662-9451, or jakermo@gmail.com
- Website: Wilshire Baptist Church

Journey at Highland Park United Methodist Church Program
- Held on Thursdays, from 10:00 am to 2:00 pm.
- Location: 3300 Mockingbird Ln., Dallas, TX 75205
- Call/Email: Trissie Osborne at (214) 523-2245, or osbornt@hpumc.org

The Well at Temple Emanu-El
Free respite for care partners of people with early stage dementia, including Alzheimer's.
- Held twice a month on Tuesdays, from 10:30 am to 2:30 pm.
- Location: 8500 Hillcrest Ave., Dallas, TX 75225
- Call/Email: Becky Slackman at (214) 706-0000 ext. 125, or BSlakman@tedallas.org
- Website: The Well: A Caregiver's Day Out, Temple Emanu-El

Interested in starting your own respite program?
Contact Bronwen Zilmer at (214) 394-4721 or bronwenzilmer@gmail.com
or Ellen Mata at (214) 363-5457 or emata@northparkpres.org.
RESPITE PROGRAMS (continued)

DENTON

Stepping Stones at Trinity Presbyterian Church
Led by occupational therapists and graduate students from Texas Woman’s University. Social workers lead a concurrent Family Support Group for caregivers.

- Held on Wednesdays, from 1:30 pm to 3:00 pm.
- Location: 2200 N. Bell Ave., Denton, TX 76209
- Call: Eileen Short, LCSW at (940) 453-9784
- Email: Sher Harnish, OTR at sharnish@twu.edu
- Website: Trinity Presbyterian Church

FRISCO

Making Memories at Grace Avenue United Methodist Church

- Held on twice a month on Mondays, from 10:00 am to 2:00 pm.
- Location: 3521 W. Main St., Frisco, TX 75034
- Call/Email: Lauren Pate at (713) 557-0285, or 2laurenp8@gmail.com
- Website: Senior Adults - Grace Avenue UMC

LEWISVILLE

The Oasis at First Baptist Church of Lewisville

- Held on Thursdays from 10:00 am to 2:00 pm.
- Location: 1251 W. Valley Ridge Blvd., Lewisville, TX 75077
- Call/Email: Bronwen Zilmer at (214) 394-4721, or bronwenzilmer@gmail.com
- Website: The Oasis

PLANO

Treasured Times at Custer Road United Methodist Church

- Cost of attendance is $10 per week, and scholarships are available.
- Held select Wednesdays and Thursdays, from 9:30 am to 1:30 pm.
- Location: 6601 Custer Rd., Plano, TX 75023
- Call: Barbara Hutson at (214) 213-1934
- Website: Alzheimer's Treasured Times

To purchase books on starting a respite program and similar topics:
Contact the Brookdale Foundation Group
Call: 201-836-4602
NEIGHBORHOOD MEMORY CAFÉS

A Memory Café is a place where individuals with any type of dementia or cognitive impairment and their caregiver can gather to socialize and enjoy activities. The focus of each memory café varies. Some may focus on education, while others are more activity-based.

ALLEN

Allen Senior Center
- Held on the 2nd Monday of every month from 10:00 am to 12:00 pm.
- Requires Allen Senior Center Membership.
- Location: 451 E. St. Mary St., Allen, TX 75013
- Call: (214) 509-4820

DENISON

Denison Public Library
- Held on Mondays from 12:00 pm to 2:00 pm.
- Location: 300 W. Gandy St., Denison, TX 75020
- Call: (214) 912-5696

FLOWER MOUND

Trietsch Memorial United Methodist Church
- Held on the 2nd and 4th Thursday of every month from 2:30 pm to 4:00 pm.
- Location: 6101 Morriss Rd., Flower Mound, TX 75028
- Call: (972) 539-8547 or (972) 571-5448

GARLAND

Garland Senior Activity Center
- Held on the 1st Wednesday of every month from 10:00 am to 11:30 am.
- Location: 600 W. Avenue A, Garland, TX 75040
- Call: (972) 205-2769

MCKINNEY

McKinney Senior Recreation Center
- Held on the 2nd Wednesday of every month from 10:30 am to 12:00 pm.
- Location: 1400 S. College St., McKinney, TX 75069
- Call: (972) 547-7491
NEIGHBORHOOD MEMORY CAFÉS (continued)

PLANO
DaySpring Senior Living
- Held on the 1st Tuesday of every month from 10:00 am to 11:30 am.
- Location: 6400 Cheyenne Trail, Plano, TX 75203
- Call: (972) 769-1109

Haggard Library, Memory Keepers
Memory Keepers is a socialization opportunity for individuals in the early stages of Alzheimer’s disease and their care partners. Participants are invited to share memories through guided prompts in a relaxing space.
- Held on the 2nd Wednesday of every month from 10:00 am to 11:30 am.
- Location: 2501 Coit Rd., Plano, TX 75075
- Call: 1 (800) 272-3900

Plano Senior Center
- Held on the 2nd Tuesday of every month from 10:00 am to 11:30 am.
- Location: 401 W. 16th St., Plano, TX 75075
- Call: (972) 941-7335

RICHARDSON
Richardson Senior Center
- Held on the 1st Thursday of every month from 10:00 am to 11:30 am.
- Location: 820 W. Arapaho Rd., Richardson, TX 75080
- Call: (972) 744-7800

For more information on local memory cafés, visit Memory Cafe Directory online.
DAY PROGRAMS

An adult day program is a drop-off program that operates during business hours and provides supervision, planned activities, and meals. Please note, services vary by location. This is not a complete list of day programs. Programs below have been recommended by our Discovery Group participants and caregivers.

BEDFORD
Encore Memory Care Day Center
Enjoyable, brain-stimulating activities are offered all day in a safe and social environment where guests can explore new friendships, utilize creative talents, and even use their leadership skills.
- Cost varies according to selected program.
- Location: 2928 Blue Quail Ln., Bedford, TX 76021
- Call: (817) 717-6070 (main), or Laura Lester at (972) 428-5400
- Website: Cognitive, Physical & Social Activities - Encore Senior Daycare Center

DESOTO
Friends Place Adult Day Services
Day program that offers a social and medical model of care for individuals with memory impairment. Half and full day programs focus on social, physical, and mental engagement in a safe environment with professional caretakers.
- Cost varies according to selected program.
- If your family member is a veteran, ask about benefits that may reduce costs.
- Location: 1232 W. Belt Line Rd., Desoto, TX 75115
- Call/Email: Marylynne Henry at (972) 274-2484, or mhenry@friendsplaceads.com
- Website: Welcome to Friends Place DeSoto

PLANO
Encore Memory Care Day Center
See the description above for the Bedford location (included above).
- Located at 6550 W. Plano Pkwy., Suite 116, Plano, TX 75093
- Call: (972) 419-8687 (main), or Laura Lester at (972) 428-5400
- Website: Cognitive, Physical & Social Activities - Encore Senior Daycare Center

RICHARDSON
Friends Place Adult Day Services
- See the description for the Desoto location (included above).
- Location: 1960 Nantucket Dr., Richardson, TX 75080
- Call/Email: Jane Kovacs at (972) 437-2940, or janekovacs@friendsplaceads.com
- Website: Welcome to Friends Place Richardson
VOLUNTEER OPPORTUNITIES

“People with early stage Alzheimer’s are an untapped volunteer resource.”
– Anne Stark

Brother Bill’s Helping Hand (Dallas)
Non-profit organization founded by West Dallas Preacher Bill Harrod to serve as a Christian ministry and provide food, clothing, and spiritual encouragement to neighbors in need. They have a strong need for bilingual volunteers (Spanish/English or Korean/English).

Volunteer Roles Available:
- Restocking: Includes restocking shelves, bagging produce, or breaking down pallets.
- Food Pantry: Helping shoppers, bagging produce, and carrying groceries to vehicles.
- Greeting: Includes praying with neighbors and assess their needs.

Details:
- Dress is comfortable. Modest clothing and close-toed shoes are recommended.
- Location: 3906 N. Westmoreland Rd., Dallas, TX 75212
- Roles are limited, and advanced registration is required.
- Care partners must speak with Cortney Cuthbert prior to registration.
- Call/Email: Cortney Cuthbert at (214) 638-2196 ext.105, or courtney.cuthbert@bbhh.org
- Website: Brother Bill's Helping Hand

Feed My Starving Children (Richardson)
Christian non-profit that donates healthy meals to food distribution partners around the world.
- Volunteers help in the process of hand-packing nutritious meals.
- Richardson, Texas Location: 1680 N. Glenville Dr., Suite 300, Richardson, TX 75081
- Call/Email: Brandon King at (214) 453-5480, or Richardsoninfo@fmsc.org
- Website (search by zip code): Volunteer - Feed My Starving Children

Meaningful engagement is important at every stage in life.
We would love your suggestions for more dementia-friendly volunteer opportunities.

Contact Margaret at 972-883-3347 or MargaretA.Chaplin@utdallas.edu.
Care Partner Resources

The Center for BrainHealth does not endorse or financially support any of the following organizations, products, or services; rather, we have provided a compendium of other community resources that may help you navigate memory challenges. Many resources have been suggested by participants from our Discovery Group. If you find any of the following resources helpful or have any other recommendations, please let us know.
SUPPORT GROUPS

The following groups are for caregivers. Please call ahead to confirm times and locations.

COPPELL

River Oaks Assisted Living and Memory Care
- Held on the 3rd Tuesday of every month from 6:00 pm to 7:00 pm
- Location: 1530 E. Sandy Lake Rd., Coppell, TX 75019
- Call: (214) 390-2450

DALLAS

Jewish Family Services
- Held on the 3rd Wednesday of every month at 6:45 pm
- Location: 16910 Dallas Pkwy., Dallas, TX 75248
- Call: (972) 437-9950

Lake Highlands Presbyterian Church
- Held on the 3rd Sunday of every month from 3:00 pm to 4:30 pm
- Location: 8525 Audelia Rd., Dallas, TX 75238
- Call: (972) 328-8278

Methodist Dallas Medical Center
- Held on the 1st Saturday of every month from 11:00 am to 12:00pm
- Location: 1441 N. Beckley Ave., Dallas, TX 75203 in the Weatherford Conference Room
- Call: (214) 540-2432

Park Cities Baptist Church
- Held on the 2nd Monday of every month from 12:30 pm to 1:30 pm
- Location: 3933 Northwest Pkwy., Dallas, TX 75225
- Call: (214) 860-1560

FRISCO

Frisco Senior Center (Frisco Senior Center membership required)
- Held on the 1st Tuesday of every month from 10:00 am to 11:00 am
- Location: 6670 Moore St., Frisco, TX 75034
- Call: (972) 292-6550

LEWISVILLE

First Baptist Lewisville
- Held on the 1st Friday of every month from 10:00 am to 11:30 am, room 111
- Location: 1251 Valley Ridge Blvd., Lewisville, TX 75077
- Call/Email: Bronwen Zilmer at (214) 394-4721, or bronwenzilmer@gmail.com

MCKINNEY

McKinney Senior Recreation Center
- Held on the 2nd Wednesday of every month from 1:30 pm to 3:00 pm
- Location: 1400 S. College St., McKinney, TX 75069
- Call: (972) 547-7491
SUPPORT GROUPS (continued)

PLANO
Jewish Family Services
- Held on the 3rd Tuesday of every month from 12:00 pm to 1:00 pm
- Location: 6101 Ohio Dr., Plano, TX 75024
- Call: (972) 437-9950 ext. 213

Prestonwood Baptist Church (two meeting options; both times cover the same content)
- 2nd Monday at 10:15 am, or 2nd Wednesday at 6:30 pm
- Location: 6801 W. Park Blvd., Plano, TX 75093
- Call: (972) 820-5325

RICHARDSON
Alzheimer’s Support Group
- Held on the 2nd and 4th Thursday of every month from 2:00 pm to 3:30 pm
- Location: Friends Place, 1960 Nantucket Dr., Richardson, TX 75080
- Call: Jackie Coalter at (972) 437-2940

Men-Only Support Group
- Held on the 1st and 3rd Thursday of every month from 2:00 pm to 3:30 pm
- Located at Friends Place, 1960 Nantucket Dr., Richardson, TX 75080
- Call: Jackie Coalter at (972) 437-2940

Ladies-Only Support Group
- Held on the 1st and 3rd Tuesday of every month from 2:00 pm to 3:30 pm
- Located at Friends Place, 1960 Nantucket Dr., Richardson, TX 75080
- Call: Jackie Coalter at (972) 437-2940

ONLINE SUPPORT
Dementia Mentors
- Live virtual memory cafés and one-on-one mentoring sessions
- Motivational videos created by people living with dementia

Daughterhood
- Variety of online resources designed for daughters of aging parents
- Includes circle groups, a blog, podcasts, and recommended readings.

Alzheimer’s Association Support Groups
- Website includes a search by zipcode feature.

ALZConnected - Alzheimer’s Association
- Online message board with a Caregiver’s Forum and a Forum for People Living with Dementia.

For additional information on support groups, contact the Dallas & Northeast Chapter of the Alzheimer's Association online or call (214) 540-2429.
STRESS MANAGEMENT

Research shows that mindfulness, knowing how to create (or regain) a sense of calm, is beneficial for everyone. Consider additional ways to invite moments of calm into your every day, not just when you are feeling stressed.

iREST at Brain Performance Institute
iREST is a restorative, evidence-based relaxation practice.
- Held on Fridays from 2:00 pm to 3:00 pm.
- Location: 2200 W. Mockingbird Ln., Dallas, TX 75235
- Cost: $15 per session (Space is limited and advanced registration is required.)
- Discovery group members can experience their first session free of charge.
- Call/Email: Lindsay Reese at (972) 883-3310, or lindsay.reese@utdallas.edu
- Website: Upcoming Events - Center for BrainHealth®

Smart Phone Apps
Insight Timer, Buddhify, and Headspace can be helpful apps for guided meditation.

Yoga for Caregivers
This is a mixed-level yoga class that offers practical modifications for poses, as needed.
- Location: Del Norte Yoga, 7033 Briar Meadows, Dallas, TX 75230
- Cost: $25 per session (Space is limited and advanced registration is required.)
- Call/Email: Louise Applebome at (214) 704-8980, or louiseapple@att.net
- Website (offering online classes): Del Norte Yoga

For more information on the iRest program offered at our Brain Performance Institute, see page 9.
Additional Resources
HEARING SERVICES (CALLIER CENTER)

The UT Dallas Callier Center for Communication Disorders offers adult hearing programs and services provided by licensed and trained audiologists.

Hearing Health Center

- The Health Hearing Center offers no cost consultations to people with hearing loss who need assistive listening devices other than hearing aids to improve their communication.

- Audiologists can determine your listening needs, inform you of available devices best for your listening needs, demonstrate and explain product features, provide a device trial before purchase, and educate on factors that may influence hearing health and more.

Technology, Listening, and Communication (TLC)

- An interactive and educational program designed to provide patients and loved ones with hearing-related information including: understanding the hearing rehabilitation process, caring for devices, utilizing communication strategies, overcoming environmental barriers, protecting your hearing, and more.

- The goal of this program is to increase confidence in yourself and your hearing devices. Acquiring knowledge about your hearing devices and learning new communication skills can help to encourage consistent and effective use of hearing devices for improved communication and quality of life.

- This three-session program is offered to people who wear hearing aids and their care partners. A friend or spouse is encouraged to attend. Session times vary by semester.

- Participation is free of charge, but advanced registration is required.

- Call/Email: (972) 883-3619, or HHCCallier@utdallas.edu

- Website: Evaluation & Treatment - Callier Center for Communication Disorders
RESOURCES FOR SPANISH SPEAKERS

Alzheimer’s Association
- Location: 3001 Knox St #200, Dallas, TX 75205
- Contact: Imelda Aguirre, Program Coordinator, Hispanic/Latino Outreach
- Phone: 214-540-2327 or 214-940-2327
- Website: Spanish Portal (in English)
- Website: Spanish Website

AARP
- Contact: Ana Maria Bellos, Spanish-speaking AARP presenter
- Phone: 682-970-8204 (only speaks Spanish)

Baylor Memory Center
Baylor Scott & White Cognitive Behavioral Neurology and Neuropsychiatry
- Location: 9101 N Central Expy, Ste 230, Dallas, TX 75231
- Contact: Dr. Claudia Padilla, board-certified behavioral neurologist specializing in the diagnosis and management of progressive cognitive and behavioral impairments
- Phone: (214) 818-5765
- Website: Dr. Claudia Padilla, Baylor Scott & White

Centro de Mi Salud™, Bilingual Behavioral Healthcare Services
Spanish Support Group for Caregivers
- Location: 628-A Centre Street, Dallas Texas 7520
- Contact: Victor Fernandez, BSW /QMHP, Executive Director, Support Group Facilitator
- Phone: (214) 941-0798, or email: victor.fernandez@centromisalud.com
- Website: Centro de Mi Salud™

Dallas Area Agency on Aging
- Location: 1349 Empire Central # 400, Dallas, TX 75247
- Contact: Francis Vasquez, Benefits Counselor
- Phone: (214) 954-4217, or email: fvasquez@ccadvance.org
- Toll-Free Spanish: 1-877-342-2277
- TTY User Dial 711 1-866-238-9488 (Hours: Monday–Friday, 7 am – 11 pm ET)

Neurohispanos, PLLC
Clinical neuropsychologist providing neuropsychological assessments and treatments
- Location: 1404 Gables Ct., Suite 102, Plano, TX 75075
- Contact: Katrina Belen, PsyD
- Phone: (214) 548-4803, or email: kbelen@neurohispanos.com
- Website: Dr. Katrina Belen, Neurohispanos, PLLC

Senior Source
- Location: 3910 Harry Hines Blvd, Dallas, TX 75219
- Contact: Terri Contreras, Bilingual ElderCare Specialist
- Phone: 214-525-6103 or (214) 823-5700
RECURSOS PARA HISPANOHABLANTES

Alzheimer’s Association
- Dirección: 3001 Knox St., Suite 200, Dallas, TX 75205
- Contacto: Imelda Aguirre, Coordinador de Programas, alcance Hispano/Latino
- Teléfono: (214) 540-2327 o (214) 940-2327
- Sitio web: Portal de Español en Ingles
- Sitio web: Sitio web en Español

AARP
- Contacto: Ana Maria Bellos, Presentadora de AARP en Español
- Teléfono: 682-970-8204

Baylor Centro de Memoria
Baylor Scott & White Neurología Cognitiva Conductual y Neuropsiquiatría
- Dirección: 9101 N Central Expy, Suite 230, Dallas, TX 75231
- Contacto: Claudia Padilla, M.D., Neurólogo conductual certificado por la junta que se especializa en el diagnóstico y manejo de discapacidades cognitivas y conductuales progresivas
- Teléfono: (214) 818-5765
- Sitio web: Dr. Claudia Padilla, Baylor Scott & White

Centro de Mi Salud™, Bilingual Behavioral Healthcare Services
Group de Soporte para los quien cuidan seres queridos con Alzheimer’s o demencia
- Dirección: 628-A Centre St., Dallas, TX 75208
- Contacto: Victor Fernandez, BSW /QMHP, Executive Director, Support Group Facilitator
- Teléfono: (214) 941-0798, o correo electrónico: victor.fernandez@centromisalud.com
- Sitio web: Centro de Mi Salud™

Agencia Del Área de Dallas Sobre Envejecimiento
- Dirección: 1349 Empire Central #400 Dallas, TX 75247
- Contacto: Francis Vasquez, Consejera de Beneficios
- Teléfono: (214) 954-4217, o correo electrónico: fvasquez@ccadvance.org
- Llamada sin cargo en Español: 1-877-342-2277
- Teléfono de Texto: Marcar 711 1-166-238-9488 (Horas: Lunes–Viernes, 7am–11 pm ET)

Nuerohispanos, PLLC
Neuropsicólogo que proporciona evaluaciones y tratamientos neuropsicológicos
- Location: 1404 Gables Court, Ste 102, Plano, TX 75075
- Contact: Dr. Katrina Belen
- Teléfono: 214-548-4803, o correo electrónico: kbelen@neurohispanos.com
- Sitio web: Dr. Katrina Belen, Nuerohispanos, PLLC

The Senior Source
- Dirección: 3910 Harry Hines Blvd., Dallas, TX 75219
- Contacto: Terri Contreras, Especialista Bilingüe en Cuidado de Ancianos
- Teléfono: (214) 525-6103 o (214) 823-5700
DRIVING AND TRANSPORTATION

DRIVING ASSESSMENTS
The following programs can assess a person’s driving skills and make personalized recommendations.

**Baylor Adaptive Driving Program** (doctor’s referral required)
The Adaptive Driving Program’s two-part evaluation process typically lasts about three hours and consists of a clinical pre-driving evaluation and a behind-the-wheel evaluation.

**DALLAS**
- Baylor Institute for Rehabilitation
- 411 N. Washington Ave., Suite 5000, Dallas, TX 75246
- For more information: call (214) 820-9225, or visit **Adaptive Driving, Baylor Scott & White**

**LAS COLINAS**
- Baylor Scott & White Institute for Rehabilitation
- 7701 Las Colinas Ridge., Suite 110, Irving, TX 75063
- For more information: call (214) 574-7484, or visit **Adaptive Driving, Baylor Scott & White**

**Seniors Driving Safely**
Three-hour assessment conducted by a certified professional, including a written exam and a behind-the-wheel assessment in your neighborhood.
- After the assessment, the driver, family, and a certified professional will discuss safety strategies and, when appropriate, how to retire from driving.
- For more information, call Brent Murray at (214) 499-3547, or visit **Seniors Driving Safely**

EDUCATION AND GUIDANCE

**At the Crossroads:** Support Group Kit by The Hartford
Educational program about driving issues that accompany dementia.
- Aims to prolong independence while protecting safety.
- Course is organized into three two-hour sessions, with a total of nine lessons.
- Free Online Booklet: **At the Crossroads Kit**

**Driving Information and Contract:** Handout by the Alzheimer’s Association
Informative handout on how to manage a loved one’s retirement from driving.
- Includes a wide range of tips, from advance planning to how to respond when a loved one refuses to stop driving.
- Also includes a contract that families may use as a tool in this process.
- Free Online Handout and Contract: **Dementia and Driving, Alzheimer’s Association**
PRIVATE TRANSPORTATION

Should you choose to use alternate transportation, it is important that you use your best judgment.

Bubbl
Transportation service that provides non-emergency medical transportation services.
- As of January 2020, Bubbl requires riders to have an organizational account with them in order to schedule rides. In this sense, they are no longer open to the general public.
- However, if you have a repeat, non-emergency medical transportation need, they may still be able to help you.
- Call/Email: (214) 205-6562, or support@bubbldallas.com
- Website: Bubbl Dallas

PUBLIC TRANSPORTATION

DART Paratransit Services
Curb-to-curb, public transportation service for people with disabilities who are unable to use DART fixed route buses or trains.
- Offers shared-rides in modern, accessible vehicles and taxi cabs.
- Available in Dallas and surrounding areas.

Special Programs for Aging Needs (SPAN)
Public transportation service for Denton County.
- Rides available by appointment only and must be scheduled at least one day in advance.
- Service vehicles are handicap accessible, but a written application must be submitted.
- Call: (940) 382-2224

TECHNOLOGY OPTIONS

Moto Safety – iPhone and Android App and Google Maps
Easy-to-install GPS tracking system that tracks the driver’s real-time location, monitors driving behaviors, and generates alerts for acceleration or speeding.
- Alerts you when the driver passes through map boundaries that you set up.
- Website: Moto Safety
PRODUCTS TO SUPPORT FUNCTIONING

TECHNOLOGY

Alz You Need
- Individualized recommendations for assistive technology provided at no cost.
- Requires a completion of a brief caregiver survey.
- Technology options are narrowed in an effort to avoid information overload.
- Website: [Alz You Need](#)

MEDICATION

Simple Meds
- Pharmacists coordinate with you, your doctors, and/or your insurance company to dispense prescriptions, over-the-counter medications, and vitamins into simple, multi-dose packets. Medications are sorted and into single serving packets and labeled with the date/time they should be taken.
- Website: [Simple Meds](#)

Smart Pill Dispenser
- Smart medication reminder system based on easy to use blister packs.
- Plays an audible alarm and displays a green LED light when it is time to take medication.
  Notifies your smart phone when medication is opened, or if it is not opened on time.
- Website: [Medwell Smart Pill Box, My Health Connected](#)

MEMORY

Dementia Clock
- High-resolution digital calendar day clock with extra-large non-abbreviated day and month. Good for individuals with memory loss and/or visual impairments.
- Available at: Popular retailers, like Amazon, Walmart, and Home Depot

Tile Mate
- Product can be attached to frequently misplaced items, like keys, wallet, or purse.
- Tiles can be tracked by smart phone, and can make alert noises when lost.
- Website: [Tile](#)

Voice-Activated Assistants
- Can be programmed to provide reminders, play music, read audiobooks, tell jokes, play games, turn lights on/off, control the thermostat, and answer questions 24/7.
- Available at: Popular retailers, like Amazon, Best Buy, Walmart, and Target

Products for Comfort and Safety
- Various products for caregivers and people with Alzheimer’s and other dementia experiencing discomfort or difficulties resulting from memory loss.
- Products are designed to increase independence, safety, and engagement.
- Available at: [Alz Store](#)
PRODUCTS TO SUPPORT FUNCTIONING (continued)

PHONE AND OTHER TECHNOLOGY

Find my Friends - iPhone and Android App
- Locate friends and family using your smart phone. When you share your location, your friends can start following your location immediately and share their location with you.

Jitterbug Cell Phone
- Prepaid flip phone with large buttons and a brightly-colored screen for easy navigation.
- In an emergency, the one-touch 5-Star button instantly connects you with help.
- Available at: Amazon and Best Buy.

Life360 - iPhone and Android App
- Runs on your mobile device to allow you to view your family members on a map, communicate with them, and receive location alerts.
- Website: Life360

Moto Safety – iPhone and Android App and Google Maps
- Easy-to-install GPS tracking system that tracks the driver’s real-time location, monitors driving behaviors, and generates alerts for acceleration or speeding.
- Alerts you when the driver passes through map boundaries that you set up.
- Available at: Moto Safety

teleCalm – landline-style telephone service
- Safe phone service designed to protect individuals living with dementia from robocalls, telemarketers, and other scams.
- Security options include: Custom call settings, immediate notification of 911 calls, rerouting of inappropriate 911 calls, and a caregiver app.
- Available at: TeleCalm

HOME SECURITY FEATURES

Smart Home Deadbolts
- Lock and unlock your doors from your phone.
- Create daily schedules to ensure your door is locked at the same time each day.
- Available for purchase at: Popular retailers, like Amazon and Home Depot

Home Alarm System
- Turn on/off lights, check doors and locks, etc.
- Available for purchase at: Popular retailers, like Vivint, Nest, Amazon, and Best Buy

Google Nest
- Indoor and outdoor security cameras allow you to monitor your home from your phone.
- Nest Aware Subscription includes 24/7 continuous recording, ability to scan through video history, and sends you notifications when a person is spotted.
- Website: Nest Secure Alarm System, Google Store
SENIOR LIVING ADVISORS

Ruby Care Senior Living Advisors

- Individualized support for families in the DFW area seeking the right community for their loved one’s new home. Advisors are available to meet with you at your home and/or in your local community to select and tour potential communities.
- Assistance in various living options such as: Independent Living, Assisted Living, Residential Care Home, Memory Care, and Skilled Nursing/Long-Term Care, are also available
- Ruby Care’s Resources webpage also offers several helpful resources on caregiver support, medical benefits, and other Alzheimer’s and aging-related topics. As a member of the National Placement Referral Alliance, Ruby Care follows a set of national best practices standardized by the NPRA.
- Offers complimentary assistance to help determine the most appropriate living community, and pricing for additional services varies based upon what is needed.
- For more information, contact Joyce Logan at (214) 536-2979, or jlogan@rubycareseniorn.com (Dallas), Patty Williams at (817) 995-1001 or pwilliams@rubycareseniorn.com (Forth Worth), or visit www.RubyCareSenior.com.

Senior Living Specialists

- Individualized guidance and support for DFW families seeking a senior living option that best meets their loved one’s needs.
- Staffed by 14 people throughout the metroplex, including 2 licensed medical social workers and 2 certified dementia practitioners, who can assist with a wide-range of living options, including more than 55 apartment communities, Independent Living, Assisted Living, Memory Care, Nursing Homes, Residential Care, Group Homes, and In-Home Care.
- Offers a free advisory service for seniors and their families.
- Located at 14580 Berklee Dr., Addison, TX 75001.
- For more information, call (214) 929-5055, or email Paul Markowitz at Paul@SeniorLivingSpecialists.com.
WEBSITES AND BOOKS

BOOKS

Broken Beauty: Piecing Together Lives Shattered by Early-Onset Alzheimer’s
by Sarah B. Smith
A daughter’s story of her mother, named “Beauty,” and her family’s heartbreaking, yet inspiring and encouraging, journey navigating Alzheimer’s.

Dementia: Loving Care with a Therapeutic Benefit
by Peggy Watson M.S., CCC-SLP and Nancy Shadowens M.S., CCC-SLP
Practical guidance and strategies to help manage dementia induced behaviors.

I Can Still Laugh
by Audette Rackley with Sophia Dembling
Stories of inspiration and hope from individuals living with Alzheimer’s.

Mike & Me: An Inspiring Guide for Couples Who Choose to Face Alzheimer’s Together at Home
by Rosalys Peel
The story of a husband and wife committed to continue living their lives, pursing dreams, and managing Alzheimer’s at home for as long as possible.

The Spectrum of Hope
by Gayatri Devi, M.D.
An optimistic and new approach to Alzheimer’s disease and other dementias.

CREATING A COLLECTION OF LIFE STORIES

StoryWorth
Online program designed to inspire life stories. Program includes a bound, printed book.
- Weekly questions to prompt reminiscence and reflective writing.
- Weekly stories may be kept private or shared with family and friends.
- At the end of a year, your collection of stories is bound into a keepsake book.
- Website: StoryWorth

Alzheimer’s WA
- Provides an online template at no cost, as a more abbreviated and economical option.
- Website: Creating a Life Story (instructions and template)

For information on creating a life story collection at the Center for BrainHealth, go to page 7.
WEBSITES AND BOOKS (continued)

ORGANIZING MEDICAL INFORMATION

How to Care for Aging Parents
- Helpful information and sample book chapters on how to care for an aging parent.
- Offers includes a [free, printable caregiver organizer](#).
- Website: [How to Care for Aging Parents](#)

Springwell
- Provides free caregiver notebook template.
- Offers a [free, printable caregiver notebook](#).
- There are 36 pages of information to choose from and you may not need them all. Start by printing a few pages that seem most useful to you.
- Website: [Springwell](#)

LEGAL INFORMATION

*DocuBank*
- Electronic storage service for legal and medical information.
- Provides shareable, portable access to vital documents.
- Website: [DocuBank](#)

*Eldercare Locator*
- Eldercare locator service provided by the U.S. Administration on Aging.
- Connects the public to community services for older adults and their families.
- Call: 1(800) 677-1116 (toll-free)
- Website: [Eldercare](#)

What products and educational resources have helped your loved ones?

We would love your feedback and suggestions regarding dementia-friendly tools and resources.

Contact Margaret at 972-883-3347 or [MargaretA.Chaplin@utdallas.edu](mailto:MargaretA.Chaplin@utdallas.edu).
WEBSITES AND BOOKS (continued)

EDUCATION AND ONLINE RESOURCES

**Alzheimer’s Association**
Leading voluntary health organization in Alzheimer's care, support and research.
- Contains information on Alzheimer’s and dementia as well as other resources.
- Search “Dallas and Northeast Texas” for information on your local chapter.
- Includes a special [webpage for kids and teens](#).

**Alzheimer’s Foundation of America**
Provides education and support to individuals living with Alzheimer's disease.
- Includes educational resources for caregivers such as online webinars.

**Better Health While Aging**
Helpful articles and health tips from a geriatrician, many specific to Alzheimer’s.
- Offers a podcast if you prefer listening to reading.

**Family Caregiver Alliance**
Collection of family-friendly publications with practical information.
- Offers caregiver education through webinars.
- Connects caregivers to local resource centers.

**Daily Caring**
Information and support for caregivers of moderate-stage individuals.

**Mayo Clinic**
Information on health, research studies, products, and services.
- Offers the option to sign-up for the free Mayo Clinic E-newsletter

**National Institutes of Health**
Institute responsible for biomedical and public health research in the United States.
- Offers informative articles and publications on a variety of health-related topics including Alzheimer’s disease.
- Includes a page for kids and teens: [Helping Kids Understand Alzheimer's](#)

**Women’s Alzheimer’s Movement**
Promotes public education on about lifestyle changes that men and women can make to protect their brain health.
NON-ALZHEIMER’S DEMENTIA RESOURCES

Alzheimer’s is the most common form of dementia, but there are other types of dementia. The following resources are for people who have a diagnosis other than Alzheimer’s disease. Please call ahead to confirm time and location.

CAREGIVER SUPPORT GROUPS

DALLAS
Association for Frontotemporal Degeneration (AFTD) Support Group
  • Location: Celebration Restaurant, 4503 W. Lovers Ln., Dallas, TX 75209
  • Call/Email: Doris Booth at (214) 802-9324, or dbooth@authorlink.com

RICHARDSON
Lewy Body Dementia and Frontotemporal Dementia Support Group
  • Location: Friends Place, 1960 Nantucket Dr., Richardson, TX 75080
  • Call: Jackie Coalter at (972) 437-2940

BOOKS

An Evolution of Love: Life and Love with Frontotemporal Dementia by Marie Sykes and Michelle Stafford
  • An inspiring story of a husband and father with a diagnosis of FTD.
  • This story is one of love and devotion despite the man’s progressive illness.

What If it’s Not Alzheimer’s? by Gary Radin
  • A comprehensive guide to dealing with frontotemporal dementia (FTD).

Where the Light Gets In by Kimberly Williams-Paisley
  • Written by the daughter of a woman with primary progressive aphasia (PPA), this book captures the full story of Linda’s early-onset diagnosis.

VIDEOS/PODCASTS

Alzheimer’s Speaks Radio
Regularly-scheduled online radio broadcasts on topics related to Alzheimer’s and other dementias.

“Two Hour Special On Frontotemporal Dementia on Alzheimer’s Speaks Radio”
Presented by Alzheimer’s Speaks Radio.
NON-ALZHEIMER’S DEMENTIA RESOURCES (continued)

WEBSITES

*Primary Progressive Aphasia, Northwestern Medicine*
Information on *Primary Progressive Aphasia* (PPA) from the Mesulam Center for Cognitive Neurology and Alzheimer’s Disease at Northwestern University.

*Lewy Body Dementia Association*
Information on *Lewy Body Dementia* (LBD).

*The Association for Frontotemporal Degeneration*
Contains helpful information on *Frontotemporal Dementia (FTD)* as well as various resources for patients and family members of those with FTD including information on the following:

- Frontotemporal degeneration
- Amyotrophic lateral sclerosis (ALS)
- Behavioral variant of FTD (bvFTD)
- Corticobasal syndrome (CBS)
- Primary progressive aphasia (PPA)
- Nonfluent/agrammatic variant
- Semantic variant
- Logopenic variant
- Progressive supranuclear palsy (PSP)
- Includes research articles, final and legal planning guides, tips for coordinating care, online and local support groups, and other useful tools for those impacted by FTD.

*AFTD Kids and Teens*
- Explains to children what FTD is, what to expect, and ways to get involved.
- Offers various resources such as handouts and websites as well as access to personal stories and video diaries of children whose parent has FTD.

*FTD Support Forum*
- Provides a place for safe and secure communications for people who have been diagnosed with FTD and those who care for loved ones with FTD.
- Encourages members to support one another in a sensitive, respectful and sincere manner.
PARKINSON’S DISEASE PROGRAMS & RESOURCES

Many people with Parkinson’s disease do not have dementia but can benefit from clinical programs. Following are resources for people living with Parkinson disease.

CLINICAL PROGRAMS

SPEAK OUT!* by Parkinson’s Voice Project
The first step in the Parkinson Voice Project’s two-part therapy approach.

- Twelve individual speech therapy sessions conducted by a speech-language pathologist.
- Aims to strengthen the muscles used for speaking and swallowing and to teach patients how to speak with intent.
- Location: 646 N. Coit Rd., Suite 2250, Richardson, TX 75080
- Call/Email: (469) 375-6500, or contact@ParkinsonVoiceProject.org

The LOUD Crowd® by Parkinson’s Voice Project
The second step in the Parkinson Voice Project's two-part therapy program.

- Focuses on maintenance of skills developed in step one.
- Includes speech therapy groups and a singing program, providing ongoing vocal practice, accountability, support, and encouragement.
- Location: 646 N. Coit Rd., Suite 2250, Richardson, TX 75080
- Call/Email: (469) 375-6500, or contact@ParkinsonVoiceProject.org

COMMUNITY PROGRAMS

Dance for Movement Disorders by Dance for PD®
Global network offering a variety of dance classes to people with Parkinson’s disease.

- Classes are instructed by professionally-trained dancers in a social environment that emphasizes dancing rather than therapy.
- Location: Texas Health Finley Ewing Cardiovascular & Fitness Center, Studio III, 5721 Phoenix Dr., Dallas, TX 75231
- Email: Misty Owens at misty@danceforpd.org
COMMUNITY PROGRAMS (continued)

An innovative exercise program designed for seniors, especially for those living with Parkinson’s disease. Exercises focus on improving functional fitness and mobility to help participants maintain activities of daily life for total well-being.
- A waiver must be signed prior to participation.
- Space is limited and advanced registration is required.
- Location: The Preston of the Park Cities, 5917 Sherry Ln., Dallas, TX 75225
- Call: (469) 904-1394

Rock Steady Boxing
A boxing exercise program, available world-wide, offers non-contact boxing inspired classes adapted for people with PD globally. Active participants may experience reversed, reduced, and potentially delay the symptoms of PD.
- A one-hour assessment is required prior to participation.
- Location: The Studio Fit Performance, 13360 Preston Rd., Dallas, TX 75240
- Call/Email: Mallory Spoonts at (830) 596-3440, or dallas@rsbaffiliate.com (regarding classes in the Dallas area)

Tribe Wellness LLC
Community-based exercise programs including boxing and Tai Chi for people with Parkinson’s designed by physical therapists
- Location: 100 N. Cottonwood Dr., Suite 108, Richardson, TX 75080
- Call: (214) 702-6559

WEBSITES
Parkinson’s Foundation
- The National Parkinson Foundation aims to improve the quality of life for people with Parkinson’s through expert care and research.
- For more information, call 1(800) 473-4636, or contact@parkinson.org.
YOUR CONTACT LIST

Center for BrainHealth®  (214) 905-3007

Helpline: Alzheimer’s Association (Available 24/7)  (800) 272-3900

Helpline: Alzheimer’s Foundation (M-F 9am-9pm ET & Sat-Sun 9am-3pm ET) (866) 232-8484
Do you have tips to share or know of other community resources?

To relay suggestions, or to request a copy of this resource, contact Margaret at MargaretA.Chaplin@utdallas.edu.
Every donation received for this resource guide helps support programs for Dallas-area families affected by Alzheimer’s and other dementias.