



Getting Help

IDD and Dementia Fact Sheet #5

If a family member has been diagnosed with dementia, do not try to figure out and do everything on your own. There are people who can help you learn about dementia and connect you with resources for your family member and yourself.

Learn About Dementia

You can learn about dementia by talking to a dementia specialist or being part of a class for people who care for family members with dementia.

Where do you find a dementia specialist? The Alzheimer's Association has a HelpLine that's available day and night. Call 800-250-3900 to get free advice from a HelpLine specialist on caring for someone with dementia.

The Dementia Friendly North Central/East Texas program has a free program called Resources for Enhancing All Caregiver Health (or REACH) that helps family members understand how dementia affects people and learn how to respond to behaviors that may be confusing or unsafe. Call 800-272-3921 to get more information.

The Dementia Friendly program also has a program called Building Better Caregivers. This series of six virtual workshops helps small groups of family members learn how to manage stress. Call 800-272-3921 for more information.

The James L. West Center for Dementia Care has several free classes for family members. They include:

- **Dementia Live:** This one-hour workshop lets family members experience what it is like to live with dementia. Call 817-877-1199.
- **Compassionate Touch:** This one-hour workshop lets family members learn how to use touch to calm someone with dementia. Classes can be done in person or virtually. Call 817-877-1999.
- **Stress-Busting for Family Caregivers:** This series of nine workshops helps family members learn how to manage stress and deal with problems. Call 817-877-1199.

Connect with Resources

The Alzheimer's Association is available around the clock and has resource specialists who can help you find help for your family member and yourself. It also sponsors support groups,



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where family members come together to learn from and share ideas with each other. Call 800-272-3900.

The State of Texas has Aging and Disability Resource Centers (ADRCs) that help people find long-term services like help in the home. The ADRCs are experts on federal, state, and local programs for people of all ages with disabilities—like the STAR+PLUS Waiver for adults with Medicaid. They also have respite programs that give family members a break from their caregiving responsibilities. Call 855-937-2372 to reach your ADRC.

The Area Agencies on Aging (AAAs) are good sources of information about services for people with dementia and their family members. They also pay for services like respite care. Call 800-252-9240 to reach your AAA.

The Local Intellectual and Developmental Disability Authorities (LIDDAs) are the best sources of information about programs for people with intellectual and developmental disabilities. Call 855-937-2372 to get contact information for your LIDDA.

These fact sheets were created by Dementia Friendly North Central/East Texas. For more information, go to: [Dementia Friendly](#)

Resources for people with memory loss and their family caregivers are available at: [Resources](#)

Resources include the following fact sheets on IDD and dementia:

1. *Health and Healthcare*
2. *Dementia Risks, Signs, and Symptoms*
3. *Stages of Dementia*
4. *Planning for the Future*
5. *Getting Help*
6. *Making Home Age- and Dementia Friendly*
7. *Failure-Free Activities*
8. *Responding to Behaviors*

You can get resource information mailed to you by calling 682-433-0375.

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