



## Alzheimer's Disease and Dementia Resources

### **Statewide:**

Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them. By contacting your local agency, you get access to critical information including:

- Available services in your area
- Mobility assistance programs, meal plans and housing
- Assistance in gaining access to services
- Individual counseling, support groups and caregiver training
- Respite care
- Supplemental services, on a limited basis.

For more information, go to [alabamaageline.gov](http://alabamaageline.gov) or call 1-800-AGE-LINE (1-800-243-5463)

### **Regional:**

Alzheimer's of Central Alabama (ACA) serves 21 counties across central Alabama but accepts statewide and nationwide calls for information. Contact ACA if:

- You are noticing memory loss in a loved one which is disrupting his or her normal routine.
- You have a loved one who has been recently diagnosed with dementia or Alzheimer's disease.
- Your loved one has been diagnosed for several years and you need information and guidance.
- You are concerned about a friend or a neighbor.
- You are in need of a break from caregiving.
- You are looking for a support group to attend.
- You want someone to hear your story.

The ACA helpline is available Monday through Friday from 9 a.m. to 4:30 p.m. at 205-871-7970 or toll-free at 1-866-806-7255. More information is available at [alzca.org](http://alzca.org).

Contact: Miller Piggott – [mpiggott@alzca.org](mailto:mpiggott@alzca.org) or [aca@alzca.org](mailto:aca@alzca.org)

Read articles on dementia ministries and caregiving at [thealabamabaptist.org](http://thealabamabaptist.org).

This list from Alzheimer's of Central Alabama represents local organizations that provide services, education and advocacy for local families. Many of these organizations serve their surrounding counties. For the most recent list, visit [alzca.org/how-to-get-help/information-organizations-areas-state/](http://alzca.org/how-to-get-help/information-organizations-areas-state/).

Dothan – Alzheimer's Resource Center  
PO Box 1170  
Dothan, 36302  
334-702-2273  
Kay Jones – [Alzheimer@graceba.net](mailto:Alzheimer@graceba.net)  
[wesharethecare.org](http://wesharethecare.org)

Mental Health Association in Morgan County  
PO Box 1502  
Decatur, 35602  
256-353-1160  
Sue Brantley – [sue@mhainmc.net](mailto:sue@mhainmc.net)  
[mhainmc.net](http://mhainmc.net)

Mobile – Alzheimer's Foundation of the South  
PO Box 9693  
Mobile, 36691  
251-209-6766  
Kellie Sutton – [kelliesuttonrn@aol.com](mailto:kelliesuttonrn@aol.com)

Montgomery – Alzheimer's Education, Resources & Services, Inc. (AERS)  
334-233-2139  
Nancy McLain – [nlmclain@yahoo.com](mailto:nlmclain@yahoo.com)  
[alzheimersers.org](http://alzheimersers.org)

North West Alabama, Florence – Coalition of Alzheimer's and Related Disorders  
PO Box 1608 805 Flagg Circle  
Florence, 35630  
256-740-5431  
Donna Johnson – [djohnson@mhnr.com](mailto:djohnson@mhnr.com)  
[cardnwa.org](http://cardnwa.org)

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## Alabama's National Alzheimer's Association Chapters

Alabama/Florida Panhandle Chapter  
2151 Highland Avenue South #210  
Birmingham, 35205  
205-379-8065

North Alabama Chapter  
117 A Longwood Drive.SE  
Huntsville, 35801  
256-880-1575

Alabama Department of Mental Health  
DETA – Dementia Education and Training Program  
200 University Boulevard  
Tuscaloosa, 35401  
205-759-0139  
1-800-457-5679  
Anne Mathis – [anne.mathis@mh.alabama.gov](mailto:anne.mathis@mh.alabama.gov)  
[alzbrain.org](http://alzbrain.org)

### Websites:

[Alzheimer's Association](#)  
[Dementia Society of America](#)

### Articles:

[“Dementia vs. Alzheimer's Disease: What Is the Difference?”](#)  
[“World Alzheimer's Day is September 21<sup>st</sup>”](#)

### Books:

*Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers*, Fifth Edition, Revised and Expanded  
by Jolene Brackey

*The 36-Hour Day, sixth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss* (A Johns Hopkins Press Health Book)  
by Nancy L. Mace and Peter V. Rabins

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*Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*  
by Joanne Koenig Coste

*When Reasoning No Longer Works: A Practical Guide for Caregivers Dealing with Dementia & Alzheimer's Care*  
by Angel Smits

*Dancing with Elephants: Mindfulness Training for Those Living With Dementia, Chronic Illness or an Aging Brain (How to Die Smiling Book 1)*  
by Jarem Sawatsky

*Grace for the Unexpected Journey: A 60-Day Devotional for Alzheimer's and Other Dementia Caregivers*  
by Deborah Barr and Gary Chapman

*Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer's Journey*  
by Debbie Barr , Edward G. Shaw , et al.

*The Dementia Handbook: How to Provide Dementia Care at Home*  
by Judy Cornish

*Understanding Dementia and Caregiving for Your Aging Parents From A to Z*  
by Ellen Gerst

*Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers*  
by Paula Spencer Scott

*Coach Broyles' Playbook for Alzheimer's Caregivers: Bonus Tips and Strategies Booklet*  
by J. Frank Broyles

*Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief*  
by Pauline Boss

*Activities to do with Your Parent who has Alzheimer's Dementia*  
by Judith A. Levy Ed.M. OTR

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