

Memory Care Resource Directory

for family members, caregivers
and health care professionals

San Diego County

Winter/Spring 2022

To find additional information on our advertisers, simply click on their ad or highlighted bold listings and you will be directed to their web site.

These advertisers make this directory possible, so please give them special consideration when making a decision.



See Back Cover



See page 4



See page 3

SRG
SENIOR
LIVING



**Our memory
care is
accredited
for two reasons**

**You. And
your family.**

Because having the peace of mind of accreditation is important.

Call 619.567.5677 today to learn more.

LA VIDA REAL

INDEPENDENT & ASSISTED LIVING • MEMORY CARE

11588 Via Rancho San Diego • Rancho San Diego, CA

LaVidaRealSeniorLiving.com • 619.567.5677



RCFE# 374503565

**Caring for someone with
Alzheimer's isn't easy.**

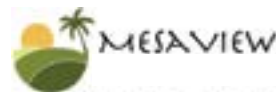
Reaching us is.

The Alzheimer's Association® offers round-the-clock support and reliable information about memory loss, Alzheimer's disease and other dementias.

Free 24/7 Helpline: **800.272.3900**

Caregiver Center: **alz.org/care**

alzheimer's  association®



Independent Living
Senior Assisted Living

619-466-0253

7971 Culowee St.
La Mesa

MesaViewSanDiego.com



619-225-5616

3219 Cañon St.

BayViewPointLoma.com



619-233-8382

2360 Albatross St.
HarborViewSanDiego.com

We are a group of family owned independent living and senior assisted living boutique communities dedicated to offering compassionate, individualized care and support for residents living with Alzheimer's or related dementia. We would love to arrange a tour for you ... **CALL TODAY!**

Respite • Short Term Care • Long Term Care

Palliative Care • Hospice



Introducing Our New Reflections Memory Care Program!



Our team of memory care experts established San Diego's award-winning Reflections Program. This unique program includes two concepts:

REFLECT Model of Care - a way of life we passionately live by.

Pillars of Care - where we break down the aspects of residency into four key areas, resulting in complete wraparound care.

COMPASSION CARE ENRICHMENT ENGAGEMENT



Plus! Our all-inclusive care levels make it easy for you. They include meals, utilities, housekeeping, care services and fees.

Reflections by St. Paul's, the program you've been dreaming of for your loved one.

StPaulsSeniors.org ♦ 1(833) STPAULS
1(833) 787-2857

Two locations in San Diego County



Active Retirement Living, Assisted Living, and Memory Care

1420 E. Palomar Street, Chula Vista, CA 91913

LIC#374603643



Assisted Living and Memory Care

2340 Fourth Avenue, San Diego, CA 92101

LIC#370804823

Support Group Information

The San Diego and Imperial Counties Chapter of the Alzheimer's Association offers a variety of support groups for all individuals living with Alzheimer's disease or a related disorder. Groups are facilitated by trained volunteers. Many locations offer specialized groups for adult children, those with early-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. To get more information on these groups, their location and meeting dates call 619-678-8322 or toll-free at 800-272-3900. Also, check in with The George G. Glenner Alzheimer's Family Centers, Inc® for a schedule of their groups and locations, call 619-543-4700

A Digital Version of this Directory is Available On-Line to View or Download



Our on-line version easily lets you visit our sponsors web sites for more information just by clicking on their ad or bold listing.

This also lets you share this information with family members across the country or across the street.

www.retirementpublishing.com/pdfs/sdalzpub.pdf

Selected Definitions

Assisted Living - State licensed communities either totally dedicated to Alzheimer's/dementia (AAS) residents, report a designated/secure unit within their facility (ADU, ASU) or accept early stages only (AES).

Skilled Nursing Facility - State licensed facilities who report that they accept Alzheimer's/dementia patients (usually later stages in Alzheimer's designated units).

Referral Services - Organizations that specialize in finding appropriate communities for individuals with Alzheimer's or other dementias.

Adult Day Care - Licensed adult day care offers supervised activities, socialization and nutrition to those who do not need health assistance. Nurse is not required to be on site.

Adult Day Health Care- Licensed adult day care for those requiring health assistance. Must have a nurse on site.

Assessment/Diagnostic Services - Multi-Disciplinary organizations that have training, equipment and experience to assess individuals and diagnose Alzheimer's or other dementia. Usually affiliated with a hospital, medical facility or university.

Home Health Care - State licensed agencies providing various home care services often including skilled medical nursing services..

Home Care - Provide non-medical, in-home care services such as cooking, shopping, cleaning, companionship, or help with personal hygiene (state licensing not required).

Legal - Attorneys or associations familiar with legal matters affecting Alzheimer's/dementia patients and their families.

Support Groups - Groups started specifically for families and caregivers of Alzheimer's patients.

Abrevation Definitions

AAS	Accepts All Stages of Alzheimer's
AES	Accepts Early Stage Alzheimer's Only
ADU	Have Designated Alzheimer's Unit
ASU	Have Secure Alzheimer's Unit
RC	Respite Care
ADC	Adult Day Care
ADHC	Adult Day Health Care
M	Accepts Medicare
MC	Accepts MediCal

Table of Contents

Definitions	Page 6
Adult Day Care.....	Page 8
Adult Day Health Care.....	Page 8
Assessment Services	Page 9
Assisted Living Communities.....	Page 9
Care Management & Consulting.....	Page 16
Fiduciaries	Page 16
Home Care.....	Page 16
Home Health Care.....	Page 21
Hospice.....	Page 22
Referral Agencies	Page 23
Related Programs & Services.....	Page 24
Research.....	Page 25
Skilled Nursing Facilities	Page 25
What is Dementia	Page 27



Do you know someone who is caring for a loved one or friend who has Alzheimer's?

Perhaps they could use the resources available in this directory.

If so, just give us a call and we will mail them a FREE copy.

They will appreciate your thoughtfulness.

208-484-7913

Adult Day Care

Fallbrook

Fallbrook Adult Day Care 760-723-0890
AAS, ASU, ADC

Lemon Grove

Sungarden Terrace Adult Day Retreat 619-462-5831
ADC, AAS, ASU

San Diego

St. Paul's Community Care Center

328 Maple St 619-239-6900
www.stpaulseniors.org
(see our ad on page 4)

The George G. Glenner Alzheimer's Family Centers, Inc. ®

3686 Fourth Ave. 619-543-4704
www.glenner.org
AAS, RC, ADC, MC
(see our ad on back cover)

Adult Day Health Care

Chula Vista

The George G. Glenner Alzheimer's Family Centers, Inc. ®

2765 Main St. Ste. A 619-543-4700
AAS, RC, ADC, MC
www.glenner.org
(see our ad on back cover)

El Cajon

Western Adult Day Healthcare Cntr 619-631-7222

Encinitas

The George G. Glenner Alzheimer's Family Centers, Inc.®

335 Saxony Rd. 760-635-1895
AAS, RC, ADC, MC
www.glenner.org
(see our ad on back cover)

La Mesa

Golden Life Adult Day Care 619-433-3398

National City

Horizons Adult Day Health Care 619-474-1822

Poway

Poway Adult Day Health Care Cntr. 858-748-5044

San Diego

Casa Pacifica Adult Day Health Care 619-424-8181

Hope Adult Day Health Care Center 858-653-5916

Loving Care Adult Day Health Center 619-718-9777

Neighborhood House Adult Day Health 619-233-6691

San Marcos

Americare Adult Day Health Care 760-682-2424
AAS, RC, ADC, MC

Assessment Services

HELP 858--481-8827

UCSD Memory & Aging Clinic 858-534-8730

Assisted Living

Alpine

Alpine View Lodge 619-445-5291
AAS, ASU, RC

Carlsbad

Bressi Ranch 760-603-9999
ADU, AAS, ASU, RC, ADC

Glen View Assisted Living at

La Costa Glen 760-704-6800
AAS, ADU, ASU

(continued on next page)

Assisted Living (cont.)

Carlsbad (cont.)

Sunrise Assisted Living at La Costa 760-930-0060
ADU, ASU, RC

Chula Vista

Atria of Bonita 619-476-9444
AAS, ASU, RC

Rolling Hills Ranch 619-482-8000
ADU, AAS, ASU, RC, ADC

Sienna At Otay Ranch Senior Living 619-550-4521

Sunrise of Bonita 619-470-2220

Coronado

Coronado Memory Care 619-437-1777
AAS, ASU, ADU, RC

Del Mar

Coastal Breeze 858-755-7454

El Cajon

Aerie Meadows Care Home 619-659-1577
AAS

Bosworth Gardens I & II 619-588-5843

Rose's Greenfield Manor 619-444-5731
AES, RC

Shaded Arbor Groveland Terrace 619-387-6092

Lo-Har Senior Living 619-444-8270
AAS, ASU, RC

Encinitas

Leichtag Family Assisted Living 760-632-0081
AES, ADU, ASU

Olivenhain Guest Home 760-753-5082
ASU, AAS, RC

Silverado Encinitas 760-753-1245
AAS, ASU, ADU, RC

Somerford Place 760-479-1818
AAS, ASU, RC

Escondido

Atria North 760-480-8155
ADU, ASU, RC

Canyon Terrace 760-739-0311
AAS, ASU, RC

Hilltop Country Estate 858-837-0213
AAS, RC

Oakmont of Escondido Hills 760-735-8084

Redwood Terrace 760-291-2703
AAS, ASU, RC

Silverado Escondido 760-737-7900
AAS, ASU, ADU, RC

Las Villas Del Norte 760-741-1047
ADU, ASU, RC

Fallbrook

Silvergate Fallbrook

420 Elbrook Dr 760-728-8880
SilvergateRR.com
AAS, ADU, ASU, RC

Imperial Beach

Sun and Sea Manor 619-429-0633
AAS, ASU, RC

(continued on next page)

Assisted Living (cont.)

La Jolla

Ocean View Homes I & II
AAS, ASU, RC 858-459-9260

Sunrise of La Jolla
AAS, ADU, ASU, RC 858-488-4300

La Mesa

MesaView Senior Assisted Living

7971 Culowee St
619-379-0234
AAS, RC, ADC
www.mesaviewsandiego.com
(see our ad on page 3)

The Montera

5740 Lake Murray Blvd 619-464-6801
www.TheMontera.com
AAS, ADU, ASU, RC
(see our ad below)



The Montera
MBK SENIOR LIVING

The Montera is a high-quality, trustworthy Senior
Living & Memory Care community conveniently
located in La Mesa.

619-464-6801

TheMontera.com

Lakeside

Lakeside Manor 619-561-8626
AAS, AES, ASU, RC

Lemon Grove

Sungarden Terrace 619-464-2273
AAS, ASU, RC, ADC

Oceanside

Aegis at Shadowridge 760-806-3600
ADU, ASU

Heritage Hills 760-206-7930

Merrill Gardens at Oceanside 760-414-9411
AAS, ASU, RC

Ocean Hills Assisted Living 760-208-3036

Poway

Solaris Gardens at Poway 858-663-9200
AAS

Skyview Gardens 858-335-0916

Rancho San Diego

La Vida Real

11588 Via Rancho San Diego
619-660-5778
www.srgseniorliving.com
AAS, ADU, ASU
(see our ad on page 2)

San Diego

ActivCare at Mission Bay 858-270--8000
ADU, AAS, ADU, RD, ADC

Ann's Premier Care - Brookside Inn 619-580-5918
ASU, RC

Atria Rancho Penasquitos 858-538-0802
AAS, ADU, ASU, RC

BayView Senior Assisted Living

3219 Canon Street
619-225-5616
www.bayviewpointloma.com
AAS, RC, ADC
(see our ad on page 3)

(continued on next page)

Assisted Living (cont.)

Belmont Village Sabre Springs ADU, ASU, RC	858-486-5020
Canyon Guest Home AAS, ASU, RC	619-483-9845
Cloisters of the Valley, LLC AES, RCE	619-283-2226
Elmcroft of Point Loma ADU, ASU, RC	619-224-7300

HarborView Senior Assisted Living

2360 Albatross St.
619-233-8382
www.harborviewsandiego.com
AAS, ASU
(see our ad on page 3)

Jacob Health Care Center, LLC AES, RC, M, MC	619-582-5168
Mount Soledad Care Facility ASU	858-755-3577

St. Paul's Villa 2340Fourth Ave. www.stpaulseniors.org AAS, ASU (see our ad on page 4)	619-232 2996
--	--------------

Silvergate Rancho Bernardo 16061 Avenida Venusto SilvergateRR.com AAS,ADU, ASU, RC	858-451-1100
---	--------------

Stellar Care AAS, ASU, RC	619-287-2920
Wesley Palms Summer House AAS, ASU	858-274-4110

San Marcos

Country Rose Memory Care AAS, ASU, RC, M	760-294-0590
---	--------------

Silvergate San Marcos

1550 Security Place
SilvergateRR.com
AAS,ADU, ASU, RC

760-744-4484

The Meridian at Lake San Marcos	760-510-7500
---------------------------------	--------------

Santee

Julie's Elderly Care AES, RC	619-449-5600
---------------------------------	--------------

Latarn Crest Senior Living ADU, ASU, AAS,RC	619-312-4408
--	--------------

Vista

Alta Vista Senior Living AAS, ADU, ASU, RC	760-941-3233
---	--------------

Evergreen Chalet AAS, RC	760-630-8122
-----------------------------	--------------

Restful Homes AAS, ASU, RC, ADC	760-310-0220
------------------------------------	--------------

Shadowridge AAS, ASU, RC, ADC	760-727-1221
----------------------------------	--------------

Vista Gardens AAS,ASU, RC	760-295-3900
------------------------------	--------------

If you would like additional copies of this publication
just call ... 208-484-7913
or email
Sam@retirementpublishing.com
during regular business hours

Care Management & Consulting

A Hand to Hold	760-230-3039
HELP	858--481-8827
Jewish Family Service	858-637-3040
Dyna Jones Consulting Service	619-398-5034
Triune Nature	619-980-9591

Fiduciaries

La Jolla

Liberty Fiduciary Services, Inc 858-505-9156

Del Mar

Professional Fiduciary 858-481-8823

Encinitas

San diego Coastal Fiduciary Service 619-446-7543

Home Care

Chula Vista

Absolute Senior Home Care 619-410-2390
AAS, RC

Del Mar

Aadvanced Home Health Services

1155 Camino del Mar #471

858-259-9228

www.aadvancedhomehealth.com

(see our ad at top of next page)

Aadvanced Home Health

Aadvance Home Health provides hourly and live-in personalized home care services. We specialize in Alzheimer's patient care for both long-term and short-term. Our mission is compassionate patient advocacy. Please call today for additional information or assessment.

858-259-9228

El Cajon

First Promise Care Services 619-274-9630

Home of Guiding Hands 619-938-2856
RC

Escondido

BrightStar Care

760-738-1926

504 W. Mission, Ste. 206

www.brightstarcare.com

(see our ad below)



Alzheimer's / Dementia Specialists

*Caring for Our Community
with Compassion*

760-738-1926

Nightingale Health Services 760-739-0311

Fallbrook

Innovative Healthcare Consultants 760-731-1334
AAS, RC

(continued on next page)

Home Care (cont.)

La Jolla

Coastwide Home Care 888-259-5962
AAS, RC

Home Care Assistance 858-842-1346

La Mesa

Assertive Home Care Services 619-466-6890
AAS, RC

All Heart Home Care 619-940-6651
RC

Home Instead Senior Care 619-460-6222

Coast Care Partners 619-354-2544

Preferred Care at Home

7777 Alvarado Rd. Ste. 402 619-212-7950
www.preferhome.com
AAS, RC
(see our ad below)



We care for those
you care about.
Call TODAY 619-212-7950
HCO#374700045

Poway

BrightStar Care 760-738-1926
(see our ad on previous page)

San Diego

AccentCare 800-250-2233
RC

Accredited Home Care 619-265-1234
AAS, RC

AALL CARE In Home Services 619-297-9601

7801 Mission Center Ct. #106
www.aallcare.com
AAS, RC
(see our ad below)



Confused by all the Home Care
options? Our complimentary
assessment will help you make
a more informed decision about
the level of care your loved one
will be receiving.

San Diego 619-297-9601
North County 760-471-7033
www.aallcare.com

AltaGolden 858-779-9254
RC

Always Best Care Senior Services 619-757-1114
RC

Amada Senior Care San Diego Central 858-866-9005
AES, RC

Aspire 866-634-7774
RC

At Your Home Familycare 888-326-2273

Attentive Home Care 619-287-1300

Comfort Keeper 619-795-6036
AAS, RC

(continued on next page)

Home Care (cont.)

San Diego (cont.)

FirstLight Homecare	858-216-2040
Home Care Live-in AAS	619-266-8300
Home Instead Senior Care RC	858-277-3722
Right at Home AES, RC	858-277-5900
Safe Harbor Home Care	619-660-8881

Senior Helpers

3377 Carmel Mtn Rd. Ste. 200 858-523-9170
www.seniorhelpers.com
 AAS, RC, ADC
(see our ad below)



We Specialize in Alzheimer's, dementia.
 Ask us about our "Senior Gems" program.



858-523-9170
seniorhelpers.com

Seniors Helping Seniors AAS, RC, ADC	800-481-2488
Windward Life Care	619-450-4300

Lake San Marcos

AALL CARE In Home Services 760-471-7033
 1030 La Bonita Dr.
www.aallcare.com
(see our ad on page 19)

San Marcos

Visiting Angels of North County 760-736-9934
 AAS, RC

Santee

BrightStar Care 619-202-7258
(see our ad on page 17)

Vista

Home Helpers 760-726-1900
 Home Instead Senior Care 760-639-6472
 AAS, RC

Home Health

Escondido

Interim Healthcare 760-432-9811
 MC

Palomar Pomerado Home Caregivers 760-796-6860
 AAS, RC

San Diego

Firstat Nursing Service 619-220-7600

Kindred at Home 619-299-9900
 M, MC

Renaissance Home Health 619-285-1505
 M, MC

Salus Homecare 858-278-1335
 M, MC

*If you would like additional
 copies of this publication
 just call
 208-484-7913
 or email
admin@retirementpublishing.com
 during regular business hours*

Hospice Agencies

Carlsbad

Hospice of the North Coast

hospicenorthcoast.org

MC, M

(see our ad below)

760-431-4100

Escondido

Elizabeth Hospice

800-797-2050

La Mesa

Sharp Hospicecare

619-667-1900

San Diego

Ardent Hospice

858-952-1786

Avalon Hospice

858-751-0315

Kindred Hospice

858-565-2499

MC, M

LightBridge Hospice

858-458-2992

MC, M

Seasons Hospice

760-643-0400

Solana Beach

Hospice by the Sea

858-794-0195



Referral Agencies

It's Like Home

760-212-1224

Oasis Senior Advisors

760-688-7618

Residential Options for Seniors and the Elderly

619-885-0420

Senior Care Options

760-696-3542

Email: cathy@seniorcareoptions.team

www.seniorcareoptions.org

Help with placement & Consulting

Beyond the Sky Solutions LLC

888-294-1488

Time to Move Care Placement

858-242-4715

Memory Care Resource Directory

is a publication of:

RETIREMENT PUBLISHING

Phone: 208-484-7913

E-mail: admin@retirementpublishing.com

Web site: www.retirementpublishing.com

For general information or additional copies
contact us at the number or email above.

Copyright 2021-22©

Contents of this directory are intended for community resource information only. Retirement Publishing DOES NOT recommend or endorse the listed facilities, organizations, professionals and companies, or their services.

Related Programs & Services

Adult Protective Services	619-283-5731
Short-term case management, outreach to at-risk elderly.	
Aging and Independence Services	800-339-4661
24 hour elder abuse hotline and senior crisis team.	
Long-Term Care Ombudsman	800-640-4661
Alzheimer's Association	619-678-8322
www.alz.org	
Alzheimer's San Diego	858-492-4400
www.alzsd.org	
Caregivers Network Club	760-450-5523
Nursing Home Ombudsman	858-560-2507
Advocacy for residents of long-term care facilities	
Parkinson Disease Info & Referral	760-940-4097
San Diego Dementia Consortium	
sddementiaconsortium.org	
Senior Life Source	760-580-7002
Workshops for educating seniors on resources.	
Southern Caregiver Resource Cntr.	858-268-4432
RC	
provide consultation on care-giving and long-term care issues	
The Foundation for Senior Wellbeing	844-654-4636
UCSD Quality of Life Programs	858-822-4800
UCSD Shiley-Marcos Alzheimer's Research Center	
9444 Medical Center Dr 1-100 858-822-4800	

Research

Pacific Research Network	619-294-4302
UCSD Shiley-Marcos Alzheimer's Research	
9444 Medical Center Dr 1-100 858-822-4800	

Skilled Nursing Communities

<u>Chula Vista</u>	
Fredericka Manor Care Center	619-427-2777
AAS, ADU, ASU, MC, M	
<u>Coronado</u>	
Villa Coronado Skilled Nursing	619-435-6251
AES, RC, MC, M	
<u>El Cajon</u>	
Chase Care Center	619-441-1988
ADU, ASU, RC, M, MC	
Eldorado Care Center	619-440-1211
ADU, ASU, RC, M, MC	
Granite Hills Convalescent Hospital	619-447-1020
AAS, ASU, RC, M, MC	
Royal Home, The	619-443-3886
ASU, MC	
Villa Las Palmas Healthcare Center	619-442-0544
AES, RC, M, MC	
<u>Encinitas</u>	
Aviara Health Care Center	760-944-0331
ADU, ASU, RC, M, MC	
<u>Escondido</u>	
Escondido Care Center	760-747-0430
RC, MC, M	

Skilled Nursing Communities (cont.)

Redwood Terrace Health Center 760-747-4306
AES

Valley Vista Convalescent Hospital 760-745-1842
AES, RC, MC, M

La Jolla

Seasons at La Jolla 858-456-8619
AAS, ASU, ADU, RC

La Mesa

Community Convalescent Hospital 619-465-0702
AAS, MC, M

National City

Castle Manor Convalescent Center 619-791-7900
AAS, RC, M, MC

Poway

Poway Health Care Center 858-485-5153
ADU, ASU, RC, M, MC

San Diego

Carmel Mountain Rehab & Healthcare 858-673-0101
ADU, ASU, M, MC

San Diego Healthcare Center 858-277-6460
ASU, MC, M

St. Paul's Health Care Center 619-239-8687

235 Nutmeg St
www.stpaulseniors.org
AAS, ASU, M, MC
(see our ad on page 4)

Villa Rancho Bernardo Care Center 858-672-3900
ADU, ASU, RC, M, MC



What Is Dementia?

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.

What Is Dementia?

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia.

About dementia

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with

a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some

(continued on next page)

(continued from previous page)

that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is often incorrectly referred to as “senility” or “senile dementia,” which reflects the formerly widespread but incorrect belief that serious mental decline is a normal part of aging.

Memory loss and other symptoms of dementia

While symptoms of dementia can vary greatly, at least two of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

People with dementia may have problems with short-term memory, keeping track of a purse or wallet, paying bills, planning and preparing meals, remembering appointments or traveling out of the neighborhood. Many dementias are progressive, meaning symptoms start out slowly and gradually get worse. If you or a loved one is experiencing memory difficulties or other

changes in thinking skills, don't ignore them. See a doctor soon to determine the cause. Professional evaluation may detect a treatable condition. And even if symptoms suggest dementia, early diagnosis allows a person to get the maximum benefit from available treatments and provides an opportunity to volunteer for clinical trials or studies. It also provides time to plan for the future.

Causes

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behavior and feelings can be affected.

The brain has many distinct regions, each of which is responsible for different functions (for example, memory, judgment and movement). When cells in a particular region are damaged, that region cannot carry out its functions normally. Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. For example, in Alzheimer's disease, high levels of certain proteins inside and outside brain cells make it hard for brain cells to stay healthy

and to communicate with each other. The brain region called the hippocampus is the center of learning and memory in the brain, and the brain cells in this region are often the first to be damaged. That's why memory loss is often one of the earliest symptoms of Alzheimer's.

While most changes in the brain that cause dementia are permanent and worsen over time, thinking and memory problems caused by the following conditions may improve when the condition is treated or addressed:

- Depression
- Medication side effects
- Excess use of alcohol
- Thyroid problems
- Vitamin deficiencies

Diagnosis of dementia

There is no one test to determine if someone has dementia. Doctors diagnose Alzheimer's and other types of dementia based on a careful medical history, a physical examination, laboratory tests, and the characteristic changes in thinking, day-to-day function and behavior associated with each type. Doctors can determine that a person has dementia with a high level of certainty. But it's harder to determine the exact type of dementia

because the symptoms and brain changes of different dementias can overlap. In some cases, a doctor may diagnose “dementia” and not specify a type. If this occurs it may be necessary to see a specialist such as a neurologist or geropsychologist.

Dementia treatment and care

Treatment of dementia depends on its cause. In the case of most progressive dementias, including Alzheimer's disease, there is no cure and no treatment that slows or stops its progression. But there are drug treatments that may temporarily improve symptoms. The same medications used to treat Alzheimer's are among the drugs sometimes prescribed to help with symptoms of other types of dementias. Non-drug therapies can also alleviate some symptoms of dementia.

Ultimately, the path to effective new treatments for dementia is through increased research funding and increased participation in clinical studies. Right now, volunteers are urgently needed to participate in more than 180+ actively enrolling clinical studies and trials about Alzheimer's and related dementias.

Dementia risk and prevention

Some risk factors for dementia, such as age and genetics, cannot

(continued on next page)

(continued from previous page)

be changed. But researchers continue to explore the impact of other risk factors on brain health and prevention of dementia. Some of the most active areas of research in risk reduction and prevention include cardiovascular factors, physical fitness, and diet.

Cardiovascular risk factors:

Your brain is nourished by one of your body's richest networks of blood vessels. Anything that damages blood vessels anywhere in your body can damage blood vessels in your brain, depriving brain cells of vital food and oxygen. Blood vessel changes in the brain are linked to vascular dementia. They often are present along with changes caused by other types of dementia, including Alzheimer's disease and dementia with Lewy bodies. These changes may interact to cause faster decline or make impairments more severe. You can help protect your brain with some of the same strategies that protect your heart – don't smoke; take steps to keep your blood pressure, cholesterol and blood sugar within recommended limits; and maintain a healthy weight.

Physical exercise:

Regular physical exercise may help lower the risk of some types of dementia. Evidence suggests exercise may directly benefit brain cells by increasing blood and oxygen flow to the brain.

Diet:

What you eat may have its greatest impact on brain health through its effect on heart health. The best current evidence suggests that heart-healthy eating patterns, such as the Mediterranean diet, also may help protect the brain.

A Mediterranean diet includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, and nuts, olive oil and other healthy fats.

Courtesy of the Alzheimer's Association www.alz.org.

If you would like additional copies of this publication just call

208-484-7913

or email

Sam@retirementpublishing.com during regular business hours

Dementia, with dignity.

At Alzheimer's San Diego, we know that people can still live well after a diagnosis. We recognize the **dignity** of every person living with dementia, and **empower** them to play an active role in planning their own future care. We see the heartache this disease inflicts on caregivers, and we're here to give them the **support** and **knowledge** they need to become strong care partners – and to find joy in even the darkest moments. And we're working to make dementia a disease of the past, by connecting people to clinical trials and funding research for a **cure**.

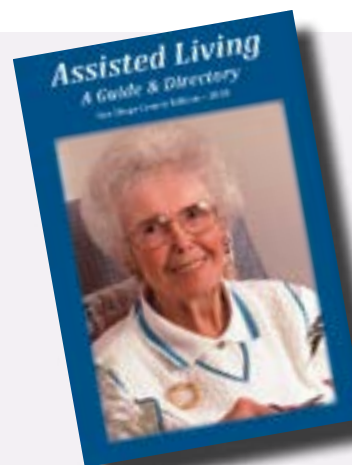


Get free support:

858.492.4400

www.alzsd.org

For the Complete Story on How Assisted Living in San Diego Works



This comprehensive publication is designed to provide information and guidance for seniors and their families through the process of finding an assisted living home or community. We cover it all from the origins, available options, how to tell if it's time, choosing a home or community, legal issues, and making the transition easier.

View or download from our Web site **only!**
www.retirementpublishing.com>San Diego Publications

The future of caring for those with Alzheimer's and other forms of dementia begins in the past...



Town SQUARE®



An Adult Day Health Care & Reminiscence Therapy Center



TOWN SQUARE® is a one-of-a-kind experience featuring a unique, indoor, interactive, simulated urban environment utilizing Reminiscence Therapy.

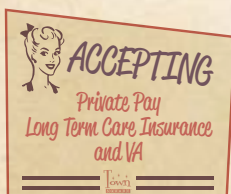
Reminiscence Therapy has been shown to improve mood, reduce agitation and improve sleep quality in individuals with dementia.

We're Now Open!

★ CALL OR EMAIL TO SCHEDULE A TOUR TODAY! ★

TOWNSQUARE@GLENNER.ORG

★ **800-736-6674** ★



2765 MAIN ST. | SUITE A
CHULA VISTA, CA 91911

