

## Dementia Resources

### Caregiver Support

**Aging Ahead** (Respite Care, funding help, day program)

636- 207-0847

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

**Memory Home Care Solutions** (caregiver training and education in home)

314-645-6247

<https://memorycarehs.org/>

**Alzheimer's Association Greater MO Chapter** (personal consultations available)

800-272-3900

[https://www.alz.org/greatermissouri/helping\\_you/respite\\_assistance](https://www.alz.org/greatermissouri/helping_you/respite_assistance)

**List of Adult Day Programs in MO**

<https://health.mo.gov/seniors/nursinghomes/pdf/ADC-licensed.pdf>

**Alzheimer's Association Sponsored Support Groups in the STL Area**

[https://www.alz.org/media/greatermissouri/REV\\_11-7-18-\\_FY2018-Chapter\\_Support\\_Group\\_List\\_with\\_Cover\\_Sheet.pdf](https://www.alz.org/media/greatermissouri/REV_11-7-18-_FY2018-Chapter_Support_Group_List_with_Cover_Sheet.pdf)

**Family and Caregiver Support Group**

314-373-7025

<https://www.bethesdahealth.org/care-services/hospice-care/family-caregiver-support-groups/>

**Family Caregiver Alliance** (info on financial assistance for care, in-home care options, government assistance programs, legal help, and caregiver support programs in MO)

<https://www.caregiver.org/state-list-views>

**24/7 Helpline by  
the Alzheimer's  
Association:  
800.272.3900**

### Handouts

**Bathing and Showering Tips**

<https://www.crisisprevention.com/Blog/October-2010/Tips-To-Reduce-Bathing-and-Showering-Challenges-A>

**FREE Online Training Courses from the Alzheimer's Association**

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

**Downloadable Packets from Alzheimer's Association**

<https://www.alz.org/professionals/healthcare-professionals/for-patients-caregivers/downloadable-resources>