

## Web and Phone Based Resources

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## **Social Connection, Engagement, and Networking**

### **DC Villages**

**Organization:** Glover Park Village

Address: PO Box 32255 Washington, DC 20007

Website: <https://goldenglovers.clubexpress.com/>

Email: [Info@GloverParkVillage.org](mailto:Info@GloverParkVillage.org)

Phone Number: 202-436-5545

Available Services May Include: Light Homecare or Yardwork, Social Clubs, Social Networking/ Online Community, Art and Music Programs, please ask about other services

### **Social Networking and Online Community**

**Organization:** Alzheimer's Association - AlzConnected

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzconnected.org/>

Phone Number: 800-272-3900

Service Available to: No restrictions

**Description of Service:** ALZConnected® ([alzconnected.org](https://www.alzconnected.org/)), powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including people with the disease; caregivers; family members; friends; individuals who have lost someone to Alzheimer's.

**Organization:** Caregiver Action Network

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: [info@caregiveraction.org](mailto:info@caregiveraction.org)

Phone Number: 202-454-3970

Service Available to: No restrictions

**Description of Service:** Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones

with chronic conditions, disabilities, disease, or the frailties of old age. Connect with the online care community for caregiver education and support. The Care Support Team, staffed by caregiving experts, is available by phone to help caregivers find the right to help navigate complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

**Organization: Dementia Alliance International – DAI Café Le Brain**

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/events/cafe-le-brain/>

Service Available to: No restrictions

**Description of Service:** The DAI Café Le Brain is a monthly online cafe, where we enjoy discussion, support, and some laughter too! At this session, we also provide members with an update from the Board meeting, held the week prior to this online cafe. Our online cafes are open to people with dementia and their families, friends or care partners who support them.

**Organization: Family Caregiver Alliance – Caregivers Community**

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.smartpatients.com/partners/fca>

Phone Number: 800-445-8106

Service Available to: No restrictions

**Description of Service:** FCA has partnered with Smart Patients to create this new Caregivers Community so that caregivers and other loved ones can join the community for free to share, interact, and learn from each other in a safe, supportive environment. And family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses can share their own expertise with this new community. By partnering with Smart Patients, we are helping empower caregivers to improve care for themselves and others.

**Organization: Lewy Body Dementia Association**

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/node/4>

Phone Number: 404-935-6444

Service Available to: No restrictions

**Description of Service:** Connect with LBDA and other LBD families on Facebook and LinkedIn in the following groups: LBDA Care Partner Facebook Support Group, Living with Lewy Facebook Support Group, Living Together with Lewy Facebook Support Group, LBD Caring Spouses.

**Organization: Sibley Memorial Hospital – Sibley Senior Association**

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

**Description of Service:** As a Sibley Senior Association Member, you will receive: A discount in our parking garage, The Sibley Senior Association quarterly newsletter, A discount on over-the-counter items at Foer's Pharmacy in the Sibley Medical Building, A \$1 per hour discount on the hourly rate at Potomac Home Support, Free blood pressure checks, Periodic health screenings, Free seminars and events, Support groups, Exercise classes, Access to our spousal bereavement program, Access to Club Memory, Help from Sibley professionals including a free consultation with Sibley pharmacists.

**Organization: Sibley Memorial Hospital – Sibley Club Memory**

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/club-memory.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

**Description of Service:** Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners. At each session we offer activities such as board games, puzzles, sing-alongs, trivia and challenges, sharing of resources and discussions. At Club Memory, conversation, community and even laughter among peers who truly understand each other open the doorway to living life to its fullest in the face of a mild cognitive impairment or dementia diagnosis. Club Memory also offers support groups for people with a diagnosis of dementia and their family care partners. Support groups meet twice a month as well. If you or someone you care about has been diagnosed with early-stage Alzheimer's, mild cognitive impairment, or any other form of dementia, know that there is hope and support for you and your family.

**Social Clubs**

**Organization: Alzheimer's Association, National Capital Area Chapter - Support Groups**

Address: 8180 Greensboro Drive #400 McLean, VA 22102

Website: [https://www.alz.org/nca/helping\\_you/support\\_groups](https://www.alz.org/nca/helping_you/support_groups)

Phone Number: 800-272-3900

Additional Services may Include: Support Groups for Individuals with Dementia, Support Group (Caregiver or both), please ask about other services

Service Available to: No restrictions

**Description of Service:** Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.

**Organization: Dementia Alliance International – DAI Peer-To-Peer Support Groups**

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/services/online-support-groups/>

Service Available to: No restrictions

**Description of Service:** DAI members facilitate and provide online peer-to-peer support groups and social groups for people with dementia through Facebook and Zoom (online video conferencing), for our members, and which are free; you can join here. Online support groups are ideal for those who cannot drive to their local “in person” support group or who live in isolated areas with limited access to services. Many of our members also like to join more than our DAI support groups, and may also belong to a number of other groups run by different organizations or individuals, either online or in person if they have them available in their local areas. DAI also provides peer-to-peer mentoring, if you prefer one to one support, rather than joining a group.

**Organization: Lewy Body Dementia Association**

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/node/4>

Phone Number: 404-935-6444

Service Available to: No restrictions

**Description of Service:** Connect with LBDA and other LBD families on Facebook and LinkedIn in the following groups: LBDA Care Partner Facebook Support Group, Living with Lewy Facebook Support Group, Living Together with Lewy Facebook Support Group, LBD Caring Spouses.

**Organization: Family Caregiver Alliance – Caregivers Community**

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.smartpatients.com/partners/fca>

Phone Number: 800-445-8106

Service Available to: No restrictions

**Description of Service:** FCA has partnered with Smart Patients to create this new Caregivers Community so that caregivers and other loved ones can join the community for free to share, interact, and learn from each other in a safe, supportive environment. And family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses can share their own expertise with this new community. By partnering with Smart Patients, we are helping empower caregivers to improve care for themselves and others.

**Organization: National Gallery of Art – “Just for Us”**

Address: 6th and Constitution Avenue NW Washington, DC 20565

Website: <https://www.nga.gov/calendar/guided-tours/just-us.html>

Email: [access@nga.gov](mailto:access@nga.gov)

Phone Number: 202-737-4215

Service Available to: No restrictions

**Description of Service:** Just Us at the National Gallery of Art is a 90-minute museum experience exclusively for those with memory loss and their caregivers. The program takes place on the first and third Mondays of the month. Call to register: (202) 842-6905 To register, please email [access@nga.gov](mailto:access@nga.gov).

**Money Management**

**Organization: Alzheimer's Association- Alzheimer's Navigator**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

**Service Description:** When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

**Organization: Alzheimer's Association- E-learning Workshops**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

**Service Description:** The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, caregivers, as well as community members and health care professionals.

**Organization: National Association of Insurance Commissioners (NAIC) - Shopper's Guide**

Address: 1100 Walnut Street Suite 1500 Kansas City, MO 64106

Website: [https://www.naic.org/documents/prod\\_serv\\_consumer\\_ltc\\_lp.pdf](https://www.naic.org/documents/prod_serv_consumer_ltc_lp.pdf)

Phone Number: 866-470-6242

Additional Services may Include: Insurance Education, Financial Literacy, Planning for Long Term Care, please ask about other services

**Service Description:** The decision to buy long-term care insurance is an important financial decision that shouldn't be rushed. The National Association of Insurance Commissioners (NAIC) wrote this Shopper's Guide to help you understand long-term care and the insurance options that can help you pay for long-term care services. The decision to buy long-term care insurance is very important. You should not make it in a hurry. Most states' laws require insurance companies or agents to give you this Shopper's Guide to help you better understand long-term care insurance and decide which, if any, policy to buy. Some states produce their own shopper's guide.

**Organization: Department of Aging and Community Living- DC State Health Insurance Assistance Program (SHIP)**

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov/service/health-insurance-counseling>

Email: [hicp.dacl@dc.gov](mailto:hicp.dacl@dc.gov)

Phone Number: 202-727-8370

Additional Services may Include: Insurance Education, Financial Literacy, please ask about other services

**Service Description:** The DC State Health Insurance Assistance Program (SHIP) provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. In addition to assistance with health insurance issues, SHIP also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. SHIP can answer questions and provide assistance on issues relating to health insurance including Medicare, Medicaid, Medigap (Medicare supplemental insurance), Medicare+Choice (Medicare managed care), long-term care insurance, long-term care, federal employee health benefits, unpaid medical bills, HMOs, durable medical equipment, and hospice care. For assistance call (202) 727-8370.

**Organization: Legal Counsel for the Elderly- Senior Medicare Patrol DC**

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/senior-medicare-patrol.html?intcmp=AE-LCE-WWD-R1C2LL3>

Email: [icesmp@aarp.org](mailto:icesmp@aarp.org)

Phone Number: 202-434-2099

Additional Services may Include: Insurance Education, please ask about other services

**Service Description:** The SMP DC office empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. DC SMP is a grant-funded project of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Our work is in three main areas: conduct outreach and education, engage volunteers, and receive beneficiary complaints (when medicare beneficiaries, caregivers, and family members bring their complaints to - our office, we make a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, we make referrals to the appropriate state and federal agencies for further investigation).

**Organization: National Association of Insurance Commissioners (NAIC) - Shopper's Guide**

Address: 1100 Walnut Street Suite 1500 Kansas City, MO 64106

Website: [https://www.naic.org/documents/prod\\_serv\\_consumer\\_ltc\\_lp.pdf](https://www.naic.org/documents/prod_serv_consumer_ltc_lp.pdf)

Phone Number: 866-470-6242

Additional Services may Include: Insurance Education, Financial Literacy, Planning for Long Term Care, please ask about other services

**Service Description:** The decision to buy long-term care insurance is an important financial decision that shouldn't be rushed. The National Association of Insurance Commissioners (NAIC) wrote this Shopper's Guide to help you understand long-term care and the insurance options that can help you pay for long-term care services. The decision to buy long-term care insurance is very important. You should not make it in a hurry. Most states' laws require insurance companies or agents to give you this Shopper's Guide to help you better understand long-term care insurance and decide which, if any, policy to buy. Some states produce their own shopper's guide.

**Connection to Services, Helplines, and Crisis Care: Connection and Referral**

The Department of Aging and Community Living Hotline (DACL) runs a central referral hotline. HOTLINE Number: 202-724-5626. Additional Connection and Referral Resources are listed below.



**Organization: Alzheimer's Association- 24/7 Helpline**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

**Organization: Alzheimer's Association- Alzheimer's Navigator**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Care Planning, Financial Literacy, Planning for Long Term Care, Education for Caregivers, Education for Individuals with Dementia, please ask about other services

Service available to: No restrictions

**Organization: Department of Aging and Community Living- DAACL Information & Referral Line**

Address: 500 K Street, NE Washington, DC 20002

Website: <https://daacl.dc.gov>

Email: [daacl@dc.gov](mailto:daacl@dc.gov)

Phone Number: 202-724-5626

Additional Services may Include: Connection and Referral, Helpline, please ask about other services

Service available to: No restrictions

**Organization: Department of Veterans' Affairs- Caregivers Support Line (CSL)**

Address: 810 Vermont Avenue Washington , DC 20420

Website: [https://www.caregiver.va.gov/help\\_landing.asp](https://www.caregiver.va.gov/help_landing.asp)

Phone Number: 1-855-260-3274

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

**Organization: Department of Veterans' Affairs- Caregiver Support Coordinator**

Address: 50 Irving Street, NW Washington, DC 20422

Website: [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp#District%20of%20Columbia](https://www.caregiver.va.gov/support/New_CSC_Page.asp#District%20of%20Columbia)

Phone Number: 202-745-8000 ext. 55926

Additional Services may Include: Social Work, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

**Organization: Department of Veterans' Affairs- Coaching into Care**

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov)

Phone Number: 888-823-7458

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

**Organization: East River Family Strengthening Collaborative- Caregiver Case Management**

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/case-management/>

Email: [info@erfsc.org](mailto:info@erfsc.org)

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about other services

Service available to: Ward 7, Ward 8, please ask for additional information

**Organization: East River Family Strengthening Collaborative- Ward 7 Aging Services**

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: [info@erfsc.org](mailto:info@erfsc.org)

Phone Number: 202-397-7300

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 7, please ask for additional information

**Organization: East River Family Strengthening Collaborative- Ward 8 Aging Services**

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: [Pferguson@erfsc.org](mailto:Pferguson@erfsc.org)

Phone Number: 202-562-6860

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 8, please ask for additional information

**Organization: Iona- Subsidized Case Management Services**

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: [info@iona.org](mailto:info@iona.org)

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about other services

Service available to: Ward 3, Age 60+, please ask for additional information

**Organization: Iona- Dementia Navigators**

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: [info@iona.org](mailto:info@iona.org)

Phone Number: 202-895-9448

Additional Services may Include: Care Navigator, Care Planning, Connection and Referral, Crisis/Problem Management, please ask about other services

Service available to: Client or Enrollee, Age 60+, please ask for additional information

**Organization: Iona- Ward 3 Aging Services**

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/>

Email: [info@iona.org](mailto:info@iona.org)

Phone Number: 202-895-9448

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 3, please ask for additional information

**Organization: Iona - Iona Care Management**

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: [info@iona.org](mailto:info@iona.org)

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about other services

Service available to: No restrictions

**Organization: National Institute on Aging – Alzheimer's Disease Education and Referral (ADEAR) Center, Information Specialists**

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Phone Number: 1-800-438-4380

Additional Services may Include: Helplines, Connection and Referral, please ask about other services

Service available to: No restrictions

**Organization: Seabury Resources for Aging- Care Management**

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: [info@seaburyresources.org](mailto:info@seaburyresources.org)

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about other services

Service available to: Age 60+, please ask for additional information

**Organization: Seabury Resources for Aging- Ward 5 Aging Services**

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: [info@seaburyresources.org](mailto:info@seaburyresources.org)

Phone Number: 202-529-8701

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 5, please ask for additional information

**Organization: Seabury Resources for Aging- Ward 6 Aging Services**

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: [info@seaburyresources.org](mailto:info@seaburyresources.org)

Phone Number: 202-397-1725

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 6, please ask for additional information

**Organization: Terrific, Inc. Regional Senior Services - Case Management**

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: [info@terrificinc.org](mailto:info@terrificinc.org)

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about other services

Service available to: Ward 1, Ward 2, Ward 4, please ask for additional information

**Organization: Terrific, Inc.- Ward 1 Aging Services**

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: [info@terrificinc.org](mailto:info@terrificinc.org)

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 1, Age 60+, please ask for additional information

**Organization: Terrific, Inc.- Ward 2 Aging Services**

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: [info@terrificinc.org](mailto:info@terrificinc.org)

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 2, Age 60+, please ask for additional information

**Organization: Terrific, Inc.- Ward 4 Aging Services**

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: [info@terrificinc.org](mailto:info@terrificinc.org)

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 4, Age 60+, please ask for additional information.

## **Helplines**

### **Organization: Alzheimer's Association- 24/7 Helpline**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

### **Organization: Alzheimer's Foundation of America- AFA Helpline**

Address: 322 Eighth Avenue, 16th Floor New York, NY 10001

Website: <https://alzfdn.org/afahelpline/>

Email: [info@alzfdn.org](mailto:info@alzfdn.org)

Phone Number: 866-232-8484

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

### **Organization: Caregiver Action Network- Care Community**

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: [info@caregiveraction.org](mailto:info@caregiveraction.org)

Phone Number: 202-454-3970

Additional Services may Include: Helpline, Social Networking / Online Community, please ask about other services

Service available to: No restrictions

**Organization: DC Department of Behavioral Health- Access Helpline**

Address: 64 New York Avenue, NE, 3rd Floor Washington, DC 20002

Website: <https://dbh.dc.gov/service/access-helpline>

Phone Number: 888-793-4357

Additional Services may Include: Helplines, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

**Organization: Department of Aging and Community Living- DAcl Information & Referral Line**

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov>

Email: [dacl@dc.gov](mailto:dacl@dc.gov)

Phone Number: 202-724-5626

Additional Services may Include: Connection and Referral, Helpline, please ask about other services

Service available to: No restrictions

**Organization: Department of Aging and Community Living- Adult Protective Services / Abuse Hotline**

Address: 64 New York Avenue, NE, 4th Floor Washington, DC 20002

Website: <https://dacl.dc.gov/service/adult-protective-services-0>

Email: [dacl@dc.gov](mailto:dacl@dc.gov)

Phone Number: 202-541-3950

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

**Organization: Department of Veterans' Affairs- Caregivers Support Line (CSL)**

Address: 810 Vermont Avenue Washington, DC 20420

Website: [https://www.caregiver.va.gov/help\\_landing.asp](https://www.caregiver.va.gov/help_landing.asp)

Phone Number: 1-855-260-3274



Additional Services may Include: Helpline, Connection and Referral, please ask about other services  
Service available to: Veteran affiliated, please ask for additional information

**Organization: Department of Veterans' Affairs- Coaching into Care**

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov)

Phone Number: 888-823-7458

Additional Services may Include: Helpline, Connection and Referral, please ask about other services  
Service available to: Veteran affiliated, please ask for additional information

**Organization: Department of Veterans' Affairs- Veterans Crisis Line**

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.veteranscrisisline.net/>

Phone Number: 1-800-273-8255, press 1

Additional Services may Include: Crisis/Problem Management, Helpline, please ask about other services  
Service available to: Veteran affiliated, please ask for additional information

**Organization: Legal Counsel for the Elderly- Legal Hotline**

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/getting-help/?intcmp=AE-LCE-RH2>

Phone Number: 202-434-2120

Additional Services may Include: Helpline, Advocacy Organizations & Legal Advice, Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Service available to: Age 60+, please ask for additional information

**Organization: Lewy Body Dementia Association - LBDA Lewy Line**

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/lbda-lewy-line/>

Email: [support@lbda.org](mailto:support@lbda.org)

Phone Number: 800-539-9767

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

**Organization: National Institute on Aging – Alzheimer's Disease Education and Referral (ADEAR) Center, Information Specialists**

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Phone Number: 1-800-438-4380

Additional Services may Include: Helplines, Connection and Referral, please ask about other services

Service available to: No restrictions

**Crisis/Problem Management**

**Organization: Alzheimer's Association- 24/7 Helpline**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

**Organization: Department of Aging and Community Living- Adult Protective Services / Abuse Hotline**

Address: 64 New York Avenue, NE, 4th Floor Washington, DC 20002

Website: <https://dacl.dc.gov/service/adult-protective-services-0>

Email: [dacl@dc.gov](mailto:dacl@dc.gov)

Phone Number: 202-541-3950

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

**Organization: DC Department of Behavioral Health- Access Helpline**

Address: 64 New York Avenue, NE, 3rd Floor Washington, DC 20002

Website: <https://dbh.dc.gov/service/access-helpline>

Phone Number: 888-793-4357

Additional Services may Include: Helplines, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

**Organization: Department of Veterans' Affairs- Medical Advice Line**

Address: 810 Vermont Avenue Washington , DC 20420

Website: <https://www.washingtondc.va.gov/contact/>

Phone Number: 202-745-8000

Additional Services may Include: Crisis/Problem Management, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

**Organization: Department of Veterans' Affairs- Veterans Crisis Line**

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.veteranscrisisline.net/>

Phone Number: 1-800-273-8255, press 1

Additional Services may Include: Crisis/Problem Management, Helpline, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

**Personal Safety**

**Daily Check-In Calls**

**Organization: Capital Caring Health**

Address: 50 F Street, NW, Suite 3300 Washington, DC 20001

Website: <https://www.capitalcaring.org/get-help/our-services/hospice/>

Phone Number: 800-869-2136

Service Available to: Enrollees

**Description:** At Capital Caring Health, the services you receive will be based on your unique needs, and may include: A specialized team to help you: nurses, home health aides, social workers, chaplains, supervising physicians, nurse practitioners and others, Around-the-clock, on-call support, Medical equipment and supplies, such as wheelchairs, hospital beds, oxygen and more, Medications to control symptoms and pain, Dietary counseling, physical, occupational or speech therapy, as needed, Short-term care in a specialized hospice facility for medically necessary reasons, Short-term respite care (up to five days) in a facility for those times when family is either unavailable to provide care or needs a break from caregiving, Counseling support and guidance for patients, families and caregivers through Capital Caring Health's Point of Hope team, and "Tuck-in" calls two to three times a week from trained Capital Caring Health volunteers to inquire about a patient's health status, and to help ensure they have sufficient medications, equipment and supplies.

**Organization: Dupont Circle Village- Dupont Circle Village**

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: [admin@dupontcirclevillage.net](mailto:admin@dupontcirclevillage.net)

Phone Number: 202-436-5252

Additional Services may Include: Light Homecare or Yardwork, Care Management, Social Work, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

**Description of Service:** Dupont Circle Village is part of a growing network of Villages nationwide, in which neighbors are helping neighbors thrive. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.

**Organization: Georgetown Village- Georgetown Village**

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: [lynn@georgetown-village.org](mailto:lynn@georgetown-village.org)

Phone Number: 202-999-8988

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

**Description of Service:** Georgetown Village is part of a growing network of Villages nationwide, in which neighbors are helping neighbors thrive. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.

**Organization: East River Family Strengthening Collaborative- Check-In Calls**

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: [info@erfsc.org](mailto:info@erfsc.org)

Phone Number: 202-397-7300

Additional Services may Include: Daily Check-in Calls, please ask about other services

Service Cost: No Cost

**Description of Service:** Daily check-in calls through the East River Family Strengthening Collaborative team can provide an additional layer of safety and support for older adults in the community.

**Organization: East Rock Creek Village- East Rock Creek Village**

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: [info@eastrockcreekvillage.org](mailto:info@eastrockcreekvillage.org)

Phone Number: 202-656-7322

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

**Description of Service:** Service membership in East Rock Creek Village provides a wide array of services. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.

**Organization: Mount Pleasant Village- Mount Pleasant Village**

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: [information@mountpleasantvillage.org](mailto:information@mountpleasantvillage.org)

Phone Number: None

Additional Services may Include: Light Homecare or Yardwork, Daily Check-in Calls, Social Clubs, Social Networking / Online Community, Art and Music Programs, Support Group (Carepartner or both), please ask about other services

Service Cost: Fees or additional restrictions may apply

**Description of Service:** In our volunteer/member-managed Village, we celebrate the opportunities and meet the challenges of aging in community. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.

### **Personal Safety Devices, including Fall Alerts, Video Monitoring and Personal Trackers**

**Organization: East River Family Strengthening Collaborative- Deaf and Hard of Hearing Program**

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: [Pferguson@erfsc.org](mailto:Pferguson@erfsc.org)

Phone Number: 202-562-6860

Additional Services may Include: Safety Consultation, Personal Safety Devices, please ask about other services

Service Cost: No Cost

**Description of Service:** The Deaf and Hard of Hearing Program (DHH Program) is funded through D.C. Department of Disability Services and provide amplifying hearing devices, emergency equipment (flashing smoke alarms, shaking alarm clocks, flashing doorbells), and wandering alerts to qualifying seniors. This is a free service.

**Organization: MedicAlert Foundation- MedicAlert ID with Wandering Support**

Address: 101 Lander Avenue Turlock, CA 95380

Website: [https://www.medicalert.org/alz?campaignID=online+:+link+:+1020onlinealz+:+enroll&utm\\_source=email&utm\\_medium=link&utm\\_campaign=0719&utm\\_term=renew](https://www.medicalert.org/alz?campaignID=online+:+link+:+1020onlinealz+:+enroll&utm_source=email&utm_medium=link&utm_campaign=0719&utm_term=renew)

Phone Number: 1-800-432-5378

Additional Services may Include: Personal Safety Devices, please ask about other services

**Description of Service:** If an individual with Alzheimer's or dementia wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it. MedicAlert will create a missing person report and activate a community support network including local law enforcement and hospitals to help locate the person who wandered. MedicAlert will share vital information with first responders as needed. If someone with dementia is found wandering, citizens or first responders can call MedicAlert's toll free number on the person's MedicAlert ID to identify the individual and initiate outreach to their emergency contacts. In either case, the goal is to quickly reunite the person who wandered with their family and loved ones.

**Organization: Philips Lifeline- GoSafe2 Systems**

Address: 112 Lawrence Street Framingham, MA 01703

Website: <https://www.lifeline.philips.com/medical-alert-systems/gosafe-2.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

**Description of Service:** Our GoSafe 2 system is perfect for more active older adults. If you enjoy getting out and about, visiting with friends, walking the dog or just doing errands, consider our GoSafe 2 mobile system. You'll have direct access to help anytime, anywhere. GoSafe 2 is the newest addition to the Philips Lifeline mobile alert service family. This single piece system includes multiple, advanced locating technologies, fall detection capabilities and two-way voice communication all in a light, comfortable, easy-to-wear pendant. GoSafe 2 provides fast access to help whenever and wherever you need it.

**Organization: Philips Lifeline- HomeSafe Systems**

Address: 111 Lawrence Street Framingham, MA 01702

Website: <https://www.lifeline.philips.com/medical-alert-systems/compare-homesafe.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

**Description of Service:** Our HomeSafe systems are perfect for people who spend most of their time at home. If cooking a home cooked meal or reading a good book in your comfortable chair are some of your favorite pastimes, consider our HomeSafe Standard or HomeSafe with AutoAlert systems. You'll have direct access to help in and around your home. HomeSafe Standard provides a feeling of security in and around the home. With a simple push of your Lifeline help button, worn as a pendant or wristband, you'll be quickly connected to our Response Center for assistance.

**Organization: Terrific, Inc – Safe At Home Private Security Cameras**

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: [info@terrificinc.org](mailto:info@terrificinc.org), [jshuler@terrificinc.org](mailto:jshuler@terrificinc.org), [amccarley@terrificinc.org](mailto:amccarley@terrificinc.org)

Phone Number: 202-882-1160

**Description of Service:** The DC Safe at Home Program provides minor home modifications and adaptive equipment to frail seniors and disabled adults, allowing them to continue to live at home, rather than require institutionalization. The program is specifically intended to increase the safety of one's home by reducing the risk of falls and through private security cameras, deter neighborhood crime, and hence, create a safer neighborhood environment for the program participant. DC residents age 60 might be eligible to receive two (2) Safe at Home Personal Security Program Camera Systems at no cost if income does not exceed the program threshold.

## **Emergency Response Preparedness**

1. SMART 911: Consider creating a safety profile with your name, health conditions, medications, and emergency contact available for EMS in the event of an emergency. Smart911 is a national service you can use to create an individual safety profile that is visible to any participating 9-1-1 center nationwide. <https://www.smart911.com>

2. Medical Id on Smart Phone: Set up your phone or your loved one's phone to have important health information and emergency contacts. Here is a list of common apps used, there may be other options based on the make and model of your phone.

iPhone: Set up the Health App. Learn more: <https://support.apple.com/en-us/HT207021>

Android: Download the app Medical ID. Learn more: <https://medicalid.app/>

### **Organization: Smart911- Smart911**

Website: <https://www.smart911.com/smart911/registration/registrationLanding.action>

Email: [wanda.gattison@dc.gov](mailto:wanda.gattison@dc.gov)

Service Cost: No Cost

**Description of Service:** With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency. When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like. Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.

## **Personal Safety Devices, including Fall Alerts, Video Monitoring and Personal Trackers**

### **Organization: MedicAlert Foundation- MedicAlert ID with Wandering Support**

Address: 101 Lander Avenue Turlock, CA 95380

Website: [https://www.medicalert.org/alz?campaignID=online+:+link+:+1020onlinealz+:+enroll&utm\\_source=email&utm\\_medium=link&utm\\_campaign=0719&utm\\_term=renew](https://www.medicalert.org/alz?campaignID=online+:+link+:+1020onlinealz+:+enroll&utm_source=email&utm_medium=link&utm_campaign=0719&utm_term=renew)

Phone Number: 1-800-432-5378

Additional Services may Include: Personal Safety Devices, please ask about other services

Description of Service: If an individual with Alzheimer's or dementia wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it. MedicAlert will create a missing person report and activate a community support network including local law enforcement and hospitals to help locate the person who wandered. MedicAlert will share vital information with first responders as needed. If someone with dementia is found wandering, citizens or first responders can call



MedicAlert's toll free number on the person's MedicAlert ID to identify the individual and initiate outreach to their emergency contacts. In either case, the goal is to quickly reunite the person who wandered with their family and loved ones.

**Organization: Philips Lifeline- GoSafe2 Systems**

Address: 112 Lawrence Street Framingham, MA 01703

Website: <https://www.lifeline.philips.com/medical-alert-systems/gosafe-2.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

**Description of Service:** Our GoSafe 2 system is perfect for more active older adults. If you enjoy getting out and about, visiting with friends, walking the dog or just doing errands, consider our GoSafe 2 mobile system. You'll have direct access to help anytime, anywhere. GoSafe 2 is the newest addition to the Philips Lifeline mobile alert service family. This single piece system includes multiple, advanced locating technologies, fall detection capabilities and two-way voice communication all in a light, comfortable, easy-to-wear pendant. GoSafe 2 provides fast access to help whenever and wherever you need it.

**Organization: Philips Lifeline- HomeSafe Systems**

Address: 111 Lawrence Street Framingham, MA 01702

Website: <https://www.lifeline.philips.com/medical-alert-systems/compare-homesafe.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

**Description of Service:** Our HomeSafe systems are perfect for people who spend most of their time at home. If cooking a home cooked meal or reading a good book in your comfortable chair are some of your favorite pastimes, consider our HomeSafe Standard or HomeSafe with AutoAlert systems. You'll have direct access to help in and around your home. HomeSafe Standard provides a feeling of security in and around the home. With a simple push of your Lifeline help button, worn as a pendant or wristband, you'll be quickly connected to our Response Center for assistance.

**Safety Consultation**

**Organization: Adaptive Home Living, LLC – Home Assessment**

Website: <https://adaptivehomeliving.com/>

Email: [mariella@adaptivehomeliving.com](mailto:mariella@adaptivehomeliving.com)

Service Cost: Fees or additional restrictions may apply

**Description of Service:** Adaptive Home Living provides consulting services and home modification assessment to enable and allow individuals safe accessibility and optimal interaction with their environment and dwellings. AHL conducts occupational therapy evaluation of living areas recognizing the client's lifestyle, caregiver dynamics, transitions and unique needs. AHL also works with other professionals to deliver friendly solutions and inclusive designs, options for environmental modification in spaces. We emphasize on safety and injury prevention while mindful of innovations in accessibility and technology.

## **Dementia Education and Caregiver Support**

### **Dementia Education for Individuals, Caregivers, or the Community**

**Organization: Alzheimer's Association- E-learning Workshops**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

**Description of Service:** The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, caregivers, as well as community members and health care professionals.

**Organization: Caregiver Action Network**

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: [info@caregiveraction.org](mailto:info@caregiveraction.org)

Phone Number: 202-454-3970

Service Available to: No restrictions

**Description of Service:** Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Connect with the online care community for caregiver education and support. The Care Support Team, staffed by caregiving experts, is available by phone to help caregivers find the right to help navigate complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

**Organization: Care Support Mentoring Program**

Address: 810 Vermont Avenue Washington, DC 20420

Website: [https://www.caregiver.va.gov/Care\\_Caregivers.asp](https://www.caregiver.va.gov/Care_Caregivers.asp)

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** Being the caregiver of a Veteran is full of challenges. VA has developed a Peer Support Mentoring Program to link you to a peer — someone who has experienced similar challenges and situations — to provide you with additional support and guidance along your journey. The Caregiver Peer Support Mentoring Program is available for general and family caregivers of all Veterans. The program was developed to strengthen relationships between caregivers, to provide an opportunity for networking and to empower caregivers to help one another. Caregiver Peer Support Mentoring Program also helps caregivers to establish relationships with each other and create a comfort zone for support.

**Organization: DC Caregivers' Institute - DC Caregivers' Institute**

Address: 1234 Massachusetts Avenue, NW Suite C1002 Washington, DC 20005

Website: <http://www.dccaregivers.org/services/>

Email: [info@dccaregivers.org](mailto:info@dccaregivers.org)

Phone Number: 202-464-1513

Additional Services may Include: Social Work, Care Planning, Support Group (Caregiver or both), Counseling, Education for Caregivers, Individual Grants, Respite Care (Hourly or Daytime), please ask about other services

Service available to: Client or Enrollee, please ask for additional information

**Description of Service:** The District of Columbia Caregivers' Institute (DCCI) is a resource funded by the District of Columbia Office on Aging. The purpose of the "5-Star" Caregivers' Institute is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable DC residents. The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. The Institute seeks to empower caregivers to make informed decisions about their present and future circumstances. Personalized social work assessments, connection to resources, and education are core services of the Institute. Telephone Support Groups are offered for DC caregivers on the first Tuesday of each month. Registration is required.

**Organization: Dementia Alliance International – "Meeting of the Minds" Webinars**

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/events/dai-webinars/>

Service Available to: No restrictions

**Description of Service:** In DAI's "A Meeting of the Minds" monthly Webinar series, we feature people who have unique perspectives on dementia and who challenge the status quo; our speakers are always highly regarded international academics, clinicians, service providers or keynote speakers. Monthly webinars focus on a variety of topics, and provide an opportunity for people with dementia to connect with the wider community of those living with the disease or working in the area of dementia, and vice versa. To participate, you need only an Internet connection; a webcam and microphone will ensure a fuller experience.

**Organization: Department of Aging and Community Living- Savvy Caregiver Program**

Address: 500 K Street, NE Washington, DC 20002

Website: <https://daclvirtualevents.splashthat.com/>

Email: [Linda.Irizarry@dc.gov](mailto:Linda.Irizarry@dc.gov)

Phone Number: 202-535-1442

Service available to: No Restrictions

**Description of services:** Join DACL's Savvy Caregiver Program (SCP) to develop the knowledge, skills, and attitudes to care for your family member with Alzheimer's disease or other dementia. The SCP is for caregivers in DC who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer's disease or other dementias. The program is delivered in 2-hour sessions, over a 6-week period.

**Organization: Department of Veterans' Affairs- Building Better Caregivers**

Address: 810 Vermont Avenue Washington, DC 20420

Website: <https://va.buildingbettercaregivers.org/>

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** Building Better Caregivers is an online program to help Caregivers of Veterans or Veterans who serve as Caregivers for someone with dementia, memory problems, post- traumatic stress disorder, a serious brain injury, or any other serious injury or illness.

**Organization: Department of Veterans' Affairs- Caregivers Support Line (CSL)**

Address: 810 Vermont Avenue Washington, DC 20420

Website: [https://www.caregiver.va.gov/help\\_landing.asp](https://www.caregiver.va.gov/help_landing.asp)

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** VA's National Caregiver Support Line (CSL) serves as a primary resource/referral center to assist caregivers, Veterans, and others seeking caregiver information. VA's Caregiver Support Line has licensed caring professionals standing by. The National Caregiver Support Line, at 1-855-260-3274, is open Monday through Friday 8:00 a.m. to 8:00p.m. EST Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the Caregiver Support Line can: Tell you about the assistance available from VA, Help you access services, Connect you with the Caregiver Support Coordinator at a VA Medical Center near you, Just listen, if that's what you need right now, If you're just getting started with VA, calling the Caregiver Support Line is a great first step.

**Organization: Department of Veterans' Affairs - Caregiver Support Coordinator**

Address: 50 Irving Street, NW Washington, DC 20422

Website: [https://www.caregiver.va.gov/support/New\\_CSC\\_Page.asp#District%20of%20Columbia](https://www.caregiver.va.gov/support/New_CSC_Page.asp#District%20of%20Columbia)

Phone Number: 202-745-8000 ext. 55926

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** Caregivers for Veterans can get assistance from a Caregiver Support Coordinator is a licensed professional who can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love.

**Organization: Department of Veterans' Affairs- Coaching Into Care**

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: [CoachingIntoCare@va.gov](mailto:CoachingIntoCare@va.gov)

Phone Number: 888-823-7458

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community. We also provide coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life. Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping our callers figure out how to motivate the Veteran to seek treatment. We can help you get information about mental health, services at the VA and tips on how to begin the conversation about treatment with a loved one who is a Veteran.

**Organization: Department of Veterans' Affairs - Resources for Enhancing All Caregivers Health (REACH) VA Program**

Address: 810 Vermont Avenue Washington, DC 20420

Website: [https://www.caregiver.va.gov/REACH\\_VA\\_Program.asp](https://www.caregiver.va.gov/REACH_VA_Program.asp)

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

**Description of services:** Caregiving can be challenging. The REACH VA Caregiver Program is designed to assist Caregivers of Veterans with challenges such as Taking Care of Yourself, Problem Solving, Mood Management, Asking for Help, and Stress Management. The trained and certified REACH VA Program Coach usually provides four individual sessions with the Caregiver over a period of 2 to 3 months, extending the number of sessions if both the Coach and Caregiver feel there is more work to do. The sessions normally last about an hour each and may be held face to face, over the telephone, or over telehealth video conferencing. To be eligible for the REACH VA Program, the Caregiver must be caring for a Veteran or a Veteran caring for a loved one, where the Veteran is receiving services at the VA. Caregivers receive a Caregiver Notebook, which is the first resource for caregiver issues and challenges, for stress management, mood management, and problem-solving. REACH VA is available for Caregivers of Veterans diagnosed with: ALS, Dementia, MS, PTSD, or Spinal Cord Injury/Disorder.

**Organization: National Institute on Aging -- Alzheimer's Disease Education and Referral Center**

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Phone Number: 1-800-438-4380

**Description of Service:** The ADEAR Center has a staff of Information Specialists available to assist you with: Answers to your specific questions about AD, Free publications about Alzheimer's and related dementias symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips, and research, Referrals to local supportive services and Research Centers that specialize in research and diagnosis, Spanish language resources, Clinical trials information, Training materials, guidelines, and news updates.

**Clinical Studies Finder**

These resources allow individuals to search within organization-specific or national databases to find clinical trials related to the care or treatment of dementia. Clinical trials may be for individuals with cognitive impairment, dementia, or caregivers.

**Organization: Alzheimer's Association: TrialMatch**

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: [https://www.alz.org/alzheimers-dementia/research\\_progress/clinical-trials/about-clinical-trials](https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials/about-clinical-trials)

Email: [TrialMatch@alz.org](mailto:TrialMatch@alz.org)

Phone Number: 800-272-3900

**Description of Service:** Alzheimer's Association TrialMatch® is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for. Our continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.

**Organization: Family Caregiver Alliance: Research Registry**

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.caregiver.org/research-registry>

Phone Number: 800-445-8106

**Description of Service:** FCA's Research Registry offers a professional listing of publicly and privately supported surveys, studies and clinical trials of interest to caregiving families dealing with chronic disabling health conditions, and health and service providers. Volunteers are often needed to determine whether experimental treatments or new ways of using known therapies are safe and effective under controlled environments or to gather data that can expand knowledge and ultimately improve the lives of caregivers. We encourage you to read our fact sheet, Evaluating Medical Research Trials and Clinical Trials, and discuss participation in any trials or research studies with your personal physician. Endorsement of studies by Family Caregiver Alliance is neither expressed nor implied.

**Organization: National Institute on Aging: NIH Clinical Trial Search**

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/alzheimers/clinical-trials>

Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Phone Number: 1-800-438-4380

**Description of Service:** The National Institutes of Health clinical trials finder provides a central location to search for clinical trials and studies related to Alzheimer's, other dementias, mild cognitive impairment, and caregiving.

**Organization: National Institute on Aging -- Alzheimer's Disease Education and Referral Center**

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: [adear@nia.nih.gov](mailto:adear@nia.nih.gov)

Phone Number: 1-800-438-4380

**Description of Service:** The ADEAR Center has a staff of Information Specialists available to assist you with: Answers to your specific questions about AD, Free publications about Alzheimer's and related dementias symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips, and research, Referrals to local supportive services and Research Centers that specialize in research and diagnosis, Spanish language resources, Clinical trials information, Training materials, guidelines, and news updates.

## **Advance Care Planning and Legal Preparations for Future Needs:**

### **Advance Care Planning**

#### **Organization: Aging with Dignity - Five Wishes**

Website: <https://fivewishes.org/five-wishes/individuals-families>

Email: [info@fivewishes.org](mailto:info@fivewishes.org)

Phone Number: 850-681-2010

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** The Five Wishes publication is America's most popular advance care planning tool that has helped countless families get the kind of end-of-life care they desire. This legal document is available in 29 languages and is distributed by thousands of organizations throughout the country, from large hospitals to tiny churches. Why do individuals and families choose Five Wishes? It's written in everyday language, making it easy to understand and complete. It covers personal, spiritual, medical and legal wishes all in one document. It allows your family or caregiver to know exactly what you want, relieving them from the difficult position of guessing your wishes. Five Wishes is legally valid in most states. The document includes all the instructions and information that you need to create a valid advance directive. We know from countless stories from families that have benefited from Five Wishes that it usually starts with one person who learns about the program, completes it, and then shares it with his or her entire family. Be the person who shares this gift with those you love.

#### **Organization: Alzheimer's Association - E-learning Workshops**

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, Advance Care Planning (HCPOA and Advance Directives), Education for Caregivers, Education for Community, Education for Individuals with Dementia, please ask about other services

**Description of Service:** The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for



individuals living with dementia, care partners, as well as community members and health care professionals.

**Organization: Compassion and Choices - Plan Your Care Resource Center**

Website: <https://compassionandchoices.org/end-of-life-planning/>

Phone Number: 800-247-7421

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** Compassion & Choices is committed to empowering people to get the care they want during a serious illness or at the end of life. One way we do that is by helping people plan well and become good advocates for themselves and their loved ones. The Plan Your Care Resource Center offers an end-of-life planning guide and toolkit to help you navigate your end of life choices, as well as a tool called "Finish Strong," which includes the new "Dementia Values and Priorities Tool" and the "Dementia Decoder."

**Organization: Compassion and Support - Advanced Care Planning**

Website: <https://compassionandsupport.org/advance-care-planning/>

Email: [contact-us@compassionandsupport.org](mailto:contact-us@compassionandsupport.org)

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** Compassion and Support's Advanced Care Planning resource provides information on advanced care planning, palliative care, and planning for life-threatening and serious illness. People should plan ahead, know their choices, and share their wishes. This resource provides information on how to do these things.

**Organization: My Directives**

Website: <https://mydirectives.com/en/>

Email: [info@mydirectives.com](mailto:info@mydirectives.com)

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** MyDirectives makes it easy to create a state-of-the-art advance care plan. You can answer questions in your own words or pick from a selection of the most common answers. Add your thoughts with as much detail as you wish. You can even add your own video responses. You can share your emergency care plan with anyone at any time. Hospitals that link to MyDirectives can access

your care plan when you are admitted. Want to change an answer or consider another option? With MyDirectives, you are always in control and confident that doctors can only access your most recently signed version.

**Organization: The Conversation Project**

Website: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf>

Email: [conversationproject@IHI.org](mailto:conversationproject@IHI.org)

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** The Conversation Project® is a public engagement initiative with a goal that is both simple and transformative: to have every person’s wishes for end-of-life care expressed and respected. Too many people die in a manner they would not choose, and too many of their loved ones are left feeling bereaved, guilty, and uncertain. It’s time to transform our culture so we shift from not talking about dying to talking about it. It’s time to share the way we want to live at the end of our lives. And it’s time to communicate about the kind of care we want and don’t want for ourselves. This Starter Kit is specifically designed to help families and loved ones of people with Alzheimer’s disease or another form of dementia who want guidance about “having the conversation.” We appreciate the difficulty — and the importance — of having these conversations.

**Organization: PREPARE For Your Care**

Website: <https://prepareforyourcare.org/entry>

Email: [info@prepareforyourcare.org](mailto:info@prepareforyourcare.org)

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

**Description of Service:** PREPARE is a step-by-step program with video stories to help you: Have a voice in YOUR medical care, Talk with your doctors, Give your family and friends peace of mind, Fill out an advance directive form to put your wishes in writing.

**Food and Nutrition**

**Delivery**

**Organization: Mom's Meals- Home Delivered Meals**

Address: 3210 SE Corporate Woods Drive Ankeny, IA 50021

Website: <https://www.momsmeals.com/>

Phone Number: 877-508-6667

## **Community-Based Dementia Care Programs and Respite Care**

### **Organization: Caring Givers**

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

**Description of Services:** The team at CaringGivers has extensive experience working with seniors living with all stages of dementia. We understand the challenges of memory loss and cognitive decline can bring, and we have the interventions to keep your loved one at home safely and independently for longer. We are experienced working with common dementia and Alzheimer's care challenges, including: Wandering, or walking without purpose, Incontinence. Agitation, frustration, or stress; Repetitive speech; Paranoia; "Sundowning", or agitated behaviors that arrive in the late afternoon hours; Insomnia or other sleep disturbances; Nutritional concerns; Hygiene tasks like bathing or dressing. Our team will get to know you and your loved one, including their past history, in order to develop interventions that will provide structure, peace, and appropriate socialization to keep memory loss from rapidly progressing.

## **Private Aid Agencies**

### **Organization: Caring Givers- Dementia and Alzheimer's Care**

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

## **Medication Delivery**

### **Organization Name: Amazon – Pill Pack**

Website: <https://www.pillpack.com/>

Phone Number: 855-745-5725

Medication Support Includes: Medication Delivery, Pre-Packaging, please ask about other services

**Organization Name: CaryRx- Pharmacy Delivery Services**

Address: 1300 7th Street NW, Suite 200 Washington, DC 20001

Website: <https://caryrx.com/>

Email: [care@caryrx.com](mailto:care@caryrx.com)

Phone Number: 202-930-4242

Medication Support Includes: Medication Delivery, Pharmacy Consult, please ask about other services

**Organization Name: GoodCARE Pharmacy- GoodCARE Pharmacy**

Address: 2910 Martin Luther King Jr Avenue SE Washington, DC 20032

Website: <https://carepharmacies.com/pharmacy/goodcare-pharmacy/>

Phone Number: 202-561-4343

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

**Organization Name: Grubb's – Delivery Service**

Address: 326 E Capitol Street NE Washington, DC 20003

Website: <http://www.grubbspharmacy.com/Content/2168>

Email: [delivery@grubbspharmacy.com](mailto:delivery@grubbspharmacy.com)

Phone Number: 202-543-4400 ext. 534

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

**Organization Name: MedStar Washington Hospital- House Call Program**

Address: 110 Irving Street NW Washington, DC 20010

Website: <https://www.medstarhousecall.org/>

Phone Number: 202-877-0570

Medication Support Includes: Medication Delivery, please ask about other services.