

Resources and local programs for early, middle and later stage memory issues:

- ***Memory Cafe Invitation*** - Andrew Chapel UMC holds a social/fellowship time twice a month (on the 1st & 3rd Thursday of each month from 1:30-3:30) for persons living with dementia and their caregivers. These sessions include a time of fellowship, games and frequent entertainment. For more information, contact Carol Blackwell at lovriver@aol.com OR visit their FaceBook page found here: <https://www.facebook.com/profile.php?id=100069778005943>
- ***County Dementia Friendly Fairfax Webinar Series for Dementia Caregivers*** – This webinar presents a basic understanding of dementia and associated issues, types of dementia, communications and other tips. Excellent for those new to navigating the journey and a great resource to share with friends and other family members. Register for a free webinar at this website: <https://www.fairfaxcounty.gov/hrcode/EReg/Registration.aspx?groupID=71>
- ***County 2024 Live Webinar Series for Family Caregivers of Older Adults*** – Monthly free webinars are made available for family caregivers. Check at this site for upcoming webinars and registration link: <https://www.fairfaxcounty.gov/hrcode/ereg/Registration.aspx?groupID=1>
(Note: The March 20 webinar is entitled "Dementia is Stressful," with a focus on understanding the stresses of neurodegenerative disease on the brain and helping caregivers understand the resulting behavioral changes in their loved ones and how to better help them.)
- ***Directory of Past Caregiver Webinars*** – There are a wide range of recorded webinars presented by Fairfax County and various subject matter experts for caregivers that you can watch at any time on your own schedule: <https://www.youtube.com/playlist?list=PL9D0cdqzRCqDUj9a3uU12hsM8ngov6ufl> – Scroll through the list to find titles of interest, but three that may be of particular interest for families living with dementia include:
 - "Communicating with a Loved One with Dementia" (February 2023)
 - "Understanding Dementia for Caregivers" (March 2023)
 - "Program Models for Loved Ones Living with Dementia" (September 2023) – This is a very helpful webinar that discusses finding the best support and care situations for your unique family situation (including day programs and in-home care).
 - You can also enter "dementia" in the search bar at the top of the page and find a range of other recorded related sessions for viewing.

- ***RAFT (Regional Older Adult Facility Team)*** -- If you would like a personal consultation/visit to assess needs and identify resources and other assistance needed, including effectively managing challenging behaviors, call Sydney Palinkas, the Outreach Coordinator at 703-814-2701. (This service is open to anyone and is not income-based.)
- ***Elderlink*** - The County operates a program called Elderlink which offers respite and other home care services on a sliding scale fee. Elderlink will also do a free hour consult with caregivers to help identify appropriate help with care management, resources and other support for your unique situation. If interested in Elderlink services, call the intake line at 703-324-5374.
- ***Daytime Adult Programs*** -- Following are options for day programs on either a regular or occasional basis, with opportunities for social interaction and other activities:
 - ***Fairfax County Adult Day Program*** -- Offers four locations (Lewinsville and Herndon Harbor closest to Vienna) with highly skilled and experienced staff. While not all participants have memory issues, my understanding is that approximately 85% have dementia of some type. Programs are offered on a sliding scale basis and may be more affordable than private programs. Here is a link where you can learn more: [Fairfax Adult Day Programs](#).
 - ***Insight Memory Care Center*** -- Has two locations in Fairfax and Sterling. This is a private program, offering both adult day programs and other support services. Here is a link to more information: [Insight Memory Care Center](#).
- ***Home Care Registry*** -- The County maintains this list of vetted and background-checked homecare providers. These providers are not with agencies, and sometimes they may be less expensive than an agency. Agencies may take long-care insurance if that is an option. Besides cost, there pros and cons for both, depending on your individual finances and needs. Here is a link: [Home Care Registry](#).
- ***Private Home Care and Support*** -- This is not an endorsement of any program, but here are two private agencies that provide in-home care workers (may

include companion and other social care, light household and meal prep tasks, and personal care, etc.): [Visiting Angels](#) and [Grace Home Care](#).

- **Resense** - Resense was started by a group of students at Grove City College with the mission of bringing joy and comfort to those living with dementia to positively impact dementia care. The **Resense Register** is a newspaper designed for those living with dementia. You may learn more about the newspaper (and the research behind it) and other products offered at this link here: [Resense](#).
- **Therapy Pets** - Participants in our group have mentioned how their loved one has enjoyed having a life-like, animated robotic therapy cat or dog. Here is a link to a selection offered by the Alzheimer's Store where you can read more about the benefits and how they work: [therapy pets](#), but they can also be found through many other outlets. You will also find other aides that may be of interest at the [Alzheimer's Store](#).