

Dementia Resources

Programs and services that assist a person living with the brain changes of dementia or their family member navigate resources that are available in the region.

Getting an Evaluation

UVA Memory Clinic

The UVA Memory clinic works closely with patients with Alzheimer's disease, frontotemporal dementia, Lewy body disease, vascular and mixed dementias, and many other diseases. Their multidisciplinary clinical team includes neurologists, neuropsychologists, nurses, speech therapists, and social workers. They also collaborate with colleagues to provide specialized services on an individual basis.

[Memory & Adult Neuropsychology | Department of Neurology \(virginia.edu\)](#)

Riverside Center for Excellence in Aging and Lifelong Health

Riverside offers comprehensive evaluation and treatment to patients with a range of conditions that affect cognition and memory. These may include Alzheimer's disease and other dementias, traumatic brain injury, and brain vascular disease.

They provide patients with a thorough assessment, diagnosis and comprehensive treatment. We also offer counseling, education and guidance for family caregivers.

Patient care is integrated with research to develop new treatments for Alzheimer's and other dementias, and with training programs for family caregivers and loved ones, physicians, specialists, other clinicians and researchers in the field.

[Memory Care Program at Riverside Health | Riverside Health System \(riversideonline.com\)](#)

Day Support

Jefferson Area Board for Aging Adult Care Center

JABA's Adult Care Centers offer individualized care for older adults living with dementia and adults age 18+ with disabilities. They also provide their members' family caregivers with critically important respite, support, and education. The Adult Care Center's Dementia Coordinator consults with families and provides strategies to support a person living with dementia at home. The dementia coordinator provides on-going staff training and works with the activity director to provide meaningful activities for Adult Care Center Members. A JABA Aging Services Coordinator can meet with members and their family to explore additional community services, if additional support is needed in the home.

[Learn About Adult Day Care — JABA \(jabacares.org\)](#)

Long-Term Memory Care

When exploring residential long-term memory care facilities, it is important to know that they are private pay. The monthly fee for a Memory Care Facility generally ranges from \$6,000 to \$8,000 a month. Neither Medicare or Medicaid cover any of the cost of a Memory Care Facility. It is very important to read contracts carefully and to look closely at language related to discharge from the memory care residential setting. When looking for a memory care facility for a loved one; visit the facility on several different days and varying shifts. Observe how the residents look, how the staff interaction with residents, activities, and make note of the staffing ratios.

Questions to ask when researching Memory Care Communities

1. Can my loved one stay here through the end of life or do they move if their care becomes too extensive?
2. What is the scope of medical care that can be given at the Memory Care Facility?
3. What happens when a resident is no longer ambulatory?
4. What behaviors does the facility consider reasonable or unreasonable as it relates to the person living with dementia?
5. How does the staff educate prospective and current family members to “behaviors’ that they might occur from their loved one or other residents at the facility?
6. What steps do staff take to support a resident, who is having challenges with communicating their wants and needs, that then result in aggressive or challenging behavior?
7. What type of care can the memory care facility NOT provide?
8. What is the policy for medical emergency/ER visits?
9. Does a staff member go with a resident to the ER?
10. What is the policy regarding notifying family members?
11. What is the discharge policy?
12. Is the facility all-inclusive or are there additional costs(i.e., outings, cable, medication management, level of care, outings, transportation)?
13. Can a resident return to the facility if they need outside rehabilitation services?
14. What happens when a resident is no longer ambulatory?

Who do I contact if I have additional questions about what to ask when looking for a memory care facility? Who can I call if I have questions or concerns about the care that my loved one is receiving in a memory care long term care setting?

Contact the Long-Term Care Ombudsman at the Jefferson Area Board for Aging. The Long-Term Care Ombudsman advocates for people receiving long-term care services in nursing homes, assisted living communities, memory care facilities, or in the community. An Ombudsman can answer questions you might have and help facilitate conversations with facility staff.

Dementia Caregiver Support Groups

Alzheimer's Association Dementia Support Group of Central and Western Virginia

3rd Tuesday of every month from 9:30am to 11:00am

The Center at Belvedere

540 Belvedere Boulevard

Charlottesville, VA 22901

Spanish Speaking Groups for Caregivers of those living with dementia Support

[Support Group \(Spanish Language\) - Alzheimer's & Dementia Resource Center \(adrccares.org\)](#)

email alexandra@adrccares.org to register for this group

Caregiver line for caregivers of veterans

www.caregiver.va.gov

855-260-3274

ALZConnected

ALZConnected(alzconnected.org) powered by the Alzheimer's Association, is free online line community for everyone affected by Alzheimer's or another dementia. Including: people with the disease, caregivers, family members, and friends.

Caring for You Caring for Me Caregiver Program

Caring for You Caring for Me is a blend of interactive support and education for caregivers of older adults. The program focuses on advocacy and care for both the caregiver and care recipient. Participants report increased feelings of confidence and competence in their caregiving role after attending the program.

This free program meets weekly, and focuses on a different module each session:

- What it means to be a caregiver
- Taking care of yourself
- Building cooperative relationships
- Preventing and solving problems
- Accessing and developing resources

[Online Registration for Fairfax County's "Caring for You, Caring for Me" Virtual Program \(Free\) - HSCODE - Fairfax County, Virginia](#)

Specific Dementias and Other Resources

The Association for Frontotemporal Degeneration (AFTD)

AFTD promotes and funds research into finding the cause, therapies and cures for frontotemporal degeneration. They also offer information, education and support to persons diagnosed with an FTD disorder, and for their families and caregivers. To learn more about AFTD, visit www.theaftd.org

The Lewy Body Dementia Association (LBDA)

LBDA works to raise awareness of Lewy body dementias (LBD), promoting scientific advances, and supporting people with LBD, their families, and caregivers. LBD is a complex disease that can present a range of physical, cognitive, and behavioral symptoms. It dramatically affects an estimated 1.4 million individuals and their families in the United States. To learn more, visit www.lbda.org.

Lotsa Helping Hands

www.lotsahelpinghands.com

Lotsa Helping Hands is a free caregiving coordination web service that provides a private, group calendar where tasks for which a caregiver needs assistance can be posted. Family and friends may visit the site and sign up online for a task. The website generates a summary report showing who has volunteered for which tasks and which tasks remain unassigned. The site tracks each task and notification and reminder emails are sent to the appropriate parties.

Teepa Snow Positive Approach to Care

Teepa Snow is one of the leading educators on dementia and the care that accompanies it, in the US and Canada. As an occupational therapist with forty years of clinical practice, she has founded a company and an approach to support and engage people experiencing changes in brain function.

[Home - Positive Approach to Care \(teepasnow.com\)](http://teepasnow.com)

[Teepa Snow's Positive Approach to Care – YouTube](#)

Dementia Careblazers

Dr. Natalie Edmonds is a board certified Geropsychologists who provides very practical dementia tips, strategies, and information for family members caring for a loved one with any type of dementia (such as Alzheimer's disease, Lewy Body dementia, vascular dementia, frontotemporal dementia, etc.)

[Dementia Careblazers - YouTube](#)

[Dementia Careblazers](#)