

ALZHEIMER'S



Signs, symptoms, and stages,
Support groups and Family care

Mariposa County
Caregivers Guide

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Alzheimer's, a disease known to destroy the lives of loved ones and lose precious memories. When should you be worried about yourself or a loved one getting Alzheimer's? Forgetting where you parked outside of Costco, leaving your grocery list on the fridge, and walking outside without your sunglasses on a sunny summer day are NOT signs off Alzheimer's, these are signs of aging and you have little need to worry.

Alzheimer's disease

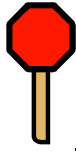
Alzheimer's is an incurable and terminal disease, generally diagnosed in people above the age of 65. Earlier onsets of the disease have occurred, but it is unlikely to get at a young age. 26.6 million Americans have been diagnosed with Alzheimer's disease in 2006. Sadly by 2050 this number has been estimated to quadruple. That's 106 million Americans with the Alzheimer's disease. Alzheimer's disease is also known as AD, Senile Dementia of the Alzheimer's Type (SDAT) or most commonly, Alzheimer's. Alzheimer's is the more known form of dementia. Forms of dementia also include Vascular Dementia, Parkinson's disease, Lewy Body disease, Korsakoff syndrome, and Frontotemporal disease.

Alzheimer's disease was first recorded in 1906 by a German psychiatrist and neuropathologist named Alois Alzheimer. Alzheimer took in a patient who was admitted to the asylum in Frankfurt in 1901. She was suffering from paranoia, delusions, aggressive behavior, auditory hallucinations, and cognitive and language deficits. His patient's name was Auguste D, and was 51 years old at the time of the diagnosis. The disease was named after Alzheimer upon his discovery.

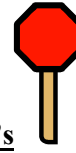
Dementia

Dementia on the other hand is an impairment of memory and the ability to think which interferes with lifestyle of the person diagnosed. Dementia is a form of cognitive impairment and can be a result of brain injury. Dementia is far more common in the geriatric population and can occur at any stage of adulthood. Symptoms of Dementia vary because of the multiple types; however memory lost is usually the earliest and most noticeable symptom in dementia cases. Other symptoms are having trouble remembering recipes or balancing a checkbook, having difficulty controlling behavior, improperly exercising judgment like not knowing what to do in the case of an emergency, and depression.

Dementia is a very old disease and has been around for centuries. Considerable advances in technology have been made to further understand the prognosis of the disease. As previously stated, Dementia has multiple forms that affect the body and brain differently and is unique to the person in the way that symptoms occur and how they react. For example, in the case of Lewy Bodies syndrome, a disease where there are abnormal deposits of proteins called alpha-synuclein.



The 10 Warning Signs of Alzheimer's



Many people are unaware of the major signs of Alzheimer's. Memory loss is common with age, but when memory loss begins to affect your daily behavior there are other signs you need you to be aware about.

- 1. Memory changes that disrupt daily life:**
This is in the beginning stages of Alzheimer's and includes forgetting recent learned information, important dates and events, asking questions repeatedly and relying on memory aides, like notes.
- 2. Changes in planning or solving problems:**
In this instance, the patient may experience loss of the ability to work with numbers and letters, not remember recipes, or how to keep track of the bills or budgeting.
- 3. Difficulty completing tasks at home, work or leisure:**
This sign is noticed when the person cannot complete daily tasks like remembering the rules to a favorite game or remembering how to drive to work.
- 4. Confusion with time or place:**
People with Alzheimer's will eventually lose ability to discern the passage of time, like not remembering a season or where they are at the time.
- 5. Trouble understanding visual images and spatial relationships:**
Some people will lose the ability to view distances, reading and color contrast. They may not realize that they are looking at themselves in the mirror because of loss of perception.
- 6. New problems with words in speaking or writing:**
They may not be able to continue a conversation or join in. They may even begin a conversation and lose their train of thought so that they can no longer continue the conversation.
- 7. Misplacing things and loss of ability to retrace ones steps:**
Some with Alzheimer's will put things in strange places like the car keys in the fruit bowl on the counter, and then not be able to go backwards to find the misplaced object, and may accuse others of stealing.
- 8. Decreased or poor judgment:**
People who develop this will lose track of money, giving large sums to telemarketers, and may also forget to keep up personal hygiene.
- 9. Withdrawal from work or social activities:**
Certain people will remove themselves from hobbies or social events, and may also avoid being social because of recent events involving behavior change and other symptoms.
- 10. Changes in Mood or personality:**
Signs of mood swings will occur and you may notice that they go from happy to anxious to depressed very quickly. They may easily get upset or nervous around people or at home. Signs that are commonly mistaken for Alzheimer's disease and are truly typically age-related would be signs such as; Making a bad decision every now and then, missing a monthly payment, forgetting which word to use, losing things from time to time and forgetting which day it is.



Clinics And Agencies That Are Willing to Help

Many people do not know about clinics that are willing to help with Alzheimer's or even how close they are to them. Some information is difficult to find if you don't know where to look.

Merced Alzheimer's Association

This is an association that helps families deal with Alzheimer's providing much information.

Address: 2380 E. Childs Ave.
Merced, CA 95340

Phone: (209) 384-1818
Fax: (209) 384-7438

Meets:

2nd Tuesday 7 pm & 4th Thursday at 1:30
at Villa Del Rey Retirement Inn
3050 "M" Street, Merced, CA

Contacts:

Facilitator: John Mower - (209) 384-1818

Alzheimer's Memory Clinic

California State University San Francisco – Fresno

Address: 3313 N. Hilliard Street
Fresno, CA 93726

Phone (559) 227-4810
Fax (559) 227-4167

Website: <http://rserve.fresno.ucsf.edu/alzheimer>

Alzheimer's Disease Centers

University of California, Davis

Address: 4860 "Y" Street, Suite 3900
Sacramento, CA 95817

Phone (916) 734-3761
Fax (916) 456-9350

Email: wjjagust@lbl.gov

Website: <http://alzheimer.ucdavis.edu>

Stanford University

Address: 3801 Miranda Avenue (151Y)
Palo Alto, CA 94304
Phone: (650) 852-3287
Fax: (650) 852-3297
Email: yesavage@stanford.edu
Website: <http://alzheimer.stanford.edu>

Philips Lifeline Medical Alert Service

Lifelines provide 24 hour services to those living alone and are at risk, Lifeline is designed to reduce the risk of an emergency.

Address: 111 Lawrence Street
Farmingham, MA 01702-8156451
Phone: (800) 451-0525
Local Service Provider: Sierra Lifeline Telephone:
Phone: (209) 742-4143
Website: www.lifelinesystem.com

Area 12 Agency on Aging

This agency specifically works with Mariposa County and has information on local facilities

Address: 19074 Standard Road
Sonora, CA 95370
Phone: (209) 532-6272
Phone: (800) 510-2020
Fax: (209) 532-6501
E-mail: info@area12.org
Website: http://www.area12.org/meetings_ac.aspx



Transportation

Mariposa Senior Center

5246 Spriggs Lane
Mariposa, CA 95338
Contact: Mary Williams
Phone: (209) 966-5315

Medical transportation for Mariposa County seniors 60 years of age or older, going to medical appointments in Mariposa, Merced or Fresno. Also any Veterans going to the Fresno Veterans Medical Center.

Transportation vehicles are equipped for wheelchair passengers. Passengers need to call in advance to schedule rides.

Mari-Go Mariposa County Transit

Phone: (209) 966-7433

YARTS

Phone: (209) 388-9589 or (877) 989-2787



Nutrition

Senior Services

5246 Spriggs Lane
Mariposa, CA 95338
Phone: (209) 966-5315
Fax: (209) 742-7405
e-mail: mcomserv@mariposacounty.org

Congregation meals served at the Senior Center weekdays at 12:00 noon, except holidays to seniors 60 years of age or older.

Home delivery meals delivered to homebound eligible seniors 60 years of age or older, weekdays except holidays.



Medical Supply & Health Care Agencies

Mercy Medical Transportation

P.O. Box 5004
Mariposa, CA 95338
209-966-5762

Oxygen, assistive devices, such as emergency call systems, wheelchairs, walkers, hospital beds, incontinence supplies, lifts, etc.

Sierra Lifeline

5799 Lehamite Fall
Mariposa, CA 95338
209-742-4143

Yosemite Medical Supply

5034 Coakley Circle
Mariposa, CA 95338
209-742-6224

San Joaquin Drug

9215 Highway 140
Planada, CA
209-382-1291

Pioneer Market Pharmacy

Coakley Circle
Mariposa, CA 95338
(209) 742-5550

Rite-Aid Pharmacy

4994 Joe Howard Street
Mariposa, CA 95338
(209) 742-7600

49060 Road 426
Oakhurst, CA 93644
(559) 683-8882

855 Mono Way
Sonora, CA 95370
(209) 588-0561

CVS Pharmacy

40044 Highway 49 S.
Oakhurst, CA 93644
(559) 642-4222

13763 Mono Way
Sonora, CA 95370

Vons Pharmacy

40044 Highway 49 S. Suite D
Oakhurst, CA 93644
(559) 642-4250

Mariposa County Health Department

4988 11th Street
Mariposa, CA 95338
(209) 966-3689 or (800) 459-4466

John C. Fremont Hospital

5189 Hospital Road
Mariposa, CA 95338
(209) 966-3631

John C. Fremont Medical Clinic

5189 Hospital Road
Mariposa, CA 95338
(209) 966-0850

John C. Fremont Home Health Services

5108 Highway 140
Mariposa, CA 95338
(209) 966-3800 or (877) 359-4504

Mariposa County Public Authority for In-Home Support Services

5200 Highway 49
Mariposa, Ca 95338
(209) 966-3609

Sonora Community Hospital

1000 Greenley Road
Sonora, CA 95370
(209) 532-3162
(209) 532-5000

Tuolumne General Medical Facility For Long Term Care

101 Hospital Road
Sonora, CA 95370
(209) 533-7178

Community Personal Care

189 South Fairview Lane
Sonora, CA 95370
(209) 536-3820

VNA of the Motherlode

20100 Cedar Raod, Suite A
Sonora, CA 95370
(209) 532-7166

Community Home Care

185 South Fairview Lane
Sonora, CA 95370
(209) 532-8380

Oakhurst Community Medical Center Clinic

48677 Victoria Lane
Oakhurst, CA 93644
(559) 683-2992

Sierra Senior Solutions

42655 Highway 49
Ahwahnee, CA
(559) 641-5505

Mercy Home Care

200 East 15th Street
Merced, CA 95340
(209) 725-7500



Project Lifesaver

Over 5,000,000 people suffer from Alzheimer's disease or related disorders in the United States. Statistics show that this number will triple by 2050. Sadly, 50% of these people will wander off and away from safety and become lost, which poses a serious threat to their lives. Because of the way that Alzheimer's affects the brain and makes you forget who people are and where you are, it can put their lives in immediate danger if they can't call to tell you where they are or who they are. Nearly 50% of these people fall and injure themselves, putting them in extreme risk to be found by predators. Within only 24 hours, many can even die. The number of families affected by the injury or possible death of these family members wandering off is growing each year.

Project Lifesaver is an international program allowing member agencies to use personalized radio transmitters on people who may wander off and away from the safety of their homes. A majority of the users of Project Lifesaver suffer from Alzheimer's disease or other related dementias. These transmitters do a great thing; they help rescue the lives of many loved ones who wander away and they help return them safely to their homes. Mariposa County Sheriff's Department is a member of Project Lifesaver. For further information, feel free to call Sergeant Chris Ramirez or John Meloy at **209-966-3615**.



Assisted Living and Care Facilities

Mariposa Pines Villa
5201 Crystal Aire Drive
Mariposa, CA 95338
Phone: (209)-966-8080
Contact: Staci Millard

Sierra Country Home Residential Care
11016 Stout Lane
Greeley Hill, CA
Phone: (209) 878-3561
Contact: Scott or Monica Barlow

Coarsegold Country Rose Guest Home

34254 Jennifer Lane
Coarsegold, CA
(559) 641-6471
Contact: Paul Harrison

Oakhurst Board & Care (Assisted Living Facility)

41456 Pamela Place
Oakhurst, CA
Phone: (559) 683-3605
Contact: Melody Cook

Community Living Center

40131 Highway 49
Oakhurst, CA 93644
(559) 683-2244

Franciscan Convalescent Hospital

3169 M Street
Merced, CA 95340
(209) 722-6231

Hy-Lond Health Care Center

3170 M Street
Merced, CA 95340
(209) 723-1056

Mercy Medical Center

301 East 13th Street
Merced, CA 95340
(209) 725-3515

Merced Living Care Center

510 West 26th Street
Merced, CA 95340
(209) 95340
(209) 723-2911

La Sierra Care Center

2424 M Street
Merced, CA 95340
(209) 723-4224

Somerford Assisted Living

575 E Alluvial Ste 103A
Fresno, CA 93720
Phone: (559) 438-2014
Fax: (559) 438-2380
www.somerford.com

Alzheimer's Day Care Resource Center

This center helps prevent premature or inappropriate institutionalization for those diagnosed with Alzheimer's.

Address: 2222 "M" Street
Merced, CA 95340

Phone: (209) 385-7434

Phone: (800) 226-6452

Website: <http://www.co.erced.ca.us/index.aspx?NID=1482>

AlzCare, Inc. Day Out Adult Day Health Care

This center supports the physical & psychosocial needs of persons with Alzheimer's disease or related dementia. Prevent premature or inappropriate institutional placement of persons with moderate to severe levels of impairment due to dementia

Address: 1460 Merced Ave.
Merced, CA 95340

Phone: (209) 388-9175

Seniority Lifecare Adult Day Health Care

Address: 101 Hospital Road
Sonora, CA 95370

Phone: (209) 533-7180

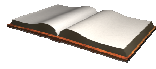
San Joaquin Gardens

This is a community based non-sectarian retirement home that takes Alzheimer's patients, and is located in Fresno.

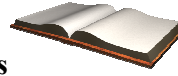
Address: 5555 N. Fresno Street
Fresno, CA 93710

Phone: (559) 439-4770, for Linda Johnson

E-mail ljohnson@abhow.com



Books and Documentaries



Alzheimer's Disease Bookstore

<http://www.alzheimersbooks.com/>

"Living Alone With Dementia ~ Alzheimer's" (How to Keep Your Loved One in Their Home as Long as Possible)

By Terry F. Townsend

<http://www.alzheimersanddementias.com/>

Terry Townsend and his two sisters were able to keep their elderly mother living safely in her own home alone for over six years after she was diagnosed with Alzheimer's. As soon as her safety became an issue, she was moved into an assisted living facility where she seemed to feel at home. Terry's book explains how they accomplished this and how others can do the same for their loved one.

The Alzheimer's Project

"THE ALZHEIMER'S PROJECT" to take a look at the faces behind the disease - and the forces leading us to find a cure. This multi-platform series reveals groundbreaking Alzheimer discoveries and the effects this debilitating and fatal disease has on those with Alzheimer's and their families.

http://www.alzinfo.org/hboalzheimersproject.asp?gclid=COOaz5H0npwCFShRagod_FBPdg



Information for Teens and Children

The National Institute of Aging

Information for all children and young adults

<http://www.nia.nih.gov/Alzheimers/Publications/children.htm>

Alzheimer's Association

Information for teen and children about the affects of Alzheimer's

http://www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp



Financial Consultation

Financial planning with a financial advisor/planner experienced in issues relevant to caring for adults with brain impairment.

Yosemite Bank

Matt Foraker, Vice President, Mariposa Branch Manager
5171 Highway 49 North
Mariposa, CA 95338
(209) 966-5444

Westamerica Bank

5121 Highway 140
Mariposa, CA 95338
[\(209\) 742-4750](tel:2097424750)

Ameriprise Financial Services

David Nemeth, CFP
40291 Stagecoach Road
Oakhurst, CA 93644
(559) 683-3600



Legal Services

Elder Law Services of California

http://www.elderlawcalifornia.com/?gclid=CI-v9_HQj5wCFRFMagoduXHbXQ

The Law Office of Robert B. Lindley

<http://www.robertlindley.com/>

Located in Oakhurst Ca
49260 Chapel Hill Drive, Suite 1
Oakhurst, Ca 93644
Telephone: (559)642-2555
Toll Free: (866)642-2555
Fax: (559)642-2700

Law Office of Helene V. Wenzel and Elderworks

Elder Law and Estate Planning
San Francisco
2000 Van Ness Avenue
San Francisco, CA 94109
Telephone: (415) 359-0223
Fax: (415) 359-0220
wenzellaw@sbcglobal.net

King and King, Attorneys at Law

Keith C. King,
510 W 21st St.
Merced, CA 95340
(209) 722-5746
www.kingandkinglawoffice.com

Elder law, Medi-Cal Planning, Medicaid trusts, living wills, probate & estate planning, asset preservation, health and long term care planning, elder abuse, guardianship/conservatorship

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Turlock, CA
(209) 667-0761

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Mariposa, CA 95338
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Oakhurst, CA 93644
(209) 683-5757

Bruce Francis Kennedy, Attorney at Law

Time Square Building
Oakhurst, CA 93644
(559) 683-5613

Robert B. Lindley, Attorney at Law

49260 Chapel Hill Road
Oakhurst, CA 93644
(559) 642-2555

Mariposa County Human Services Public Guardian/Conservator

(209) 966-3609

Sources

- <http://www.flickr.com/photos/setya/257874009/>
- <http://alzfdn.org/>
- http://genome.wellcome.ac.uk/doc_wtd020951.html
- <http://alzheimers.about.com/od/symptomsfalzheimers/a/symptoms.htm>
- Philips Lifeline Medical Alert Service Pamphlet.
- Mariposa County Friendly Visitor Program RESOURCE GUIDE Mariposa County Behavioral Health and Recovery Services
- Mariposa County Public Authority For IHSS Resurce Guide
- Caring for Persons with Dementia Resource Guide for Mariposa County Residence *courtesy of the Mariposa Sheriff's Office*