

FOR IMMEDIATE RELEASE

Aging & Long Term Care of Eastern Washington
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November is Alzheimer's Awareness Month and National Family Caregivers Month

During November, we celebrate National Alzheimer's Awareness Month and National Family Caregivers Month. Alzheimer's Awareness Month is a time to heighten awareness about Alzheimer's disease and show support for the those living with it. National Family Caregivers Month is a time to recognize and honor family caregivers across the country, and an opportunity to raise awareness, educate communities, and increase support for caregivers. Aging & Long Term Care of Eastern Washington (ALTCEW) and the Alzheimer's Association offer support for people living with Alzheimer's and their caregivers.

Worldwide, more than 55 million people are living with dementia. In the United States alone, more than 6 million have Alzheimer's, and over 11 million are providing unpaid care.¹ Families are the primary source of support for older adults and people with disabilities in the U.S. Many family caregivers work and provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving takes a significant emotional, physical, and financial toll. Aging & Long Term Care and the Alzheimer's Association address these crises by providing education and support to those who face dementia and their caregivers every day.

How ALTCEW can help:

- Our free helpline (509-960-7281) staffed by specialists who are available Monday through Friday 8:30 AM – 5 PM, will connect caregivers to ALTCEW resources and a comprehensive database of support systems in our region. Services include the Caregiver Support program, Kinship caregiver support, Adult Day Care and Health Services, and more.
- Our free helpline (509-960-7281) provides confidential local support for people living with Alzheimer's and dementia in Eastern Washington. Home visits and in person meetings can be scheduled for individuals with behavioral needs.
- ALTCEW and the Spokane Area Dementia Friendly Community (DFC), produce a twice yearly dementia newsletter. More information about the Spokane Area DFC and the newsletter can be found at www.altcew.org/about-who-we-are/spokane-area-dementia-friendly-community. People can inquire more about this group or subscribe to the newsletter by emailing dementia@altcew.org.
- ALTCEW is hosting several Dementia Friends information sessions and Talking About Brain Changes classes in tandem with the Spokane County Library District (SCLD) this November and December. Learn more or register at <https://sclcd.evanced.info/signup/calendar>.
- ALTCEW can connect individuals to Joy for All robotic pets, assistive devices that offer comfort and companionship for anyone experiencing changes in how their brain works. To see if you qualify for a pet at no cost, or to learn how to purchase a robotic pet, contact Teri Koski at teri.koski@dshs.wa.gov. These could be a great gift for your loved one this holiday season!

How the Alzheimer's Association can help:

- Our free 24/7 Helpline (800-272-3900), staffed by master's-level clinicians and specialists, provides confidential support and information to all those affected in over 200 languages.
- Our website, alz.org[®], is a rich resource designed to inform and educate multiple audiences, including those living with the disease, caregivers, and professional health care providers.
- The Alzheimer's Association conducts online and face-to-face support groups and education programs in communities nationwide, while ensuring these services reach underserved populations. Learn more about support groups at www.alz.org/alzwa/helping_you/support_groups.
- The Alzheimer's Association provides innovative resources to support those living with Alzheimer's and their caregivers, working alongside partner organizations to prioritize outreach efforts to diverse and underserved communities so that all those affected get the help they need.
- The Alzheimer's Association makes it easy for families to find programs and services using the [Alzheimer's Association & AARP Community Resource Finder](#), a comprehensive database of dementia and aging-related resources.

How you can help:

- Become a caregiver! Learn more or apply at the Consumer Direct of Washington: <https://consumerdirectcare.com/careers>
- Local volunteers lead the way in positively impacting the lives of community members. To learn about volunteer opportunities with the Alzheimer's Association, contact Kim McKenna at 509-207-7667 or kcmckenna@alz.org.
- Learn more about volunteer opportunities with the Spokane Area Dementia Friendly Community: www.altcew.org/volunteer/dementia-friendly-community.

About Aging & Long Term Care of Eastern Washington

Aging & Long Term Care of Eastern Washington (ALTCEW) is a social service agency that supports the well-being of older adults, adults living with disabilities, and their care partners. The goal is to connect such individuals with *the best home and community-based services to support healthy living and aging in their homes in their communities*. ALTCEW is the local Area Agency on Aging for northern Ferry, Stevens, Pend Oreille, Spokane, and Whitman Counties. To learn more, visit www.altcew.org.

About the Alzheimer's Association

The Alzheimer's Association[®] is the leading voluntary health organization in Alzheimer's care, support, and research. Founded in 1980 by a group of family caregivers and individuals interested in research, the Association includes our home office in Chicago, a public policy office in Washington, D.C., and a presence in communities across the country. To learn more, visit www.alz.org/alzwa.

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1. <https://www.alz.org/media/Documents/alzheimers-facts-and-figures-infographic.pdf>