

SACRAMENTO COUNTY

Tips for moving through the Alzheimer's Journey



PREPARE

If you suspect you or your loved one may have Alzheimer's disease or related dementia the links below can provide a place to start learning more.

[Alzheimer's Association](#)
[Agency on Aging Area 4](#)



DIAGNOSIS

Set a time to learn about the diseases and schedule a time to talk to your primary care provider. This is the time to begin to understand the disease progression. You can use the links below to do that.

[Talk to Your Doctor, AARP,](#)
[Family Caregiver Alliance](#)



EARLY STAGE

In this stage, changes will begin to emerge. This is the time to start the process of financial and medical planning for the future.

[ACC Senior Services, Medicare Counseling, Legal Services of Northern CA](#)

MIDDLE STAGE

In this stage, there will be more noticeable changes to your care recipient. To find local community resources use the links below.

[Community Resource Finder,](#)
[Eldercare Resource Finder](#)



LATE STAGE

In this stage, extra help may be needed. Advance care planning may be done, resources for finding in-home care, or knowing when to go find long-term care services.

[Del Oro Caregiving Resource Center,](#)
[Meals on Wheels, Sacramento 211, In Home Supportive Services](#)

SELF CARE AND SUPPORT

Caregiving can take a toll on all those involved. Try to find time for yourself by using a respite service or finding a local support group. There are options in the links below.

[Alzheimer's Aid Society, My Alz Team,](#)
[Asian Pacific Community Counseling](#)



SACRAMENTO COUNTY

This is not an extensive list but can serve as a starting point for the preparations for the Alzheimer's journey for you or a loved one.

ALZHEIMER'S ASSOCIATION

Working to end Alzheimer's by providing care and support, leading research, and advocacy.

Alz.org 24 Hour Helpline: 800-272-3900

AARP

Information for those on their caregiving journey looking for more tools and resources online.

AARP.org

ACCSENIORSERVICES

Promoting welfare and enhancing the quality of life by providing culturally sensitive health and social services.

Accsv.org 916-394-6399

AGENCYONAGINGAREA4

Enhancing the lives of older adults and families to be safe, healthy, and independent.

AgencyOnAging4.org 916-486-1876

ALZHEIMER'S AID SOCIETY

Supporting caregivers by providing support groups and remembering those who are being cared for.

Alzaid.org 916-483-2002

ASIAN PACIFIC COMMUNITY COUNSELING

Caring for the API communities with culturally relevant prevention, education, counseling, and more.

Apccounseling.org 916-383-6783

COMMUNITY RESOURCE FINDER

Get easy access to resources, community programs, and services.

CommunityResourceFinder.org

DE LORO CAREGIVER RESOURCE CENTER

Serving families and individuals who provide care for the cognitively impaired and older adults.

Deloro.org 916-728-9333

ELDER CARE LOCATOR

A public service of the U.S. Administration on Aging connecting services to older adults and families.

Eldercare.acl.gov 800-677-1116

FAMILY CAREGIVER ALLIANCE

Improving the quality of the life for family caregivers and the people who receive their care.

Caregiver.org 415-434-3388

IN-HOME SUPPORTIVE SERVICES

This program will help pay for services provided allowing residents to remain safely in their own homes.

PubAuthority.SacCounty.net 916-874-2888

LEGAL SERVICES OF NORTHERN CALIFORNIA

Providing legal services to low income including problems related to health care and insurance.

Lsnc.net 916-551-2150

MEDICARE COUNSELING

Health Insurance Counseling and Advocacy Program provides free counseling on health insurance.

Aging.ca.gov 800-434-0222

SACRAMENTO 211

Providing connections to more than 1,600 community services in the Sacramento area.

211Sacramento.org Call: 211

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**PUBLIC
HEALTH**

Promote • Prevent • Protect