

# Finding Dementia Care and Local Services



A person with [dementia](#) will need more care as symptoms worsen over time. Problems with memory, thinking, and behavior often present challenges for those with dementia as well as for their family members. Whether the disease is in early or late stages, there are support systems, resources, and services that can help.

While it can be difficult for some to admit they need assistance with care or caregiving, it is okay to ask for help. In

fact, when it comes to caregiving, taking care of yourself is one of the most important things you can do.

Explore the tips and resources below to find information about dementia care and local services.

## **What Types of Help Are Available?**

There are many different types of care available depending on the level of help or care you need.

- Day-to-day support can be found through adult day centers and respite services. These options provide short-term care for a person with dementia and allow the caregiver to take a break. Day-to-day support may include supervision, meals delivered to the home, and/or transportation.
- Long-term care in the home may be provided by unpaid family members and friends or by paid service providers and can involve general care or medical care. *Home care services* often focus on everyday activities such as bathing, dressing, eating, and ensuring the person with

dementia is safe. *Home health care services* involve licensed medical professionals and require a doctor's order.

- Residential care may become necessary as a person with dementia requires more care and supervision than can be provided at home. Assisted living facilities may be able to provide enough support in the early stages of dementia, whereas nursing homes may be more appropriate for people who are no longer able to live safely at home. Continuing care retirement communities are multi-level care facilities that provide living accommodations and health services. A resident can move between multiple levels of care as needed.
- Hospice services provide end-of-life care and comfort for people with dementia and their families. These services can be received in the home or at a residential care facility, hospital, or hospice facility.

## **Who Can Help?**

Asking for help can be hard, but it is important to understand your limits. There may be people in your life or professionals

who can help provide support. Connecting with them is a good place to start.

- Family members, friends, and neighbors can work together to share responsibilities and provide breaks for the primary caregiver.
- Geriatric care managers are professionals who can suggest needed services and help you get them.
- Health care providers of a person with dementia understand the disease and level of care needed and can offer recommendations on how to meet those needs.
- Mental health or social work professionals can provide emotional support and help develop plans to manage caregiver stress.

## **Where Can I Find Help?**

There are many places that offer resources and support for people with dementia and their caregivers. These include:

- Community resources, such as faith-based organizations, your local [Area Agency on Aging](#), and local chapters of the [Alzheimer's Association](#)
- National nonprofit organizations, such as the [Alzheimer's Association](#), [Alzheimer's Foundation of America](#), [Lewy Body Dementia Association](#), [Lewy Body Dementia Resource Center](#), [Association for Frontotemporal Degeneration](#), and [National Task Group on Intellectual Disabilities and Dementia Practices](#)
- Local and state government or tribal social services and programs, which can be found through the [Eldercare Locator](#) or the [Indian Health Service](#)
- Federal government-funded resources, such as the National Institute on Aging-supported [Alzheimer's Disease Research Centers](#) and the [Alzheimer's and related Dementias Education and Referral \(ADEAR\) Center](#)
- Paid services, which require personal funds to pay for care

## Paying for Care

National and local resources can provide information on how to pay for care and services for people with dementia. Some services, such as support groups, may be free, whereas others, such as long-term care, may require payment.

Government programs may be able to help with some costs related to dementia care. For example, the Centers for Medicare & Medicaid Services' [Program of All-Inclusive Care for the Elderly \(PACE\)](#) may cover some or all of the long-term care needs of a person with dementia living in the community.

The [BenefitsCheckUp](#), a free service from the National Council on Aging, can assist with finding federal and state benefit programs that may be able to help save money and access care and support. [Benefits.gov](#) is another resource that enables you to search for federal benefits.

Whether you or your loved one just needs a helping hand or more formal care, it is important to know that help is available.