

DISCOVER SUPPORT

FREE RESOURCE GUIDE

A CURATED SELECTION FROM THE ULTIMATE RESOURCE GUIDE



GET STARTED

INTRODUCTION

Welcome to this carefully curated resource guide, offering a selection of essential resources handpicked from the comprehensive '[Hidden in Plain Sight: The Ultimate Resource Guide for Dementia Caregivers.](#)'

Inside, you'll find 16 valuable resources selected from more than 140 included in the full guide, giving you a small preview of what's inside.

The complete resource guide encompasses an expanded array of resources within existing categories, as well as a wealth of additional resources, spanning various categories not covered here. These include:

- Adaptive Equipment Lending & Accessibility Options
- Aphasia
- Clinical Trials
- Dementia Screening Tests
- Driving
- LGBTQ+ Resources
- Medication Help
- Memory Cafes, Adult Day Centers, & PACE
- Palliative Care & Hospice
- Privacy & Unwanted Communications
- Products for Dementia Care
- Senior Care & Living
- Veteran Resources

To explore the entirety of our extensive resource guide and unlock even more support for your caregiving journey, please [click here](#) to access the full guide.

GET STARTED

HOW TO USE

To get started, scroll to the Table of Contents on page **3**, or check out the Index on page **34**. Think of them like a map that helps you quickly find what you're looking for. The page numbers are bold and clickable. You can also use the find or search function inside your PDF viewer to search the document.

We've tried to make things even easier for you by picking out the most useful links from each resource, when possible.

While you're reading, keep an eye out for websites, words that are underlined, and text within paragraphs colored purple. These are clickable links that can take you right to the information you are looking for. You can also conveniently tap any telephone number on your mobile device to initiate a call, simplifying the process of connecting with the phone numbers listed in this guide.

We've put in our best effort to give you the latest resources and website links. But it's important to know that companies may update their websites from time to time, which can lead to broken links. If you come across a broken link, please get in touch with us at care@letsbambu.com. We'll help you find the right link and make sure to update our resource guide accordingly. Your feedback is valuable to us!

Thank you for accessing this free resource guide, allowing us to assist you on your dementia care journey. Remember, you are not alone; Bambu Care is always here. (letsbambu.com)

Please keep in mind that this is merely a fraction of the resources available in the [complete guide](#).

WHAT'S INSIDE?

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CARE HELP & CAREGIVER SUPPORT

RESOURCE

ARCH NATIONAL RESPITE NETWORK AND RESOURCE CENTER

Main Website | archrespite.org

The ARCH National Respite Network and Resource Center assists and promotes the development of quality respite and crisis care programs and help caregivers locate respite and crisis care services.

MOST HELPFUL LINKS

National Respite Locator Service

This is a general database that is **not** all inclusive and still requires you to do your due diligence to ensure that the companies listed are quality places and meet your needs. When using the database, only put your state and zip code, and type of respite if you know what you are looking for. However, putting an age and disability served such as "Alzheimer's/dementia" may render a response of "0 Matching Providers Listed Below". You will likely have to call and follow-up to see if the company satisfies what you are looking for.

GET A DOWNLOAD

A Consumer Guide to Respite for Family Caregivers

A guide that outlines how to plan, pay, and choose a respite program or adult day services program.

9 Steps to Respite Care

RESOURCE

BAMBU CARE

Main Website | letsbambu.com

Bambu Care is an all-in-one dementia care platform dedicated to supporting caregivers through accessible education, practical resources, and ongoing guidance designed to help them feel more informed and confident throughout the care journey.

They are home to the What the Dementia podcast, where caregivers can explore topics surrounding the realities of dementia care. Bambu Care also provides additional support through their blog, newsletter (Panda Mail), resource library featuring product recommendations, activities, and downloadable guides, as well as webinars and the Bambu Treehouse membership experience.

**MOST HELPFUL LINKS**[Panda Mail](#)

A newsletter that keeps you in the loop on all things Bambu Care, while delivering practical tips, helpful resources, and dementia care education straight to your inbox.

[Bambu Treehouse Membership](#)

Gain access to exclusive education, caregiver resources, and practical guidance designed to support you throughout the dementia care journey.

[What the Dementia Podcast](#)[YouTube Channel](#)

RESOURCE

ROON

Main Website | roon.com

Roon is a comprehensive online resource for people navigating dementia. It brings together 75+ dementia experts who answer some of the most frequently asked questions within dementia care. They cover a wide range of topics including the basics and symptoms of dementia, home help & housing, financial & legal, products & technology, science & research, prevention, palliative care & hospice, advocacy & non-profits, and so much more.

All questions are answered in a "short form" content style with videos typically ranging from 1 to 3 minutes in duration.

The platform is completely free to use.



MOST HELPFUL LINKS

[Roon for Dementia](#)

RESOURCE

AARP

Main Website | aarp.org

AARP is a non-profit organization that helps people 50 years and older live life the way they want as they age. They are all over the country and focus on important things like health, money, and finding fulfillment.

MOST HELPFUL LINKS

[AARP Medicare Question and Answer Tool](#)

Tool to help you clarify eligibility and enrollment requirements and helps you navigate Medicare plan options, coverage, and costs.

[Advance Directive Forms By State](#)

[Understanding Long-Term Care](#)

[AARP Caregiving Forums](#)

FAMILY CAREGIVING RESOURCE LINE

 PHONE NUMBER | 1-877-333-5885

 GET A DOWNLOAD

[Dementia Resource Guide for Individuals and Families](#)



DEMENTIA ASSOCIATIONS

RESOURCE

ALZHEIMER'S ASSOCIATION

Main Website | alz.org

The Alzheimer's Association's website is jam-packed with a lot of resources. They have a [24/7 helpline](#), an online interactive tool to help you plan for what's ahead, an online forum for caregivers and people living with dementia, a community resource finder, free online workshops, e-newsletter, a wealth of information about Alzheimer's disease and other types of dementia, and so much more.



MOST HELPFUL LINKS

[ALZNavigator](#)

Helps you build an action plan around specific topics involving understanding Alzheimer's and other types of dementia, financial planning, legal planning, improving communication, daily care, safety, finding caregiving support, and taking care of yourself. Once you complete the interactive survey, it will provide you with any resources that may be relevant to you as a part of your action plan. This may include PDFs, websites, talking to a dementia expert, and/or finding a support group. You can also download and print it.

[Financial and Legal Planning for Caregivers](#)

This website covers topics regarding planning and paying for care costs and legal matters, legal documents, insurance, health care appeals for health care coverage denial, social security disability, and tax deductions and credits.

[Find Your Local Chapter](#)

Find community resources, support, trainings, and events in your area through your local chapter.

RESOURCE

ALZHEIMER'S ASSOCIATION

Continued...



MOST HELPFUL LINKS

Community Resource Finder

You can find Alzheimer's Association and AARP programs and events, adult day cares, elder law attorneys, geriatric care managers, home care, home health care, transportation services, referral agencies, relocation advisors, housing options, and medical service options (e.g., diagnostic center, geriatric psychiatrists, geriatricians, hospitals, etc.) in your area.

Resource List

Their resource list includes full-text articles, a list of helpful books, videos, and PDFs covering a wide range of topics including activities, communication, financing care, sexuality and intimacy, spirituality, and so much more.

RESOURCE

LEWY BODY DEMENTIA ASSOCIATION (LBDA)

Main Website | lbda.org

The Lewy Body Dementia Association supports individuals affected by Lewy body dementias, along with their families and caregivers, through outreach, education, research, and its [Lewy Line](#) support service.



MOST HELPFUL LINKS

[10 Things You Should Know About LBD](#)

[Understanding LBD](#)

Educational resources and printable resources for understanding lewy body dementia including information for patients, families, and professionals. They even have a printable Medical Alert Wallet Card.

[Caregiving Publications](#)

Includes a care brief series that covers important care related topics.

[Order Free Hard Copies of LBDA Materials](#)

Get LBDA materials straight to your door for free.

[Diagnosis and Prognosis](#)

[LBD Support Groups](#)

Provides free, confidential support in a group setting to anyone affected by LBD — whether you are an LBD caregiver or are a loved one, friend, or professional caregiver of someone diagnosed.

RESOURCE

LEWY BODY DEMENTIA ASSOCIATION (LBDA)

Continued...

MOST HELPFUL LINKS

Lewy Learning Center

A free, on-demand learning platform for sharing education on Lewy body dementia (LBD) with the community and health care professionals.

LBDAtv

The YouTube channel of The Lewy Body Dementia Association.

Clinical Studies

Research studies and clinical trials that are actively recruiting people with dementia with Lewy bodies (DLB) or Parkinson's disease dementia (PDD).

Lewy Trial Tracker

Receive a quarterly email newsletters listing new and current studies that match your specific interests.

 GET A DOWNLOAD

Lewy Body Dementia Diagnostic Symptoms

RESOURCE

THE ASSOCIATION FOR FRONTOTEMPORAL DEGENERATION (AFTD)

[Main Website | theaftd.org](#)

The mission of the AFTD is to improve the quality of life of people affected by FTD and to help drive research for a cure.



MOST HELPFUL LINKS

[AFTD Helpline & FAQ](#)

[Disease Overview](#)

[Glossary of FTD Terms](#)

[FTD FAQs](#)

[Awareness Cards](#)

These cards let others know that language ability and behavior may be altered due to FTD. They have cards for both those diagnosed with FTD and their care partners.

[Navigating FTD Symptoms](#)

Provides guidance on how to deal with common behaviors associated with FTD.

RESOURCE

THE ASSOCIATION FOR FRONTOTEMPORAL DEGENERATION (AFTD)

Continued...



MOST HELPFUL LINKS

[FTD Support Near You](#)

Find an FTD support group or locate a diagnostic center.

[Support for People with FTD](#)

Outlines a variety of resources available to help people living with FTD including learning more about their diagnosis, finding support, and making arrangement for care.

[FTD Genetic Resources and References](#)

List of resources, webinars, booklets, and references relevant to all things genetics, genetic support, and genetic counseling.

[Find FTD Research and Medical Centers](#)

These specialists are devoted to understanding FTD and related diseases, and are engaged in research on the causes and potential treatments of FTD. The doctors shown on this map are among the most experienced in diagnosing the disease.

RESOURCE

THE ASSOCIATION FOR FRONTOTEMPORAL DEGENERATION (AFTD)

Continued...

MOST HELPFUL LINKS

Comstock Respite Grant

Provides time off for family care partners caring for someone with frontotemporal dementia.

Comstock Quality of Life Grant

Grant to purchase products and services intended to improve the quality of life of persons diagnosed with FTD.

GET A DOWNLOAD

[Newly Diagnosed Checklist](#)

[bvFTD Diagnostic Checklist](#)

[PPA Diagnostic Checklist](#)

[Legal and Financial Planning](#)



HELPLINES

RESOURCE

988 SUICIDE & CRISIS LIFELINE

Main Website | 988lifeline.org


The 988 Lifeline provides 24/7, free and confidential support for people in distress as well as prevention, crisis resources, and best practices for professionals in the US. There's also options for people who are Spanish speaking and [deaf or hard-of-hearing](#).

To find resources for **yourself** click [here](#).

To find resources for **someone else** click [here](#).

 **PHONE NUMBER** | 988

 **TEXT NUMBER** | 988

 **WEBCHAT** | [988LIFELINE.ORG/CHAT](https://988lifeline.org/chat)

 **HOURS** | 24/7



**INSURANCE,
BENEFITS, &
GOVERNMENT
SUPPORT**

RESOURCE

MEDICARE

Main Website | [medicare.gov](https://www.medicare.gov)

Medicare.gov helps people understand the basics of Medicare and their rights under Medicare as a person of 65 years of age or older. A person is first eligible to sign up for Medicare 3 months before they turn 65, but may be eligible to get Medicare earlier if they have a disability, early-onset dementia, end-stage renal disease, or ALS.

24/7 HOUR TALK & CHAT LINE

 **PHONE NUMBER** | 1-800-633-4227

 **WEBCHAT** | [MEDICARE.GOV/TALK-TO-SOMEONE](https://www.medicare.gov/talk-to-someone)

MOST HELPFUL LINKS

Medicare Basics

You can learn the different parts of Medicare, the general costs, how it works, and more.

Sign Up with Medicare

Includes everything you need to know about when and how to sign up for Medicare.

Free Health Insurance Counseling

Get free assistance choosing a plan, reviewing coverage, understanding costs, and applying for extra help.

RESOURCE

MEDICARE

Continued...

MOST HELPFUL LINKS

[Find and Compare Providers Near You](#)

You can compare doctors and clinicians, hospitals, nursing homes, home health services, hospice care, inpatient rehabilitation facilities, long-term care hospitals, and dialysis facilities. Depending on the option selected, it will provide you with an overall rating, quality rating, and/or patient survey rating, if available. You can also find helpful resources and information regarding each of these areas as well (e.g., Medicare's coverage of these services, checklists, how to file a complaint, how to choose the right provider for you, nursing home resident rights, etc.).

[Find Health and Drug Plans](#)

You can use this link to explore Medicare coverage options based on your zip code and plan needs.

DID YOU KNOW?

If you or your partner has early-onset dementia you may qualify for Medicare. The catch is you have to first be on SSDI (disability) for 24 months. In order to qualify for disability, the person must be unable to work due to their medical condition and the person must have worked long enough and paid social security taxes.

[LEARN HOW TO APPLY FOR SSDI](#)

RESOURCE

MEDICAID

Main Website | [medicaid.gov](https://www.medicaid.gov)

Medicaid is a program that helps qualifying Americans get health coverage, especially those who have low incomes, are pregnant, elderly, or have disabilities. Each state is in charge of running the program, but they have to follow the rules set by the federal government. The money for Medicaid comes from both the state and the federal government working together.

MOST HELPFUL LINKS

[Determine Your Medicaid Eligibility, Apply for Medicaid, & Access Your State Medicaid Contact Information](#)

Includes everything you need to know to apply for Medicaid or CHIP (Children's Health Insurance Program). Select your state to receive information regarding eligibility and to enroll.



**LEGAL AID,
MEDICAL CARE
PLANNING, &
LEGACY
PLANNING**

RESOURCE

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS (NAELA)

Main Website | naela.org

The National Academy of Elder Law Attorneys (NAELA) is an organization that works to make legal services better for older people and those with disabilities. They want to ensure that these individuals receive high-quality help and support from lawyers who understand their unique needs and challenges.



MOST HELPFUL LINKS

[Find a Lawyer](#)

RESOURCE

THE CONVERSATION PROJECT

Main Website | theconversationproject.org

The Conversation Project is an initiative of the Institute for Healthcare Improvement to help more people share their wishes for care through end of life. It provides guidance on how to talk about care decisions.

Note: Before filling in a Conversation Guide, save it to your desktop. Otherwise, anything you type will not be saved.

MOST HELPFUL LINKS

Get Started

Links to all their conversation guides that are available to download and print.

GET A DOWNLOAD

Guide for Caregivers of People with Alzheimer's or Other Forms of Dementia

How to understand what matters most to someone living with Alzheimer's or another form of dementia, and help them have a say in their health care.

What Matters to Me Workbook

A workbook designed to help people with serious illness prepare to talk to their health care team and family about what is most important to them.

RESOURCE

THE CONVERSATION PROJECT

Continued...



GET A DOWNLOAD

Conversation Starter Guide

A helpful resource for you to use in speaking with the person you've agreed to represent. It can help you understand what matters most to them in their life and in their care through the end of life.

Guide for Talking with a Health Care Team

A helpful resource for you to use in speaking with a health care team.

Guide to Choosing a Health Care Proxy**Guide to Being a Health Care Proxy**



**LOCAL
COMMUNITY
RESOURCES**

RESOURCE

211

Main Website | [211.org \(US\)](https://211.org) [211.ca \(Canada\)](https://211.ca)

You can call [211](https://211.org) to speak with a live person for free 24/7 or you can search for local online resources including information and referral services to health, human, and social service organizations on their website.

Note: If you live in Canada, you can dial 211 as well.

Example categories of assistance:

- Housing/Shelter
- Employment
- Food/Nutrition
- Veterans
- Crisis/Emergency
- Income/Expenses
- Legal Aid
- Criminal Justice
- Aging/Disability
- Health/Medical
- Mental Health
- Child Care/Education

MOST HELPFUL LINKS

[Find Help \(US\)](#)

RESOURCE

ELDERCARE LOCATOR

Main Website | eldercare.acl.gov

Using your zip code or city/state, this website can help identify resources in your community that can provide information and assistance for caregivers of older adults.

Based on your location, these resources could include services that provide home-delivered meal, transportation, benefits counseling, care coordination, caregiver services, health insurance counseling, legal services or even information regarding abuse hotlines and adult protective services.

All the most helpful content can easily be used or navigated to from the [homepage](#).

SPEAK WITH AN INFORMATION SPECIALIST



PHONE NUMBER | 1-800-677-1116



WEBCHAT | START AN ONLINE CHAT [HERE](#)



EMAIL | ELDERCARELOCATOR@N4A.ORG



HOURS | MONDAY TO FRIDAY, 8AM – 9PM ET

RESOURCE

MEALS ON WHEELS

Main Website | mealsonwheelsamerica.org

Delivers meals, visits, and safety checks that enable seniors to live nourished lives with independence and dignity — program offerings vary by location. Most programs serve adults 60 years or older.

You or your partner living with dementia may qualify if you are unable to make your own meals, unable to leave the home, and unable to drive. You must complete a referral form online or call to apply. Meals on Wheels delivery services are typically provided on a sliding scale from no cost to full price depending on individual circumstances.



MOST HELPFUL LINKS

[Find a Meals on Wheels Provider](#)



**LONG-TERM CARE
ADVOCACY &
ADULT
PROTECTION**

RESOURCE

NATIONAL CENTER ON ELDER ABUSE (NCEA)

Main Website | ncea.acl.gov

The NCEA can help you learn who to contact if you suspect elder abuse or neglect as well as lead you to information regarding legal resources, elder shelters, mandatory reporting, documentation, etc.

Note: If you are in an immediate dangerous or life threatening situation, please call 911 or the local police station for help (or your country's emergency line). Always inform emergency personnel that the person you are caring for has dementia.



MOST HELPFUL LINKS

[Types of Elder Mistreatment](#)

[Signs of Elder Abuse](#)

[Reporting Resources](#)

Do you suspect abuse or neglect? This page outlines who you should contact and provides a variety of resources and information including helplines, legal resources, elder shelters, mandatory reporting, etc.

NCEA HOTLINE



PHONE NUMBER | 1-855-500-3537



**EMPOWERING
CARE PARTNERS,
ONE STEP AT A
TIME, ON THE
JOURNEY OF
DEMENTIA.**

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INVEST

TAKE THE NEXT STEP

Navigating the intricate landscape of dementia caregiving can feel like searching for hidden treasures in a world of uncertainty.

'[Hidden in Plain Sight: The Ultimate Resource Guide for Dementia Caregivers](#)' is your indispensable map, unveiling a wealth of support, knowledge, and assistance that has been meticulously curated to empower and equip caregivers with the tools they need. Inside this interactive resource guide, you'll discover a treasure trove of over 140 carefully selected resources spanning across 20 essential categories.

Just like this free guide, our full guide is not just informative but interactive, featuring clickable links, direct downloads, and contact information, including phone numbers and email addresses, where appropriate. It's designed to be your adaptable and personal companion for your caregiving journey.



Hidden in Plain Sight:
The Ultimate Resource Guide for
Dementia Caregivers

[CLICK TO INVEST](#)

THE END

SMALL EFFORTS CAN MAKE BIG DIFFERENCES

For More Dementia Tips:

