

## **Concrete Help and Resources for Caregivers to those with Dementia**

With thanks to Phyllis Erlbaum-Zur, PhD, LCSW, Program Director of The Shira Ruskay Center, a program of The Jewish Board. Listings are not intended to be comprehensive.

### **1. Caregiver Service Organizations**

**CaringKind** (formerly the Alzheimer's Association NYC Chapter) [caringkindnyc.org](http://caringkindnyc.org), **24-hour helpline 646-744-2900**. CaringKind offers education, support groups and community resources for caregivers. The 24-hour helpline is staffed by trained professionals

**NYC's Department for the Aging** **2 Lafayette Street, New York, NY 10007, Dial 311**. NYC's Department for the Aging (DFTA) provides a variety of services, including support for caregivers. The Alzheimer's and Caregiver Resource Center offers services such as assessment and referrals, education and training, and information on entitlements. See <http://www.nyc.gov/html/dfta/html/caregiver/alzheimer.shtml>

**Care NYC** **718-906-0669, email [carenyc@scsny.org](mailto:carenyc@scsny.org)**. Care NYC is a program that provides support for caregivers for those with Alzheimer's disease or other dementias. Their Caregiver Support Specialists provide information and access to services including respite services, long term care planning, applying for benefits and peer support groups. See [scsny.org/programs/youth-and-family-programs/care-nyc](http://scsny.org/programs/youth-and-family-programs/care-nyc)

**PSS (Presbyterian Senior Services) Circle of Care** [www.pssusa.org/caregivers/](http://www.pssusa.org/caregivers/), **hotline 866-655-1713** offers support for caregivers through information and assistance, referrals, education and wellness forums, etc.

### **2. Medical Assessments and Diagnostics**

**Mt. Sinai Medical Center Alzheimer's Disease Services** [www.mountsinai.org/patient-care/service-areas/alzheimers-disease](http://www.mountsinai.org/patient-care/service-areas/alzheimers-disease) The Alzheimer's Disease Research Center offers a range of services for individuals coping with memory loss. To schedule an evaluation, call **212-241-1844**.

**SUNY Downstate (Brooklyn)** [www.downstate.edu/brooklyn-alzheimersdac/](http://www.downstate.edu/brooklyn-alzheimersdac/), **718-287-4806** Downstate Medical Center, in partnership with the Alzheimer's Association, can arrange for an evaluation, provide information about services, and provide support group services for caregivers.

**NY-P Weill Cornell** [cornellneurology.org/specialty/alzheimers-disease-memory-disorders/alzheimers-prevention-clinic](http://cornellneurology.org/specialty/alzheimers-disease-memory-disorders/alzheimers-prevention-clinic) New York-Presbyterian Weill Cornell has a memory disorder program and an Alzheimer's Prevention Clinic. For a consultation, call **212-746-0226**

### 3. Home Care

**Concerned Home Managers for the Elderly (COHME)** [cohme.org](http://cohme.org), 877-212-4222. COHME is a nonprofit home healthcare agency that provides home health care aides for those with dementia and trains and supports the health care workers.

### 4. Case Managers

**Senior Bridge** (a for-profit Humana company) [www.seniorbridge.com](http://www.seniorbridge.com), 212-994-6100.

**JASA** [www.jasa.org/community/case-management-and-counseling#.VwQWAY-cGUk](http://www.jasa.org/community/case-management-and-counseling#.VwQWAY-cGUk), 212-273-5272. JASA (Jewish Association Serving the Aging), a nonprofit, can provide assessments of patient needs and referrals to necessary services.

**Center for Lifelong Growth** 212-864-5905, a private care manager, director Leonie Nowitz.

### 5. Housing

**A Place for Mom** [aplaceformom.com](http://aplaceformom.com), 877-609-5677. Connects families with potential elder care facilities. Service is free to patients (fee paid by partner facilities when patient moves in).

### 6. Counseling and Spiritual Support

**Shira Ruskay Center** [jewishboard.org/about-us/programs-services/jewish-community-services/shira-ruskay-center](http://jewishboard.org/about-us/programs-services/jewish-community-services/shira-ruskay-center), 135 West 50th Street, New York, NY 10020, 212-632-4608. The Shira Ruskay Center offers social work services, spiritual care and volunteer support based on individual needs. It was founded in 1997 to assist seriously ill patients, their families, and loved ones with navigating the often chaotic health and social service systems.

### 7. Emergency Response Systems (medical alerts)

**Alert-1** [alert-1.com](http://alert-1.com), 888-981-9871 Medical alert system.

### 8. Reading List

**Ambiguous Loss: Learning to Live with Unresolved Grief**, by Pauline Boss

**Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief**, by Pauline Boss

**The Validation Breakthrough: Simple Techniques for Communicating with People with Alzheimer's and Other Dementias**, by Naomi Feil