



Dementia

Dementia is a general term for loss of memory, language, problem-solving and other thinking abilities that are severe enough to interfere with daily life. Dementia is not a specific disease, but a syndrome characterized by progressive cognitive decline, changes in behavior and personality, and Impact on daily functioning.

There are various types of dementia, including Alzheimer's disease, vascular dementia, and Lewy body dementia.

Those with Dementia often wander off. The following programs are helpful if this happens with your loved one.

San Diego Sherrif's Blue Envelope program

<https://www.sdsheriff.gov/community/blue-envelope>

San Diego Sherrif's Take Me Home registration

<https://www.sdsheriff.gov/community/take-me-home-registry>

For information on symptoms, causes, types off Dementia, risk factors you can control, complications, and prevention, go to:

<https://www.mayoclinic.org/diseases-conditions/dementia/symptoms-causes/syc-0352013#:~:text=Memory%20loss%2C%20which%20is%20usually,t%20there%2C%20known%20as%20hallucinations.>

Other Resources

Southern Caregiver Resource Center – Free workshops, support groups, respite care

<https://www.caregivercenter.org/>

Alzheimer's Association (Has office in San Diego with resources)

Better Understand Dementia, symptoms, causes, diagnosis, treatment, risks, and how to get support, go to:

<https://www.alz.org/alzheimers-dementia/what-is-dementia>

Alzheimer's Association Resources

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



Dementia

24/7 Alzheimer's and Dementia help line

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

Creating a Dementia Friendly Home

<https://alzfdn.org/theapartment/>

Alzheimer's Association of San Diego

<https://www.alzsd.org/>

Live Well San Diego

<https://www.livewellsd.org/i-want-to/learn-more/aging/age-well-san-diego/dementia>

Free UCSD Support groups

<https://neurosciences.ucsd.edu/centers-programs/adrc/community/events/support-groups.html>

Caregiver Support

<https://www.alz.org/help-support/caregiving>

Alzheimer's Foundation of America - Another great resource (Tips for Caregivers)

<https://alzfdn.org/about-dementia/>

Reading: **“Day to Day: Living With Dementia - A Mayo Clinic guide for offering care and support”**

For more information, resources, and Catholic therapists, contact Rich at hello@thechurchofstluke.org