

Resources in Northern Colorado & Beyond

The dementia journey can be overwhelming, but no one has to walk it alone. At *Dementia Together*, we cultivate joy while building stronger connections– for those living with dementia, their care partners, and the community. Through education and enrichment, we make *living well* with dementia the expectation, not the exception. We lead and support innovative efforts to enhance well-being and hope. We collaborate with many people who are committed to helping you live well, even when dementia is part of your life journey.

Your *community* is filled with caring, competent people who will support you to stay as independent as possible for as long as you can. Many resources, experts, and activities exist *in this community and online* to help you live with dignity and joy.

Dementia Together dementiatogether.org | 970-305-5271

In-person and virtual support groups, memory cafes and other social gatherings. **SPECAL®** classes and workshops for adult children, spouses, and other family members.

Community, business, and professional education using the **SPECAL® approach***.

Alzheimer's Speaks alzheimersspeaks.com Radio, Dementia Chats webinars, sharing global knowledge to improve dementia care.

Dementia Action Alliance daanow.org A diverse coalition of passionate people creating a better society in which to live with dementia.

Dementia Map dementiamap.com Free online guide to resources needed by people living with dementia, family members, and professionals providing care or services.

Dementia Mentors dementiamentors.org Helping those with dementia stay social. Virtual support groups for people living with dementia.

Dementia Minds dementiaminds.org Insights through online groups for persons living with dementia or mild cognitive impairment (MCI).

Alzheimer's Association alz.org 24-Hour Help Line: 1-800-272-3900 Support groups and education.

Elderhaus elderhaus.org Independent, nonprofit agency for adult day service and respite care.

Respite Care Grants/care partner support through local area agencies on aging:

Larimer 970-498-7750

Weld 970-346-6950

Boulder 303- 441-3570

The Alzheimer's Store alzstore.com

Association for Frontotemporal Degeneration theaftd.org Help Line: (M-F 9-5 EST) 1-866-507-7222

Lewy Body Dementia Association lbda.org

Parkinson's Association parkinson.org

Family Caregiver Alliance caregiver.org/vascular-dementia

Favorite Books:

Contented Dementia (Oliver James)

Keeping Love Alive as Memories Fade (Ed Shaw, Deborah Barr, Gary Chapman)

Creating Moments of Joy (Joleen Brackey)

Dementia: Frank and Linda's Story (Louise Morse)

Emergency Medical Notification/GPS:

Police/Fire/EMS Special Notification Request

In order to better serve your needs when calling EMS/Police/Fire services and for your loved one's safety, there is a special notification request that can be made to the Emergency Communication Center in your area. Enhanced awareness of dementia within the EMS/Police/Fire departments enables them to provide more effective responses when attending to calls at residences where individuals with dementia reside. By calling the non-emergency dispatch line, you can make a request to "flag", add a note to your house, or fill out a special notification form to provide detailed information that your loved one is living with dementia. All information is kept confidential. Please note that the process may vary based on district or county.

Northern Colorado Non-Emergency Numbers:

Larimer County 970-416-1985

Weld County 970-350-9600

Boulder County 303-441-4444

Adams County 303-288-1535

Denver County 720-913-2000

Project Lifesaver projectlifesaver.org

Road ID or Medic Alert - just ID, not GPS

*What is the SPECAL® Method?

Dementia Together introduces the SPECAL® method, which brings a revolutionary and simple way to provide contentment and joy on the dementia journey. The SPECAL® (pronounced "speckle") method provides practical strategies that can be immediately implemented by families seeking to promote lifelong well-being for loved ones experiencing cognitive impairment.