ALZHEIMER’S

Signs, symptoms, and stages,
Support groups and Family care

Mariposa County
Caregivers Guide
Table of Contents-

Introduction -1-

Alzheimer’s Disease -1-

Dementia -1-

The Ten Warning Signs of Alzheimer's -2-

Clinics and Agencies Willing to Help -3 - 4-

Transportation -5-

Nutrition -5-

Medical Supply and Health Care Agencies -6 - 8-

Project Lifesaver -9-

Assisted Living -9 - 11-

Books and Documentaries -12-

Information for Teens and Children -12-

Financial Consultation -13-

Legal Services -13 -15-

Sources -16-
Alzheimer’s, a disease known to destroy the lives of loved ones and lose precious memories. When should you be worried about yourself or a loved one getting Alzheimer’s? Forgetting where you parked outside of Costco, leaving your grocery list on the fridge, and walking outside without your sunglasses on a sunny summer day are NOT signs of Alzheimer’s, these are signs of aging and you have little need to worry.

Alzheimer’s disease

Alzheimer’s is an incurable and terminal disease, generally diagnosed in people above the age of 65. Earlier onsets of the disease have occurred, but it is unlikely to get at a young age. 26.6 million Americans have been diagnosed with Alzheimer’s disease in 2006. Sadly by 2050 this number has been estimated to quadruple. That’s 106 million Americans with the Alzheimer’s disease. Alzheimer’s disease is also known as AD, Senile Dementia of the Alzheimer’s Type (SDAT) or most commonly, Alzheimer’s. Alzheimer’s is the more known form of dementia. Forms of dementia also include Vascular Dementia, Parkinson’s disease, Lewy Body disease, Korsakoff syndrome, and Frontotemporal disease.

Alzheimer’s disease was first recorded in 1906 by a German psychiatrist and neuropathologist named Alois Alzheimer. Alzheimer took in a patient who was admitted to the asylum in Frankfurt in 1901. She was suffering from paranoia, delusions, aggressive behavior, auditory hallucinations, and cognitive and language deficits. His patient’s name was Auguste D, and was 51 years old at the time of the diagnosis. The disease was named after Alzheimer upon his discovery.

Dementia

Dementia on the other hand is an impairment of memory and the ability to think which interferes with lifestyle of the person diagnosed. Dementia is a form of cognitive impairment and can be a result of brain injury. Dementia is far more common in the geriatric population and can occur at any stage of adulthood. Symptoms of Dementia vary because of the multiple types; however memory lost is usually the earliest and most noticeable symptom in dementia cases. Other symptoms are having trouble remembering recipes or balancing a checkbook, having difficulty controlling behavior, improperly exercising judgment like not knowing what to do in the case of an emergency, and depression.

Dementia is a very old disease and has been around for centuries. Considerable advances in technology have been made to further understand the prognosis of the disease. As previously stated, Dementia has multiple forms that affect the body and brain differently and is unique to the person in the way that symptoms occur and how they react. For example, in the case of Lewy Bodies syndrome, a disease where there are abnormal deposits of proteins called alpha-synuclein.
The 10 Warning Signs of Alzheimer’s

Many people are unaware of the major signs of Alzheimer’s. Memory loss is common with age, but when memory loss begins to affect your daily behavior there are other signs you need you to be aware about.

1. **Memory changes that disrupt daily life:**
   This is in the beginning stages of Alzheimer’s and includes forgetting recent learned information, important dates and events, asking questions repeatedly and relying on memory aides, like notes.

2. **Changes in planning or solving problems:**
   In this instance, the patient may experience loss of the ability to work with numbers and letters, not remember recipes, or how to keep track of the bills or budgeting.

3. **Difficulty completing tasks at home, work or leisure:**
   This sign is noticed when the person cannot complete daily tasks like remembering the rules to a favorite game or remembering how to drive to work.

4. **Confusion with time or place:**
   People with Alzheimer’s will eventually lose ability to discern the passage of time, like not remembering a season or where they are at the time.

5. **Trouble understanding visual images and spatial relationships:**
   Some people will lose the ability to view distances, reading and color contrast. They may not realize that they are looking at themselves in the mirror because of loss of perception.

6. **New problems with words in speaking or writing:**
   They may not be able to continue a conversation or join in. They may even begin a conversation and lose their train of thought so that they can no longer continue the conversation.

7. **Misplacing things and loss of ability to retrace ones steps:**
   Some with Alzheimer’s will put things in strange places like the car keys in the fruit bowl on the counter, and then not be able to go backwards to find the misplaced object, and may accuse others of stealing.

8. **Decreased or poor judgment:**
   People who develop this will lose track of money, giving large sums to telemarketers, and may also forget to keep up personal hygiene.

9. **Withdrawal from work or social activities:**
   Certain people will remove themselves from hobbies or social events, and may also avoid being social because of recent events involving behavior change and other symptoms.

10. **Changes in Mood or personality:**
    Signs of mood swings will occur and you may notice that they go from happy to anxious to depressed very quickly. They may easily get upset or nervous around people or at home. Signs that are commonly mistaken for Alzheimer’s disease and are truly typically age-related would be signs such as; Making a bad decision every now and then, missing a monthly payment, forgetting which word to use, losing things from time to time and forgetting which day it is.
Clinics And Agencies That Are Willing to Help

Many people do not know about clinics that are willing to help with Alzheimer’s or even how close they are to them. Some information is difficult to find if you don’t know where to look.

**Merced Alzheimer’s Association**
This is an association that helps families deal with Alzheimer’s providing much information.

Address: 2380 E. Childs Ave.
Merced, CA 95340
Phone: (209) 384-1818
Fax: (209) 384-7438

**Meets:**
2nd Tuesday 7 pm & 4th Thursday at 1:30
at Villa Del Rey Retirement Inn
3050 "M" Street, Merced, CA

**Contacts:**
Facilitator: John Mower - (209) 384-1818

**Alzheimer’s Memory Clinic**

**California State University San Francisco – Fresno**

Address: 3313 N. Hilliard Street
Fresno, CA 93726
Phone (559) 227-4810
Fax (559) 227-4167
Website: [http://rserve.fresno.ucsf.edu/alzheimer](http://rserve.fresno.ucsf.edu/alzheimer)

**Alzheimer’s Disease Centers**

**University of California, Davis**
Address: 4860 “Y” Street, Suite 3900
Sacramento, CA 95817
Phone (916) 734-3761
Fax (916) 456-9350
Email: wjjagust@lbl.gov
Website: [http://alzheimer.ucdavis.edu](http://alzheimer.ucdavis.edu)
Stanford University
Address: 3801 Miranda Avenue (151Y)  
Palo Alto, CA 94304  
Phone: (650) 852-3287  
Fax: (650) 852-3297  
Email: yesavage@stanford.edu  
Website: http://alzheimer.stanford.edu

Philips Lifeline Medical Alert Service
Lifelines provide 24 hour services to those living alone and are at risk, Lifeline is designed to reduce the risk of an emergency.

Address: 111 Lawrence Street  
Farmingham, MA 01702-8156451  
Phone: (800) 451-0525  
Local Service Provider: Sierra Lifeline Telephone:  
Phone: (209) 742-4143  
Website: www.lifelinesystem.com

Area 12 Agency on Aging
This agency specifically works with Mariposa County and has information on local facilities

Address: 19074 Standard Road  
Sonora, CA 95370  
Phone: (209) 532-6272  
Phone: (800) 510-2020  
Fax: (209) 532-6501  
E-mail: info@area12.org  
Website: http://www.area12.org/meetings_ac.aspx
**Transportation**

**Mariposa Senior Center**  
5246 Spriggs Lane  
Mariposa, CA 95338  
Contact: Mary Williams  
Phone: (209) 966-5315

Medical transportation for Mariposa County seniors 60 years of age or older, going to medical appointments in Mariposa, Merced or Fresno. Also any Veterans going to the Fresno Veterans Medical Center.

Transportation vehicles are equipped for wheelchair passengers. Passengers need to call in advance to schedule rides.

**Mari-Go Mariposa County Transit**  
Phone: (209) 966-7433

**YARTS**  
Phone: (209) 388-9589 or (877) 989-2787

**Nutrition**

**Senior Services**  
5246 Spriggs Lane  
Mariposa, CA 95338  
Phone: (209) 966-5315  
Fax: (209) 742-7405  
e-mail: mcomserv@mariposacounty.org

Congregation meals served at the Senior Center weekdays at 12:00 noon, except holidays to seniors 60 years orf age or older.

Home delivery meals delivered to homebound eligible seniors 60 years of age or older, weekdays except holidays.
**Mercy Medical Transportation**
P.O. Box 5004  
Mariposa, CA 95338  
209-966-5762

Oxygen, assistive devices, such as emergency call systems, wheelchairs, walkers, hospital beds, incontinence supplies, lifts, etc.

**Sierra Lifeline**
5799 Lehamite Fall  
Mariposa, CA 95338  
209-742-4143

**Yosemite Medical Supply**
5034 Coakley Circle  
Mariposa, CA 95338  
209-742-6224

**San Joaquin Drug**
9215 Highway 140  
Planada, CA  
209-382-1291

**Pioneer Market Pharmacy**
Coakley Circle  
Mariposa, CA 95338  
(209) 742-5550

**Rite-Aid Pharmacy**
4994 Joe Howard Street  
Mariposa, CA 95338  
(209) 742-7600

49060 Road 426  
Oakhurst, CA 93644  
(559) 683-8882

855 Mono Way  
Sonora, CA 95370  
(209) 588-0561
CVS Pharmacy
40044 Highway 49 S.
Oakhurst, CA 93644
(559) 642-4222

13763 Mono Way
Sonora, CA 95370

Vons Pharmacy
40044 Highway 49 S. Suite D
Oakhurst, CA 93644
(559) 642-4250

Mariposa County Health Department
4988 11th Street
Mariposa, CA 95338
(209) 966-3689 or (800) 459-4466

John C. Fremont Hospital
5189 Hospital Road
Mariposa, CA 95338
(209) 966-3631

John C. Fremont Medical Clinic
5189 Hospital Road
Mariposa, CA 95338
(209) 966-0850

John C. Fremont Home Health Services
5108 Highway 140
Mariposa, CA 95338
(209) 966-3800 or (877) 359-4504

Mariposa County Public Authority for In-Home Support Services
5200 Highway 49
Mariposa, CA 95338
(209) 966-3609

Sonora Community Hospital
1000 Greenley Road
Sonora, CA 95370
(209) 532-3162
(209) 532-5000

Tuolumne General Medical Facility For Long Term Care
101 Hospital Road
Sonora, CA 95370
(209) 533-7178
Community Personal Care
189 South Fairview Lane
Sonora, CA  95370
(209) 536-3820

VNA of the Motherlode
20100 Cedar Road, Suite A
Sonora, CA  95370
(209) 532-7166

Community Home Care
185 South Fairview Lane
Sonora, CA  95370
(209) 532-8380

Oakhurst Community Medical Center Clinic
48677 Victoria Lane
Oakhurst, CA  93644
(559) 683-2992

Sierra Senior Solutions
42655 Highway 49
Ahwahnee, CA
(559) 641-5505

Mercy Home Care
200 East 15th Street
Merced, CA  95340
(209) 725-7500
Project Lifesaver

Over 5,000,000 people suffer from Alzheimer’s disease or related disorders in the United States. Statistics show that this number will triple by 2050. Sadly, 50% of these people will wander off and away from safety and become lost, which poses a serious threat to their lives. Because of the way that Alzheimer’s affects the brain and makes you forget who people are and where you are, it can put their lives in immediate danger if they can’t call to tell you where they are or who they are. Nearly 50% of these people fall and injure themselves, putting them in extreme risk to be found by predators. Within only 24 hours, many can even die. The number of families affected by the injury or possible death of these family members wandering off is growing each year.

Project Lifesaver is an international program allowing member agencies to use personalized radio transmitters on people who may wander off and away from the safety of their homes. A majority of the users of Project lifesaver suffer from Alzheimer’s disease or other related dementias. These transmitters do a great thing; they help rescue the lives of many loved ones who wander away and they help return them safely to their homes. Mariposa County Sheriff’s Department is a member of Project Lifesaver. For further information, feel free to call Sergeant Chris Ramirez or John Meloy at 209-966-3615.

Assisted Living and Care Facilities

**Mariposa Pines Villa**
5201 Crystal Aire Drive
Mariposa, CA 95338
Phone: (209)-966-8080
Contact: Staci Millard

**Sierra Country Home Residential Care**
11016 Stout Lane
Greeley Hill, CA
Phone: (209) 878-3561
Contact: Scott or Monica Barlow
**Coarsegold Country Rose Guest Home**  
34254 Jennifer Lane  
Coarsegold, CA  
(559) 641-6471  
Contact: Paul Harrison

**Oakhurst Board & Care (Assisted Living Facility)**  
41456 Pamela Place  
Oakhurst, CA  
Phone: (559) 683-3605  
Contact: Melody Cook

**Community Living Center**  
40131 Highway 49  
Oakhurst, CA  93644  
(559) 683-2244

**Franciscan Convalescent Hospital**  
3169 M Street  
Merced, CA  95340  
(209) 722-6231

**Hy-Lond Health Care Center**  
3170 M Street  
Merced, CA  95340  
(209) 723-1056

**Mercy Medical Center**  
301 East 13th Street  
Merced, CA  95340  
(209) 725-3515

**Merced Living Care Center**  
510 West 26th Street  
Merced, CA  95340  
(209) 95340  
(209) 723-2911

**La Sierra Care Center**  
2424 M Street  
Merced, CA  95340  
(209) 723-4224

**Somerford Assisted Living**  
575 E Alluvial Ste 103A  
Fresno, CA 93720  
Phone: (559) 438-2014  
Fax: (559) 438-2380  
[www.somerford.com](http://www.somerford.com)
**Alzheimer’s Day Care Resource Center**
This center helps prevent premature or inappropriate institutionalization for those diagnosed with Alzheimer’s.

Address: 2222 “M” Street  
Merced, CA  95340  
Phone: (209) 385-7434  
Phone: (800) 226-6452  

**AlzCare, Inc. Day Out Adult Day Health Care**
This center supports the physical & psychosocial needs of persons with Alzheimer’s disease or related dementia. Prevent premature or inappropriate institutional placement of persons with moderate to severe levels of impairment due to dementia

Address: 1460 Merced Ave.  
Merced, CA 95340  
Phone: (209) 388-9175

**Seniority Lifecare Adult Day Health Care**
Address: 101 Hospital Road  
Sonora, CA 95370  
Phone: (209) 533-7180

**San Joaquin Gardens**
This is a community based non-sectarian retirement home that takes Alzheimer’s patients, and is located in Fresno.

Address: 5555 N. Fresno Street  
Fresno, CA 93710  
Phone: (559) 439-4770, for Linda Johnson

E-mail [ljohnson@abhow.com](mailto:ljohnson@abhow.com)
**Books and Documentaries**

**Alzheimer’s Disease Bookstore**

http://www.alzheimersbooks.com/

"Living Alone With Dementia ~ Alzheimer's"
(How to Keep Your Loved One in Their Home as Long as Possible)
By Terry F. Townsend
http://www.alzheimersanddementias.com/
Terry Townsend and his two sisters were able to keep their elderly mother living safely in her own home alone for over six years after she was diagnosed with Alzheimer’s. As soon as her safety became an issue, she was moved into an assisted living facility where she seemed to feel at home. Terry's book explains how they accomplished this and how others can do the same for their loved one.

**The Alzheimer’s Project**

"THE ALZHEIMER'S PROJECT" to take a look at the faces behind the disease - and the forces leading us to find a cure. This multi-platform series reveals groundbreaking Alzheimer discoveries and the effects this debilitating and fatal disease has on those with Alzheimer's and their families.
http://www.alzinfo.org/hboalzheimersproject.asp?gclid=COOaz5H0npwCFShRagod_FBPdg

**Information for Teens and Children**

**The National Institute of Aging**

Information for all children and young adults
http://www.nia.nih.gov/Alzheimers/Publications/children.htm

**Alzheimer’s Association**

Information for teen and children about the affects of Alzheimer’s
http://www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp
Financial Consultation

Financial planning with a financial advisor/planner experienced in issues relevant to caring for adults with brain impairment.

**Yosemite Bank**
Matt Foraker, Vice President, Mariposa Branch Manager
5171 Highway 49 North
Mariposa, CA 95338
(209) 966-5444

**Westamerica Bank**
5121 Highway 140
Mariposa, CA 95338
(209) 742-4750

**Ameriprise Financial Services**
David Nemeth, CFP
40291 Stagecoach Road
Oakhurst, CA 93644
(559) 683-3600

**Legal Services**

**Elder Law Services of California**
http://www.elderlawcalifornia.com/?gclid=CI-v9_HQj5wCFRFMagoduXHbXQ

**The Law Office of Robert B. Lindley**
http://www.robertlindley.com/
Located in Oakhurst Ca
49260 Chapel Hill Drive, Suite 1
Oakhurst, Ca 93644
Telephone: (559)642-2555
Toll Free: (866)642-2555
Fax: (559)642-2700
**Law Office of Helene V. Wenzel and Elderworks**
Elder Law and Estate Planning
San Francisco
2000 Van Ness Avenue
San Francisco, CA 94109
Telephone: (415) 359-0223
Fax: (415) 359-0220
wenzellaw@sbcglobal.net

**King and King, Attorneys at Law**
Keith C. King,
510 W 21st St.
Merced, CA 95340
(209) 722-5746
www.kingandkinglawoffice.com

Elder law, Medi-Cal Planning, Medicaid trusts, living wills, probate & estate planning, asset preservation, health and long term care planning, elder abuse, guardianship/conservatorship

**Ronald W. Hillberg, Attorney at Law**
630 Crane Avenue, Suite C
Turlock, CA
(209) 667-0761

**Bill McGee, Attorney at Law**
510 West 21st Street
Merced, CA 95340
(209) 742-0590
www.mercedelderlaw.com

**Starchman & Bryant, Attorneys at Law**
4750 Highway 49 South, Suite 1
Mariposa, CA 95338
(209) 966-6111

**James H. Watkins, Attorney at Law**
49370 Road 426
Oakhurst, CA 93644
(209) 683-5757

**Bruce Francis Kennedy, Attorney at Law**
Time Square Building
Oakhurst, CA 93644
(559) 683-5613
Robert B. Lindley, Attorney at Law
49260 Chapel Hill Road
Oakhurst, CA 93644
(559) 642-2555

Mariposa County Human Services Public Guardian/Conservator
(209) 966-3609
Sources

- http://www.flickr.com/photos/setya/257874009/
- http://alzfdn.org/
- http://genome.wellcome.ac.uk/doc_wtd020951.html
- http://alzheimers.about.com/od/symptomsofalzheimers/a/symptoms.htm
- Philips Lifeline Medical Alert Service Pamphlet.
- Mariposa County Friendly Visitor Program RESOURCE GUIDE Mariposa County Behavioral Health and Recovery Services
- Mariposa County Public Authority For IHSS Resource Guide
- Caring for Persons with Dementia Resource Guide for Mariposa County Residence courtesy of the Mariposa Sheriff’s Office