

Additional Resources

We hope reading the roadmap helps people with dementia and their caregivers feel more prepared for the future. While this is a hard and emotional journey, many others have gone through it too, and there are tools that can help make things easier. The resources below include more information on topics discussed throughout the roadmap.

National Organizations and Agencies

Alzheimer's Association

Leading organization for information and resources on Alzheimer's disease.

Tel : 800-272-3900

<https://www.alz.org/>

Dementia Friendly America

Provides resources on community support for people with dementia and their care partners.

Tel: 202-872-0888

<https://dfamerica.org/>

Seniors Blue Book

Provides resources for aging.

Tel: 800-201-9989

<https://seniorsbluebook.com/>

Eldercare locator

Referral source to find care for older adults.

Tel: 1-800-677-1116

<https://www.usaging.org/eldercareloc>

Guiding An Improved Dementia Experience (GUIDE) Model

Provides information on GUIDE programs and eligibility requirements.

Email : GUIDEModelTeam@cms.hhs.gov

<https://www.cms.gov/priorities/innovation/innovation-models/guide>

Additional Resources

National Organizations and Agencies

Safety In Dementia

<https://safetyindementia.org/>

Provides information on making decisions about safety and dementia.

Feeding Options Decision Aid

Tips for making decisions about feeding options for a loved one in later stages.

https://decisionaid.ohri.ca/docs/das/Feeding_Options.pdf

Being Patient

Community journal for patients, caregivers, and medical experts to discuss brain health.

<https://beingpatient.com/>

The Association for Frontotemporal Degeneration

Provides information and support for people and care partners impacted by FTD.

www.theaftd.org

International Association for Indigenous Aging

Provides support for aging Alaskan Natives and American Indians.

<https://iasquared.org/>

Lewy Body Dementia Association

Provides information and support for people and care partners impacted by Lewy Body dementia.

www.lbda.org

National Council of Dementia Minds

Offers strategies and support for living well with dementia.

<https://dementiaminds.org/>

National Institute on Aging

Provides research-based health information for older adults.

<https://www.nia.nih.gov/>

Additional Resources

National Organizations and Agencies

Rare Dementia Support

Provides information for people and care partners impacted by rare types of dementia.

<https://www.raredementiasupport.org/>

Department of Veteran's Affairs: Geriatrics and Extended Care

Provides information and resources on dementia for veterans and their care partners.

VA Caregiver Support Line: 1-855-260-3274

https://www.va.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp

Financial, Legal, Insurance Resources

Alzheimer's Association Managing Money Online

Free training program to help caregivers anticipate costs.

<https://www.alz.org/help-support/caregiving/financial-legal-planning/managing-money>

Centers for Medicare and Medicaid Services

Provides information on Medicare and Medicaid services.

<https://www.cms.gov/>

Eldercare locator

Referral source to find care for older adults.

<https://www.usaging.org/eldercareloc>

National Academy of Elder Law Attorneys

Helps find lawyers providing services to older adults and people with disabilities.

<https://www.naela.org/findlawyer>

National PACE Association.

Provides information on PACE and eligibility requirements.

<https://www.npaonline.org/find-a-pace-program>

Additional Resources

Financial, Legal, Insurance Resources

University of Colorado Advance Care Planning

Provides information and resources on advanced care planning.

<https://medschool.cuanschutz.edu/coloradocareplanning>

Safety, Communication and Caregiver Resources

Safety In Dementia

Provides information on making decisions about safety and dementia.

<https://safetyindementia.org/>

“At the Crossroads: Family Conversations About Alzheimer’s Disease, Dementia, & Driving.” The Hartford Guidebook

A guide to help people with dementia and their care partners talk about driving safety.

https://ewcstatic.thehartford.com/thehartford/the_hartford/files/CMME/cmme-crossroads.pdf

Lorenzo’s House

Provides support for families impacted by younger-onset dementia.

<https://lorenzoshouse.org/>

Hilarity for Charity

National organization providing caregiving help for families of people with Alzheimer’s disease.

<https://wearehfc.org/care-grants/>

Family Caregiver Alliance: Caring for Yourself.

Provides services to family caregivers of people with physical and cognitive impairments.

<https://www.caregiver.org/caregiver-resources/caring-for-yourself/>

Additional Resources

Safety, Communication and Caregiver Resources

Rides in Sight

Provides support to help older adults and people with disabilities find local transportation.

<https://ridesinsight.org/>

Teepa Snow's Positive Approach to Care.

Training resources for communicating with a loved one with dementia.

<https://teepasnow.com/about-dementia/>

The Conversation Project: Healthcare Wishes

Helps people talk about their care wishes through the end of life.

<https://theconversationproject.org/>

Dementia Letters Project

A program that helps people share their stories and memories with loved ones.

<https://dementialettersproject.com/>

The Four Rs of Dementia Care

Provides strategies for communicating with a person with dementia.

<https://www.nccdp.org/the-four-rs-of-dementia-care-a-guide-for-caregivers/>

Colorado Organizations and Agencies

211 Colorado: Alzheimer's Disease and Related Dementias

A constantly updated list of services available in Colorado

<https://www.211colorado.org/adrd>

AllWays Supportive Care

Colorado-based GUIDE program support.

<https://allwayssupportivecare.com/dementia-care/>

Additional Resources

Colorado Organizations and Agencies

Benefits in Action

Organization connecting people to local resources.

<https://www.benefitsinaction.org/>

Colorado Health Insurance Portability and Accountability Act (HIPAA)

Provides information on HIPAA.

<https://hcpf.colorado.gov/hipaa>

Colorado Legal Services

Provides free legal support to eligible Coloradans.

<https://www.coloradolegalservices.org/>

Colorado State Health Insurance Program (SHIP)

Provides help navigating the Medicare system.

<https://doi.colorado.gov/insurance-products/health-insurance/senior-health-care-medicare>

Colorado Department of Public Health and Environment: Talk About Dementia

State health department resources on dementia.

<https://cdphe.colorado.gov/adrd>

[HablaSobreDemencia.org](https://hablasobredemencia.org/). (Spanish)

Colorado Department of Public Health and Environment: Advanced Care Planning

Provides information and resources on advanced care planning in Colorado.

<https://cdphe.colorado.gov/palliative-care/advance-care-planning-for-patients-and-families>

Colorado State Unit on Aging

Provides information on resources for aging in Colorado.

<https://cdhs.colorado.gov/state-unit-aging>

Additional Resources

Colorado Organizations and Agencies

Colorado Association of Area Agencies on Aging

Provides information on 16 Area Agencies on Aging in Colorado

<https://www.c4a-colorado.org/>

Colorado Respite Coalition

Provides respite resources, information, and referrals to support family caregivers.

<https://coloradorespitecoalition.org/>

Colorado Gerontological Society

Provides information on resources for older adults.

<https://www.senioranswers.org/>

Colorado Centers for Independent Living

Provides support for people with disabilities across 9 centers.

<https://coloradosilc.org/colorado-centers-for-independent-living/>

Colorado Crisis Services

Provides immediate counseling support to people in Colorado.

<https://coloradocrisiservices.org/>

Colorado Disability Identifier

Provides information on getting a disability identification card.

<https://dmv.colorado.gov/disability-identifier-for-driver-license/permit/identification-card>

Durango Dementia Coalition

Provides information on resources and support in Southwest Colorado.

<https://sites.google.com/view/durangodementiacoalition/about>

Dementia Together

Provides education and opportunities to connect with others.

<https://dementiatogether.org/>

Additional Resources

Colorado Organizations and Agencies

GUIDE Program for Dementia Care

Information on accessing the GUIDE program through the University of Colorado.

<https://www.cumedicine.us/services/guide#/>

Health First Colorado

Provides information on Colorado's Medicaid program.

<https://www.healthfirstcolorado.com/>

University of Colorado Alzheimer's and Cognition Center

Education and information on healthy brain aging.

<https://medschool.cuanschutz.edu/alzheimer>

UCHealth Resource Guide for Caregivers

Central list of resources for people with dementia and their caregivers who are living in Colorado.

[https://medschool.cuanschutz.edu/docs/librariesprovider163/default-documentlibrary/resourceguideforcaregivers-nov2024-\(1\).pdf?sfvrsn=71b122b4_1](https://medschool.cuanschutz.edu/docs/librariesprovider163/default-documentlibrary/resourceguideforcaregivers-nov2024-(1).pdf?sfvrsn=71b122b4_1)

Book Recommendations

- Still Me. Author: Rebecca Chopp.
- The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss. Author: Nancy Mace and Peter Rabins.
- Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers. Author: Jolene Brackey.
- The Dementia Handbook: How to Provide Dementia Care at Home. Author: Judy Cornish.
- The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own. Author: Gary Barg.
- The eldercare consultant. Author: Becky Feola.
- The caregiver's toolbox. Author: Wong Hartley.
- 7 caregivers landmines and how you can avoid them. Author: Peter Rosenberg.
- Making the Connection Between Brain and Behavior: Coping with Parkinsons' disease (2nd edition). Author: Dr. Hubert Fernandez.
- Dignity for deeply forgetful people; How Caregivers can meet the challenges of Alzheimer's Disease. Author: Stephen G. Post
- The Caregiver Notebook: Taking Care of Your Loved One with Dementia and Yourself. Authors: Jennifer Martindale-Adams, Robert Burns, Linda O Nichols.