

CAREGIVER RESOURCES

There is a great network of caregiver resources in the Wilmington area. A few are listed below and you can also reference the Dementia Partners handout.

Kandace Gray, Dana Bentley, and Lower Cape Fear Life Care provide caregiver support groups, which are wonderful for emotional support but also great for learning tools/techniques that reduce stress and can help in the home. Additionally, they have information on upcoming conferences, support groups, assisted living facilities, in-home care options, elder law attorneys, Meals on Wheels, day centers, and other educational resources (e.g., online resources, books, pamphlets, etc.).

Kandace Gray

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www.capefearcog.org

Memory Partners with Lower Cape Fear Life Care: <https://lifecare.org/dementia-care/>

- Candy Lee - Dementia-care nurse
- Erin Gora - Social Worker with the Memory Partners team at Lower Cape Fear Life Care

Provides case management and respite services

Ask about their new **GUIDE program** and see if you qualify!

Dementia Alliance of North Carolina (dementianc.org, 919-832-3732, or info@dementianc.org) The Dementia Alliance also has a Youtube series on education for caregivers.

Music and Memory program - <https://dementianc.org/helpsupport/music-memory-at-home/>

The Alzheimer's Association has a 1-800 number where they will answer any question any time (24/7). 1-800-272-3900

Project CARE Family Consultants – also with Cape Fear Area on Aging

- **Dana Bentley 910-408-6365 at Caregiver's Alternative to Running on Empty program (C.A.R.E).**

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is the only state funded, dementia specific support program for individuals who directly care for loved ones with Alzheimer's disease or related dementias. Project C.A.R.E. is a coordinated delivery system that is responsive to the needs, values and preferences of unpaid family caregivers. Services include case management and respite vouchers.

Additional Resources:

- **Mars Memory Health Network** - <https://marsmemory.com/>
- More local support/information – contact Brooke Vallely to get her emails - bbvallely@alz.org or you can click here [to opt in for the emails!](#)
- **Alzheimer's Association** – alz.org
- Facebook support groups:

- The Memory People
- Molly's Movement
- YouTube videos:
 - **Teepa Snow** – dementia educator and occupational therapists
- Books for Caregivers:
 - The 36-Hour Day – Nancy Mace and Paul Rabin
 - Surviving Dementia Without Losing Your Mind – Marisa Pasquini
 - Put Your Mask on First – Dr. Gary Brandt and Scott Silknitter
 - Creating Moments of Joy – Jolene Brackey
- **Trualta** is an online education portal platform that is personalized for family members caring for aging loved ones living at home. Sign up for free using the link <https://www.nc-caregivers.com/login>
- <http://www.begintheconversation.org> is a website that discusses the importance of having a **Living Will** and a health care power-of-attorney. We encourage folks to also set up a financial power-of-attorney.
- **Project Life Saver** – free watch sized tracker to keep loved ones safe
<https://www.hanoversheriff.com/232/Project-Lifesaver>
- Link to Cape Fear Area Agency on Aging **Resource Guide** - <https://capefearcog.org/area-agency-on-aging-old/resource-guide-for-senior-services/>
- Link to New Hanover Senior Resource Center **Resource Guide** - <https://www.nhcgov.com/2717/Older-Adult-Resource-Guide>
- Article on **managing medications** - <https://www.alz.org/alzheimers-dementia/treatments/medications-for-memory>
- Article on coping with **personality changes** - <https://memory.ucsf.edu/caregiving-support/behavior-personality-changes>
- Tips for **dementia and driving** - <https://www.caregiver.org/resource/dementia-driving/>
- **Anticipatory Grief** - <https://alzheimerscaregivers.org/2023/05/02/anticipatory-grief-alzheimers-disease/>
- **Rinsless bath sponges & more** - <https://myscrubzz.com/>