



A Dementia or Alzheimer diagnosis has a huge impact on a family. Here are some information sources and people to contact who can help as you navigate the waters of this ever changing journey.

GUIDANCE

People and Organizations

Alzheimer's Association - A nation wide health organization focusing in Alzheimer's care, support and research. - <https://www.alz.org>

Teepa Snow - Teepa is an Occupational Therapist specializing in Dementia and Dementia care. She provides audio resources, classes and training (some are available on [YouTube](#)) as well as a host of online information. - <https://teepasnow.com>

Laura Wayman - Laura is a Roseville based Dementia care expert who holds seminars and classes for caregivers. - <https://www.laurawayman.com>

Books

36 Hour Day by Nancy Mace - A guide for caring for persons with Alzheimer's disease, memory loss, and dementia disorders. Contains practical and compassionate guidance for families and caregivers. Available on [amazon.com](#).

Thoughtful Dementia Care by Jennifer Ghent-Fuller - An easy-to-read and sensitive portrayal of the changing world of people with dementia due to Alzheimer's disease or other diseases, and those who care for them. Pastor Phil has two copies on hand! Available on [amazon.com](#).

Dementia Caregiver Guide by Teepa Snow - This simple guidebook helps family members, friends, and caregivers to better understand the changes that come with advancing dementia or other impairments in thinking, reasoning or processing information. Available on [amazon.com](#).

COMMUNITY AND COUNTY

El Dorado Hills Senior Center

The El Dorado Hills Senior Center offers many services and programs for those with a Dementia diagnosis and their caregivers. You can find more information at the [Senior Center](#) website or contact Dylan Davis at (916) 825-4817 or Jillien Smith at (916) 358-3560. You can also request a copy of their [Dementia Guide](#) from the church office (530) 677-3057.9

El Dorado County Health and Human Services - Adult Services

The El Dorado County Health and Human Services Agency provides a daycare program as well as programs and groups for caregivers. For more information you can contact Jordan Brushia at (530) 621-6251. Information can also be found at the El Dorado County [Website](#) as well as their [Senior Resource Guide](#).