



GLENDALE RESOURCES

 <p>AREA AGENCY ON AGING REGION ONE, INCORPORATED</p>	<p>AAA advocates, plans, coordinates, develops and deliver services for adults aged 60+. Provides information, assistance and connects people with meals, transportation, care and additional resources for residents of Maricopa County, Arizona. www.aaaphx.org 602-264-HELP (4357) or Toll Free at 888-264-2258</p>
	<p>Serves people with memory loss, caregivers, healthcare -professionals and concerned friends/family and provides referrals to local community programs and services, dementia related education, crisis assistance and emotional support. www.alz.org 800-272-3900</p>
	<p>Banner Alzheimer's Institute embraces a three-part mission to:</p> <ul style="list-style-type: none"> • End Alzheimer's without losing another generation • Set a new national standard of patient and family care • Forge new models of collaboration in biomedical research <p>www.banneralz.org/DementiaFriends</p>
	<p>Banner Sun Health Research Institute conducts research, clinical care, prevention and education in both memory and movement disorders. Since its founding in 1986, the work by our scientists and physicians has had a significant impact on generating ground-breaking research in these debilitating age-related diseases. www.banneralz.org/dementiauntangled 623-832-6530</p>
	<p>Do you need help for a loved one with dementia / Alzheimer's? Benevilla is here for you. Our specialists will guide you to one of our 3 Adult Life Enrichment Day Programs, free caregiver support groups, free home services or one of our vetted C.A.R.E.S. Partners - local businesses and community organizations that support the Benevilla mission and can help you in your time of need. Start with a call (623.584.4999) to our free C.A.R.E.S. Resource Program. www.benevilla.org</p>
	<p>DFA is a national network of communities, organizations and individuals seeking to ensure that communities across the U.S. are equipped to support people living with dementia and their caregivers. Dementia friendly communities foster the ability of people living with dementia to remain in community and engage and thrive in day-to-day living. www.dfamerica.org</p>
	<p>A Dementia Friend learns about dementia and then turns that understanding into action. We all have a part to play in creating dementia friendly communities! www.dementiafriendsusa.org</p>
	<p>FSL enhances independence for Arizonans in need with our affordable housing and community-based health and wellness programs, including care coordination, community resource navigation, home health care, and education and support services for family caregivers. Our ReCreación day centers offer specialized programming for adults facing neurological and physical challenges in a safe and supportive environment. www.fsl.org 602-285-1800</p>
	<p>Senior Centers through City of Glendale Website: Glendale Adult Center - City of Glendale (glendaleaz.com) Phone: 623-930-4321 Website: Foothills Recreation & Aquatics Center - City of Glendale (glendaleaz.com) Phone: 623-930-4600</p>
	<p>A Premier Modern Aging Company - A community for people 62+ offering Independent & Assisted Living, and Residential Memory Care located at 20240 N. 78th Ave. Glendale, AZ 85308 www.inspiraarrowhead.com (623) 235-6400</p>

5 Tips to help someone live well with DEMENTIA

How we respond to the person with dementia, and how supportive or enabling his/her environment is, will affect how well someone can live with this condition. Here are a few tips:

- 1 See the human behind the dementia**
Every person has a unique personal story. If you are not a family member, make sure you find out more about the person's history, likes and dislikes, etc. Build a personal relationship.



- 2 Do not assume they have no feeling/emotions**
Don't assume your words or actions don't hurt the person's feeling, just because they don't communicate this. Although they may forget names, faces, places, and events, they will always remember how you made them feel



- 3 Don't expect them to live up to your expectations**
The person with dementia may not be able to do the things he/she used to do, but that doesn't mean they are incapable. Look for their strengths, not their weaknesses. Engage and encourage, but always keep the person's skills, abilities, and personal likes in mind.

- 4 Never argue or contradict**
Arguing often only heightens the level of agitation for the person with dementia. Instead, enter their world and go with their current reality. Sometimes the emotions being expressed are more important than what is being said. Look for the feelings behind the words.



- 5 Listen with empathy**
The person will tell you everything you need to know, if you give them your full attention as well as if you listen with the eyes. Look for clues to identify the deeper meaning behind what is being said.

WE CANNOT REVERSE OR STOP ITS PROGRESSION, BUT WE CAN PROMOTE A GOOD QUALITY OF LIFE, NO MATTER HOW ADVANCED THE DEMENTIA