

Services and Resources for Memory Loss and Dementia Care

**A Guide for
the District of Columbia**

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**Compiled by the
GW Institute for Brain Health and Dementia**

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Disclaimers

**** This is not a medical guide or a guide for medical care. ****

**** This guide is not a comprehensive guide of services available in the District. ****

This guide focuses on services and resources that are often necessary to safely age in place with memory loss, cognitive impairment, or dementia. The services and resources listed are specific to or inclusive of those living with memory loss or dementia, regardless of whether they have received a formal diagnosis of dementia.

We do not include a list of healthcare organizations in this guide. However, you will find limited information on health care organizations that provide specialized care at important periods in the life of a person living with dementia. These include organizations that provide primary care for older adults who cannot leave their home (homebound older adults), palliative care, and hospice, as these are critical services for comprehensive care of adults living with dementia.

This guide does not endorse or guarantee the quality of services of any listed agency or organization. Consumers are encouraged to request further information and references from service providers before utilizing their services.

Finally, this guide was prepared during the initial wave of the 2020 COVID-19 pandemic. Some providers could not be contacted to confirm service availability, and service delivery was often changing during this period. Some services transitioned to online or phone-based services or alternatively provided significantly fewer in-person services. Contact information also changed for many service providers during this time, making it difficult to confirm continued availability of services during the COVID-19 pandemic. Given the overall goal was to provide a list of all potentially available services, in some situations the Guide includes services that could not be confirmed during this period. Please note that as the COVID-19 pandemic continues, service availability will likely continue to change.

Introduction

This guide provides several different ways to learn resources available in the District to support individuals living with cognitive impairment, memory loss or dementia. It includes resources for individuals who are affected by these conditions as well as resources for care partners and caregivers.

This guide presents the District's aging and memory-related resources several different ways. The goal is to help you find the resources or services you need to live with, support, or care for someone with memory loss or dementia.

The following page ("Recommendations for How to Use this Guide") provides a brief overview of the Guide. This describes the content you will find in each of the Guide's sections. It also makes recommendations on where to begin if you aren't quite sure where to start.

The resources in this guide were compiled with the input of many persons and organizations who are critical to providing care adults living with memory loss or dementia in the District. Specifically, we thank the Department of Health, Department of Aging and Community Living (DACL) and the District's Lead Agencies, who are essential in providing many of these services for older adults in the District. For their input, we are grateful.

We hope you find this resource useful and informative.

~ Thank you.

The GW Institute for Brain Health and Dementia

Recommendations for How to Use this Guide

Section 1: Introduction to Resources and Services

This section briefly describes organizations who together provide a comprehensive array of services for older adults living with cognitive impairment or dementia. This section also suggests resources you may wish to consider exploring based on whether you have just been diagnosed with memory loss or dementia, have been living with memory loss or thinking problems for some time, or are planning for the future.

Start here if you are not quite sure where to begin. It will point you to the types of resources you may want to explore and are detailed in later sections of the guide.

Section 2: Descriptions of Resources and Service Categories

The second section describes types of services that are often important in the care of those living with dementia. It is intended for use by individuals with memory loss, persons with dementia, or their caregivers.

Start here if you want to read about types of resources or services frequently needed by persons with memory loss and dementia.

Section 3: Directory of Resources and Services by Type

This section lists organizations, agencies, and businesses in the District that provide care based on a specific type of service or need. Most of the resources reported here are either dementia-specific or dementia-inclusive. Dementia-specific care is a term that describes services intended for those living with dementia. Dementia-inclusive care is a term that describes services that should be able to meet the needs of those living with dementia.

Start here if you want to see a listing of providers for a specific type of service or resource.

Section 4: Directory of Major Service Providers

This section lists important organizations or agencies in the District that provide many local resources for memory or dementia care.

Start here if you want to see a list of organizations categorized by type.

Section 5: Dementia Prevention - Risk Factors for Memory Loss or Dementia

This final section lists resources to support individuals who may wish to prevent or delay memory loss, cognitive impairment, or dementia by controlling risk factors that may cause them.

Start here if you want to learn about how to prevent dementia or memory loss.

Section 1: Introduction to Resources and Services

This section briefly describes local organizations and community partners who work together in the District to provide a comprehensive array of services for older adults living with cognitive impairment or dementia. This section also suggests resources you may wish to consider exploring based on whether you have just been diagnosed with memory loss or dementia, have been living with memory loss or thinking problems for some time, or are planning for the future.

Who Provides These Resources and Services?

Many of the services available to support persons living with cognitive impairment or dementia in the District are funded or coordinated through several core organizations or community partners.

The DC Department of Aging and Community Living (DACL) is a DC government agency that provides resources for older adults throughout the District. These resources include transportation, nutrition, caregiver counselling, health insurance counselling, legal services for older adult, and programs to help older adult stay safe at home, in addition to other services not specifically listed here. DACL also supports **DC Senior Centers**, community centers throughout the district designed to support the health of DC older adult through wellness, fitness, recreation, and social connection. **DC Lead Agencies** are essential non-profit neighborhood partners of the DACL located in each of the District's 8 wards. These neighborhood-based resource centers can work with you directly to identify helpful resources, provide referrals, and connect you with the many services available in the District through the DACL and other local organizations. **DC Villages** are another important community partner. Villages help older adults in the community through community connection, active engagement, direct provision of services, and support from neighbors, friends, and community organizations. Villages provide a local option for connection to services in the community for individuals who choose to enroll in membership. Many villages offer sliding scale or adjusted cost dues based on income. Services may include homemaker/home maintenance services, transportation support, computer training, educational activities, referral to resources, social connection and engagement, and caregiver support. **Additional Organizations** work in the District to provide dementia education, support groups, caregiver counselling, connection and referral to services, and a number of other resources.

The District has resources available for all of its older adults. However, it is important to know that some people are eligible for services beyond those offered to all older adults. If you or the person living with dementia is a United States Veteran, are eligible for DC Medicaid, or meet certain income-based requirements, you may be eligible for other services. The best way to find out if you are eligible to receive a service, is to ask!

What Services or Resources are Right for Me?

The next page presents several "What if?" scenarios. Read through the scenarios to learn more about the types of services that might be useful to you based on your current or future needs.

Consider These Services ...

1. If You Need Help Planning for the Future

If you or a loved one is experiencing memory loss or dementia, planning for the future can help ensure that future decisions about their care are managed in accordance with their preferences. Specifically, you may find it helpful to learn more about establishing a living will, advance care planning, and powers of attorney. You may also wish to learn more about what benefits insurance covers and to learn about financial planning for long term care.

Sections of the guide that may be most helpful at this time are:

- Advance Care Planning and Legal Preparation for Future Needs (pages 18, 175)
- Money Management and Financial Literacy (pages 17, 155)

2. If You or A Loved One Recently Received a Diagnosis of Dementia

If you or someone you love was recently diagnosed with cognitive impairment or dementia, you might wish to learn more about dementia education opportunities, connection to services and support groups, as well as opportunities to explore social connections. You may also wish to explore the possibility of enrolling in a clinical trial. We also encourage you to consider planning for the future at this stage (see “Scenario 1. If You Need Help Planning for the Future”) above.

Sections in the guide that may be most helpful at this time are:

- Case Management, Care Planning, and Care Navigation (pages 17, 141)
- Clinical Studies Finder (pages 20, 197)
- Connection to Services, Helplines, and Crisis Care (pages 16, 125)
- Dementia Education and Caregiver Support (pages 14, 53)
- Social Connection, Engagement, and Networking (pages 13, 22)

3. If You Are Looking for Help at Home or to Establish Local Services

If you are an individual living with dementia or memory loss, or if you are supporting someone with memory loss, you may need to consider home-based services to enable aging in place. Some of the resources you may wish to explore are home-based personal care or homemaker services, connection to community organizations (i.e. DC Lead Agencies and DC Villages), and home safety organizations.

Sections in the guide that may be most helpful at this time are:

- Community-Based Dementia Care Programs and Respite Care (pages 13, 39)
- Connection to Services, Helplines, and Crisis Care (pages 16, 125)
- Home-Based Services for Personal Care and Companionship Services (pages 14, 76)
- Home-Based Services for Homemaker Services (pages 15, 84)
- Food and Nutrition (pages 16, 113)
- Individual and Home Safety (pages 15, 98)

- Medication Support (pages 15, 94)
- Transportation (pages 16, 118)

4. If You Are A Caregiver in Need of Support

If you are a caregiver in need of support, you may wish to explore opportunities for further connection to services, adult day programs, respite, support groups, and opportunities for additional education. Crisis and mental health support can also be important resources for caregivers.

Sections in the guide that may be most helpful at this time are:

- Social Connection, Engagement, and Networking (pages 13, 22)
- Connection to Services, Helplines, and Crisis Care (pages 16, 125)
- Community-Based Dementia Care Programs and Respite Care (pages 13, 39)
- Dementia Education and Caregiver Support (pages 14, 53)

5. If You Need Help Navigating Insurance, Care Concerns, or Legal Matters

If you are someone in need of assistance navigating insurance applications or benefit denials, or have concerns about access to care or the quality of care delivered, you may wish to learn about consumer advocacy and ombudsman services. In other scenarios, caregivers may need assistance establishing access to bank accounts and gaining access to secure the financial stability of a loved one with dementia, in which case establishing conservatorship or guardianship may be necessary.

Sections in the guide that may be most helpful at this time are:

- Advocacy, Legal Advice, and Concerns About Care (pages 18, 168)
- Advance Care Planning and Legal Preparation for Future Needs (pages 18, 175)

6. If You Are Caring for Someone with Moderate or Advanced Dementia

If you are a caregiver for someone with moderate or advanced dementia, you may wish to explore resources for further connection to services, adult day programs, respite, and support groups. You may wish to learn more about services that can be delivered in the home for homebound older adults.

Sections in the guide that may be most helpful at this time are:

- Connection to Services, Helplines, and Crisis Care (pages 16, 125)
- Community-Based Dementia Care Programs and Respite Care (pages 13, 39)
- Food and Nutrition (pages 16, 113)
- Dementia Education and Care Partner Support (pages 14, 53)
- Healthcare and Other Services for Homebound Older adult and End of Life Care (pages 19, 186)

7. If You Are Planning for or Transitioning to Residential Memory Care

If you need information about planning for long term care in the future, you may wish to explore information on planning financially for long term care or understanding benefits of your current insurance. For caregivers of an individual with moderate or advanced dementia, there may be a time when you need to consider residential based memory care to support your loved one. While this guide focuses on community-based services, it also includes a section that identifies long term care assisted living and nursing home facilities that report expertise in providing residential memory care.

Sections in the guide that may be most helpful at this time are:

- Money Management and Financial Literacy (pages 17, 155)
- Advance Care Planning and Legal Preparation for Future Needs (pages 18, 175)
- Residential Long Term Memory Care (pages 19, 193)

8. If You Are A Veteran

If you have memory loss or dementia and are a United States veteran, you may be eligible for additional services through the VA and organizations that support veterans. Some services include caregiver education, referral for services, and helplines. Some veterans may be eligible for additional services to support in home needs for personal care, out of home adult day programs, or other services. Persons interested in these services should contact their physician or clinician within the VA system to ask about eligibility.

Sections in the guide that include veteran affiliated services include:

- Connection to Services, Helplines, and Crisis Care (pages 16, 125)

9. If You Are Enrolled in Medicaid or Have a Limited Income

If you have memory loss or dementia and are enrolled in DC Medicaid or have a limited income, you may be eligible for services based on income or enrollment in specific program related to DC Medicaid. To learn more about insurance available for low income persons in the District, you can explore the DC Department of Health Care Finance website: <https://dhcf.dc.gov/>

Sections in the guide that may be helpful at this time are:

- Community-Based Dementia Care Programs and Respite Care (pages 13, 39)
- Connection to Services, Helplines, and Crisis Care (pages 16, 125)
- Money Management and Financial Literacy (pages 17, 155)

Section 2: Descriptions of Resources and Service Categories

This section describes types of services that are often helpful for persons living with memory loss, cognitive impairment, or dementia.

Start here to read about the types of frequently needed resources or services.

Social Connection, Engagement, and Networking

These resources include some of the opportunities to connect with caregivers or individuals living with dementia in the District. Social connection and engagement are critical to maintain a high quality of life independent of a diagnosis with dementia. Services listed in this section are core resources with goals to promote wellness, engagement, and connection. In addition to social connection opportunities, support groups for individuals with dementia or memory loss are listed here as well as many consider themselves more of a “social club” than a support group. Types of resources listed include:

- **Art and Music Programs:** These art and music programs are designed specifically for individuals with dementia and their caregivers to enhance social connection.
- **Social Networking, Online Community and Social Clubs:** These resources create opportunities for connection with others for individuals in the early stages of dementia to promote social connection and peer engagement. They include online resources and in person social clubs.
- **Support Groups for Individuals with Dementia:** These support groups are for individuals with cognitive impairment, memory loss, or dementia.
- **Senior Centers:** Senior Wellness Centers encourage DCs older adult to engage in healthy living through wellness, fitness, recreation, and social connection. They hold and promote events and programs in neighborhoods across the District.
- **DC Villages:** Villages are neighborhood-based organizations that help people age in the community safely and comfortably. Most models are membership-based by ward or neighborhood, and many offer reduced membership fees based on income. Villages offer many different services, which are often provided by volunteers and vetted professional providers. Services may include homemaker/home maintenance services, transportation support, computer training, educational activities, referral to resources, social connection and engagement, and caregiver support.

Community-Based Dementia Care Programs and Respite Care

Community-based adult day programs provide daily care and social connection for older adults living with cognitive impairment and dementia. These services can be an important part of an overall care plan for those living with dementia as they provide daily connection opportunities as well as relief for caregivers. Respite care provides a break for caregivers to allow them to take time to attend to personal matters, while also providing a safe, caring environment for their loved ones to remain cared for during this time. There may be short term or limited respite care available through the Department of Aging and Community Living (DACL) including grants to support caregivers. The best way to learn

about these programs is to connect with the DACL or your local lead agency. Lastly, respite care options exist through many private agencies. Types of resources listed include:

- **Adult Day Programs:** These programs offer supervised day-time social connection opportunities and activities specifically for older adults with dementia. They are sometimes referred to as adult daycare.
- **Limited Respite Care Through DC Lead Agencies:** Through the Department of Aging and Community Living (DACL), the District may offer caregivers limited respite care annually through connection to DC Lead Agencies who work with personal care service organizations.
- **Other Respite Care Options:** Respite care can be provided in the home or out of the home and can be arranged hourly, daily, overnight, or for longer time periods. Services available vary by provider.

Dementia Education and Caregiver Support

These services and resources include dementia-specific education services for learning about living with memory loss or cognitive impairment, caregiving, and community education. Support groups for caregivers, and counseling, mental health, and bereavement services are also listed here. Types of resources listed include:

- **Dementia Education for Individuals, Caregivers, or the Community:** Education for persons living with dementia or caregivers is included in the section. Types of education are broad and include education of caregivers through geriatric care management, community lectures, and specialty organizations.
- **Support Groups for Caregivers and Shared Support Groups:** This section includes support groups for caregivers and support groups for individuals and caregivers together.
- **Counseling, Mental Health Services, and Bereavement Services:** Counseling and bereavement services are listed.

Home-Based Services - Personal Care Aides and Companionship Services

These resources provide companionship services and in-home assistance with personal care tasks, known as activities of daily living (ADLs), which include support for dressing, bathing, toileting, transferring/mobility, and eating. Some of these organizations also help with instrumental activities of daily living (IADLs) such as light housework or food preparation, i.e. “homemaker” services. (For organizations that provide these services also see the section: Home-Based Services: Homemaker Services). These resources are all dementia-inclusive and are available to individuals with dementia or other physical limitations.

There is no certification for dementia-specific personal care aides in the District. However, some of home care agencies may provide additional training in dementia care for their aides. When hiring an aid, ask about additional training that may be necessary to meet individual needs. The Alzheimer’s Association recommends asking specific questions when interviewing a company to provide personal care. For additional information on the types of questions recommended, see their website:

<https://www.alz.org/media/documents/alzheimers-dementia-choosing-in-home-provider-ts.pdf>

Home-Based Services - Homemaker Services

These resources help with light housework, errands, tasks, or yardwork to help individuals living with dementia remain in their homes. They are often called “homemaker” services. This list does not include many private housekeeping, landscaping, or handyman companies that may not have specific training to meet the needs of older adults. The services included in this list specifically serve local older adults and are inclusive of those with memory loss or dementia. There are several types of providers who can connect older adult to these services including DC Villages, District Organizations (i.e., Lead Agencies), and Private Agencies.

Medication Support

These resources aid individuals who need help with medications. These resources are not necessarily dementia-specific but can be particularly helpful for individuals or caregivers in the setting of dementia or memory loss. Types of resources listed include:

- **Bubble or Pre-packaging:** Medications are pre-packaged at the pharmacy by day and time they are intended to be taken.
- **Medication Delivery:** Medications are delivered directly to individual homes.
- **Medication Management:** Medication management support can include assisting with setting up pill boxes or dispensers, consolidating the number of medications, identifying potential interactions between medications, and overall management to ensure that medications are taken safely and on time.
- **Pharmacy Consultation:** These services include consultations with a pharmacist.

Individual and Home Safety

These resources help support personal safety or help to improve home safety for persons living with dementia or memory loss. The services listed are specific to older adults and are generally inclusive of persons with dementia while not being explicitly dementia specific services. Types of resources listed include:

- **Emergency Response Preparedness:** Regional networks enable individuals or caregivers to provide 911 with important information to have in the event of an emergency. This information may include medical conditions, medications, and emergency contacts.
- **Safety Consultation:** These services and programs offer in-home consultations to identify opportunities for improved personal and/or home safety.
- **Home Modifications:** Home modification services make any changes needed to improve the safety of your home. For example, these services may include building ramps, adding grab bars and stair lifts, or general home renovations.
- **Mobility Supplies:** These resources provide access to lightly used mobility supplies like wheelchairs and walkers for a low cost or for free.
- **Daily Check-In Calls:** These services provide daily check-in phone calls to older adults.
- **Personal Safety Devices, including fall alerts, video monitoring, and personal trackers:** These resources support personal safety. Fall alert devices notify individuals, 911, or healthcare

providers if an individual has a fall. Video monitors and personal trackers can help caregivers keep individuals who are at risk of wandering safe.

- **Individual Grants:** Some organizations offer individual grants for home modifications and other expenses related to the needs of those living with dementia. This list does not include grants to organizations or groups.

Food and Nutrition

This section focuses on food and nutrition services that are dementia-specific or dementia-inclusive. Older adults in the District can obtain nutrition education and counseling specific to individuals with memory loss or dementia, as well as limited supplies of nutritional supplements. These services are provided by the District Lead Agencies on behalf of the Department of Aging and Community Living (DACL). Additionally, Lead Agencies partner with community organizations to provide meal delivery services throughout the District. These services are available to older adults with or without dementia. It is of note that some services may have income restrictions.

This section does not intend to list all food delivery or meal support in the District and does not include all local centers that provide free meals or local food pantries. Other options for food delivery may include big chain grocery delivery (i.e., Whole Foods, Giant, Safeway or Amazon) or online meal preparation services (Blue Apron, Hungry Harvest, Sun Basket, Hello Fresh or Freshly). This section of the guide lists resources designed for older adults in the District *prior to the COVID-19 pandemic*. During the pandemic, food delivery options have increased.

Each of the following types of services are listed: Food Delivery, Grocery Delivery, Nutrition Counselling, and Supplements.

Transportation

These resources offer non-emergent transportation to medical appointments, grocery stores, social activities, etc., and may be government or private services. This list includes programs supported through District funding for older adults, as well as services that offer support inclusive to individuals with dementia. Some of these services are available to all older adults, while others are restricted to members of organizations, such as the DC Villages. This resource guide does not include private rideshare companies such as Lyft, Uber, or Go Go Grandparent. It does include select dementia-inclusive ride share services.

Each of the following types of services are listed: Metro Access and Sponsored Transportation, Private Ride Services, and Taxi Services. Service availability may be different during the COVID-19 pandemic.

Connection to Services, Helplines, and Crisis Care

These resources can help connect individuals and their caregivers to services. A central referral line is available to connect residents to services provided through the Department of Aging and Community Living (DACL) and DC Lead Agencies. The DC Villages are also an essential service for referrals. Also included are resources for crisis management and veteran affiliated services. Types of resources listed include:

- **Connection and Referral:** These services include organizations that can facilitate a connection or referral to services that are relevant to individuals with memory loss. They may also provide educational resources for caregivers. Many of these services may be locally available in Washington, DC.
- **Helplines:** This section includes phone numbers that individuals can call for more information on dementia, caregiver support or suggestions, and community resources. National or local organizations may run the helplines listed.
- **Crisis/Problem Management:** These services provide resources and guidance during times of crisis or when problems arise in caring for individuals with dementia.

Case Management, Care Planning, and Care Navigation

These resources offer support to individuals with dementia and their families and/or caregivers, including assistance with education, connection to resources, coordination of services, and coordination of healthcare. Types of resources listed include:

- **Care Navigation and Care Planning Services:** These services help connect individuals or caregivers to services in their community through care navigators, care consultation, social workers, or others familiar with community resources. These resources help develop a care plan to connect with services and education in the community to meet your unique needs.
- **Lead Agencies:** Neighborhood-based resource centers called “Lead Agencies” provide some case management and social work services to older adults through funding by the Department of Aging and Community Living (DACL). Services are provided based on geography (for example, by ward or neighborhood boundaries). Licensed social workers help with access to services like transportation, housing, home care, or benefits through Medicaid for DC enrollees. These local agencies can work with you directly to identify helpful resources, provide referrals, and connect you with services.
- **Private Care Management Services:** Care Management services can provide comprehensive assessment and identify services to help older adults with dementia stay in their home or transition to a different level of care. They can help coordinate care between providers, advise home modifications, provide family caregiver coaching, assist with crisis management, support long- distance caregiving, and provide information and referrals if needed. These services are inclusive to individuals with memory loss and are available for older adults requiring assistance with managing their care. Care management may include medication management; please ask about this service specifically if you are interested. In addition to the services listed, many other private options exist for Case Management in the District and surrounding region.

Money Management and Financial Literacy

These services help with money management, financial planning, and insurance education. These services are not all dementia-specific but are inclusive of those living with dementia or who are planning for future memory loss. We include larger organizations that provide these services but have not included individual/private financial planners. Types of resources listed include:

- **Bill Pay and Money Management:** These services may help clients organize and manage financial paperwork, including mail, bills, files, insurance claims, and more.
- **Financial Literacy:** These resources provide financial information and support to families and caregivers. For example, services may include information about planning for future dementia care, education about the cost of dementia care, and/or financial elder abuse.
- **Insurance Access:** Programs listed have medical benefits for qualified individuals based on income or disability. Review these programs to ensure you are not missing out on available services.
- **Insurance Education:** These services may help clients navigate insurance plans, including Medicaid and Medicare. These services are not exclusive to individuals with dementia but can help individuals or their families better understand the benefits that are covered by their insurance policies.
- **Planning for Long Term Care:** These services may help clients understand the general benefits of insurance plans and specific benefits related to long term care.

Advocacy, Legal Advice, and Concerns About Care

There are a number of organizations that you can reach out to if you feel like you or your loved one has been denied appropriate care, access to insurance benefits, or have concerns about the care you are receiving. These resources can advocate for individuals who have been denied claims or services and initiate anonymous investigations in scenarios where you have concerns about quality of care. Types of resources listed include:

- **Healthcare Ombudsman Program:** Healthcare ombudsman programs can help individuals resolve problems with health care coverage, access to health care, or health care bills. They can help you understand your health care rights and responsibilities.
- **Advocacy Organizations & Legal Advice:** These services help individuals and caregivers obtain advice to navigate a wide variety of topics or concerns about an individual's rights and responsibilities. Some provide free legal advice, information, and representation. These services may help you if you feel you or your loved one with dementia has been wrongfully denied access to health benefits.

Advance Care Planning and Legal Preparations for End of Life Planning

These resources include local and online services to guide you in advance care planning conversations to document your health care preferences and select a health care proxy / health care power of attorney. Resources listed also include legal clinics and community resources that provide information about and assistance with guardianship, conservatorship, and estate documents (wills, trusts, estate planning). Types of resources listed include:

- **Advance Care Planning (Health Care Power of Attorney / HCPOA and Advance Directives):** These resources help guide individuals in documenting future care wishes based on their values and preferences in the case that an individual is no longer able to make decisions or communicate. They help individuals appoint a health care surrogate to enact their wishes.

- **Guardianship and Conservatorship, Wills, Trusts, and Estate Planning (including non-medical powers of attorney):** These services assist individuals in organizing and documenting their wishes regarding estate and financial planning, and help assist individuals and their caregivers in designating a non-medical power of attorney in the case the individual is no longer able to make or communicate financial decisions or wishes. The resources included in this list are all specific to the needs of older adults. Some of these services can help caregivers or family members of individuals with dementia obtain guardianship or conservatorship once an individual with dementia is no longer able to make decisions independently.

Healthcare for Homebound Older adults and End of Life Care

The resources listed here are organizations that provide in-home healthcare for homebound older adults and individuals with advanced illness in need of hospice services or home-based palliative care. Additional resources listed in this section include community-based legal services that support homebound older adults. This type of resource may be necessary so that homebound older adults can complete legal documents to uphold their medical wishes and establish legal surrogates in the case of memory loss or dementia. Types of resources listed include:

- **House Calls and Visiting Doctors:** These services provide in-home healthcare for individuals who are homebound or have difficulty leaving home. Healthcare services may include primary care, preventative care, urgent care, and/or support during end-of-life care. These services are not dementia-specific but do serve individuals with dementia.
- **Hospice and Palliative Care:** These services provide additional support to individuals with advanced serious illness and individuals approaching the end-of-life. These services are not dementia-specific but do serve individuals with dementia. Palliative care services included are limited to outpatient or home-based services.
- **Legal Services for Homebound Older adults:** For District residents who are older adults and are unable to leave their homes to complete advance directives, living wills, and other legal documentation, limited home-based services are available.

Residential Long Term Memory Care

These organizations provide residential living specifically for those with memory loss or dementia and who are not able to or do not wish to live at home. Residential memory care provides a safe, supervised setting where residents are supported with independent activities of daily living (IADLs). Individuals who need more support for activities of daily living and hands-on nursing care may be able to live in assisted living memory units depending on the level of service available. Alternatively, they may require more hands-on support that is provided in dedicated nursing home memory care units. Residential care for persons with dementia is paid out of personal funds or through long-term care insurance. For some individuals, Medicaid may cover the cost of long-term care in specific institutions. Types of resources listed include:

- **Assisted Living Memory Care:** Memory care units are dedicated spaces with trained staff to support individuals with memory loss or dementia. These units have nurses trained in dementia care but are not considered nursing homes. They focus initially on supporting independent

activities of daily living, like medication management and supervision and progress to support hands on personal care needs as individuals need more assistance.

- **Nursing Homes:** Nursing homes care for older adults who need support for personal care and may have additional training for staff in memory care. Nursing homes must provide 24/7 nursing care to individuals in their care.

Clinical Studies Finder

These resources allow individuals to search within organization-specific or national databases to find clinical trials related to the care or treatment of dementia. Clinical trials may be for individuals with cognitive impairment, dementia, or caregivers.

Section 3: Directory of Resources and Services by Type

This section lists organizations, agencies, and businesses in the District that provide care based on a specific type of service or need. Most of the resources reported here are either dementia-specific or dementia-inclusive. Dementia-specific care is a term that describes services intended for those living with dementia. Dementia-inclusive care is a term that describes services that should not exclude those living with dementia.

Category / Type of Service	Page
Social Connection, Engagement, and Networking	22
Community-Based Dementia Care Programs and Respite Care	39
Dementia Education and Caregiver Support	53
Home-Based Services: Personal Care Aides and Companionship Services	76
Home-Based Services: Homemaker Services	84
Medication Support	94
Individual and Home Safety	98
Food and Nutrition	113
Transportation	118
Connection to Services, Helplines, and Crisis Care	125
Case Management, Care Planning and Care Navigation	141
Money Management and Financial Literacy	155
Advocacy, Legal Advice, and Concerns About Care	168
Advance Care Planning and Legal Preparations for End of Life Planning	175
Healthcare for Homebound Older adults and End of Life Care	186
Residential Long Term Memory Care	193
Clinical Studies Finder	197

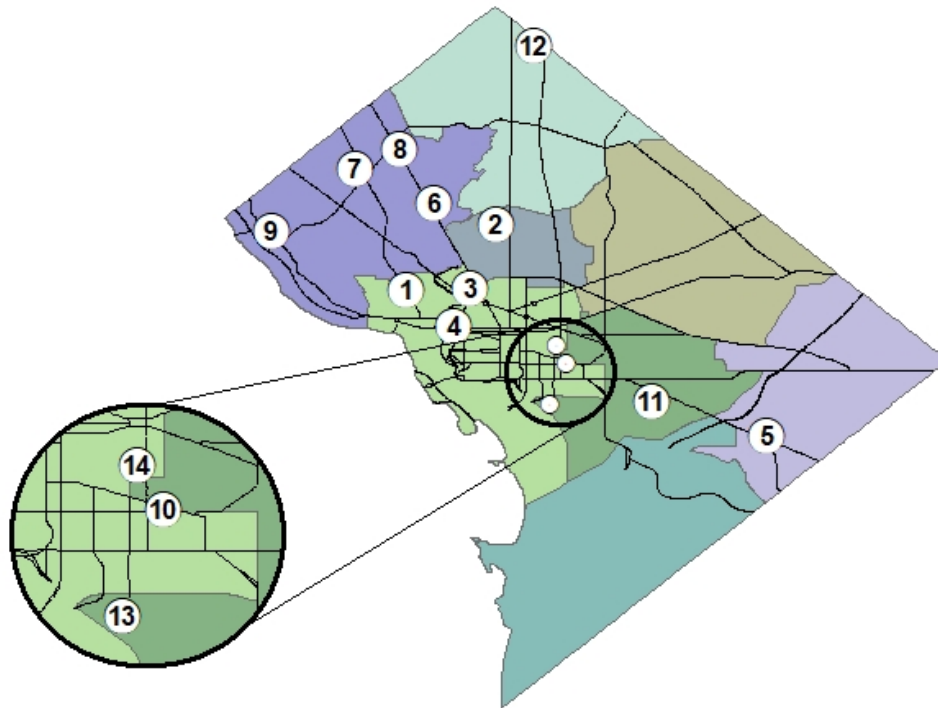
Social Connection, Engagement, and Networking

These resources list opportunities to connect with caregivers or individuals living with dementia in the District. Social connection and engagement are critical to maintain a high quality of life independent of a diagnosis with dementia. Services listed in this section are core resources with goals to promote wellness, engagement, and connection. In addition to social connection opportunities, some support groups for individuals with dementia or memory loss consider themselves “social clubs” more than a support group. These are listed in both “social clubs” and “support groups.”

In this section the following categories of services are presented:

- **Art and Music Programs**
- **Social Networking and Online Community**
- **Social Clubs**
- **Support Groups for Individuals with Dementia or Memory Loss**
- **Senior Centers**
- **DC Villages**

Social Connection, Engagement, and Networking: Art and Music Programs



Organizations

- 1) Georgetown Village
- 2) Mount Pleasant Village
- 3) Dupont Circle Village
- 4) Foggy Bottom West End Village
- 5) Pennsylvania Avenue Village East
- 6) Cleveland & Woodley Park Village
- 7) Arts for the Aging
- 8) Northwest Neighbors Village
- 9) Palisades Village
- 10) National Gallery of Art: 'Just Us'
- 11) Capitol Hill Village
- 12) East Rock Creek Village
- 13) DC Waterfront Village
- 14) Smithsonian Institution: 'See Me At SAAM'

In addition to the programs listed in this section, the DC Villages also provide opportunity to engage in art, music, and other cultural events that are inclusive of individuals with dementia. The DC Villages are listed separately at the end of this section.

Organization: Arts for the Aging

Address: 15800 Crabbs Branch Way Suite 300 Rockville, MD 20855

Website: <https://aftaarts.org/>

Email: shall@AFTAarts.org

Phone Number: 301-255-0103

Service Available to: No restrictions

Description of Service: *Arts for the Aging engages older adults and caregivers in health improvement and life enhancement through regular participation in the multi-disciplinary arts. We offer programming in 3 categories: Joy in Generation: Older adults, including those living with*

health-related challenges, experience our signature one-hour arts sessions in small groups of about 20 in size. These experiences are self-contained: exposing participants to rotating artists and media each week, emphasizing physical and cognitive abilities, honoring changing needs, validating potential, integrating cultural richness and igniting socialization — all so vital to creating community and feelings of belonging. Creative Aging Care Partner Training: Arts for the Aging offers training workshops for care partners and/or artists interested in the field of creative aging. The workshops, developed and led by Arts for the Aging staff and teaching artists, show how anyone can use the arts to connect more deeply with their loved one or client, regardless of their prior arts experience. Teaching Artist Institute: To ensure the excellence of our artistic faculty Arts for the Aging hosts several trainings each year.

Organization: National Gallery of Art – “Just for Us”

Address: 6th and Constitution Avenue NW Washington, DC 20565

Website: <https://www.nga.gov/calendar/guided-tours/just-us.html>

Email: access@nga.gov

Phone Number: 202-737-4215

Service Available to: No restrictions

Description of Service: *Just Us at the National Gallery of Art is a 90-minute museum experience exclusively for those with memory loss and their caregivers. The program takes place on the first and third Mondays of the month. Call to register: (202) 842-6905 To register, please email access@nga.gov.*

Organization: Smithsonian Institution – “See Me At SAAM”

Address: 8th and F Streets, NW Washington, DC 20004

Website: <https://www.si.edu/events/>

Email: access@si.edu

Phone Number: 202-633-2921

Service Available to : No restrictions

Description of Service: *See Me at the Smithsonian American Art Museum is a gallery program to enhance the well-being of individuals with dementia and their care partners by experiencing and discussing art in a small group. Registration required, please e-mail access@si.edu or call (202) 633-2921.*

Social Connection, Engagement, and Networking: Social Networking and Online Community

Organization: *Alzheimer's Association - AlzConnected*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzconnected.org/>

Phone Number: 800-272-3900

Service Available to: No restrictions

Description of Service: *ALZConnected® (alzconnected.org), powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including: people with the disease; caregivers; family members; friends; individuals who have lost someone to Alzheimer's.*

Organization: *Caregiver Action Network*

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: info@caregiveraction.org

Phone Number: 202-454-3970

Service Available to: No restrictions

Description of Service: *Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Connect with the online care community for caregiver education and support. The Care Support Team, staffed by caregiving experts, is available by phone to help caregivers find the right to help navigate complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.*

Organization: *Dementia Alliance International – DAI Café Le Brain*

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/events/cafe-le-brain/>

Service Available to: No restrictions

Description of Service: *The DAI Café Le Brain is a monthly online cafe, where we enjoy discussion, support, and some laughter too! At this session, we also provide members with an update from the Board meeting, held the week prior to this online cafe. Our online cafes are open to people with dementia and their families, friends or care partners who support them.*

Organization: *Family Caregiver Alliance – Caregivers Community*

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.smartpatients.com/partners/fca>

Phone Number: 800-445-8106

Service Available to: No restrictions

Description of Service: *FCA has partnered with Smart Patients to create this new Caregivers Community so that caregivers and other loved ones can join the community for free to share,*

interact, and learn from each other in a safe, supportive environment. And family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses can share their own expertise with this new community. By partnering with Smart Patients, we are helping empower caregivers to improve care for themselves and others.

Organization: Lewy Body Dementia Association

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/node/4>

Phone Number: 404-935-6444

Service Available to: No restrictions

Description of Service: *Connect with LBDA and other LBD families on Facebook and LinkedIn in the following groups: LBDA Care Partner Facebook Support Group, Living with Lewy Facebook Support Group, Living Together with Lewy Facebook Support Group, LBD Caring Spouses.*

Organization: Sibley Memorial Hospital – Sibley Senior Association

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *As a Sibley Senior Association Member, you will receive: A discount in our parking garage, The Sibley Senior Association quarterly newsletter, A discount on over-the-counter items at Foer's Pharmacy in the Sibley Medical Building, A \$1 per hour discount on the hourly rate at Potomac Home Support, Free blood pressure checks, Periodic health screenings, Free seminars and events, Support groups, Exercise classes, Access to our spousal bereavement program, Access to Club Memory, Help from Sibley professionals including a free consultation with Sibley pharmacists.*

Organization: Sibley Memorial Hospital – Sibley Club Memory

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/club-memory.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

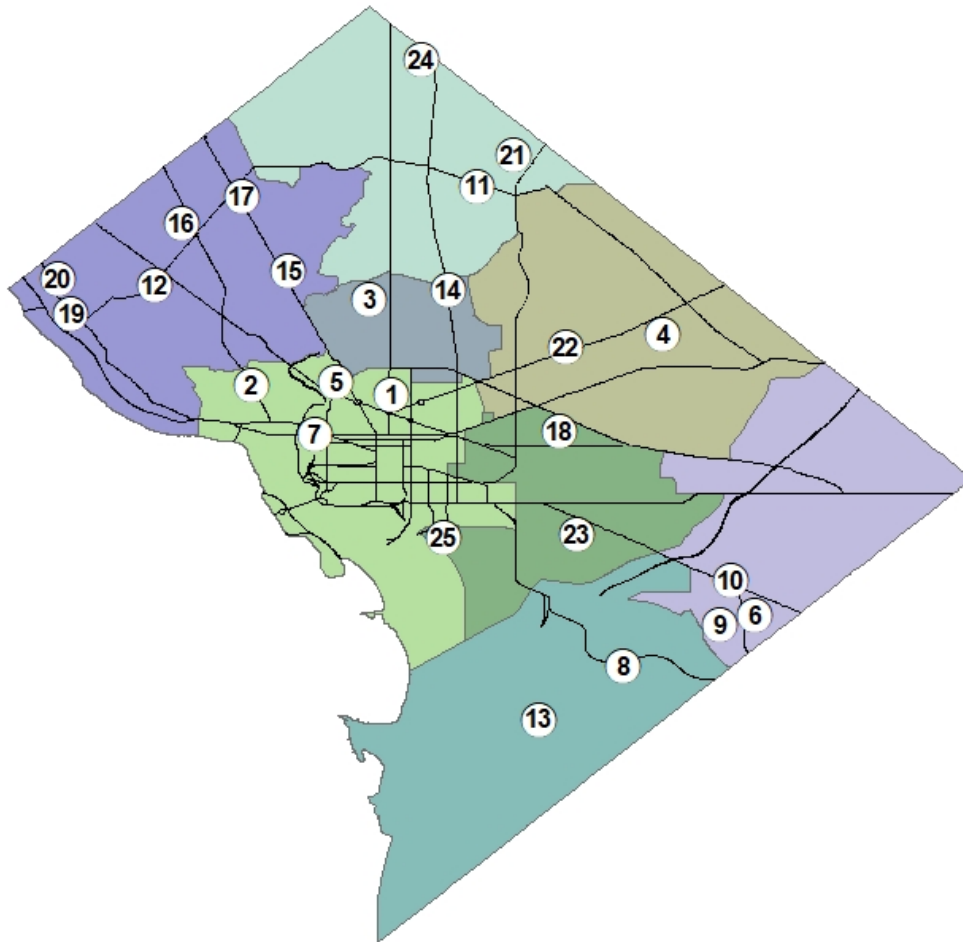
Service Available to: Age 50+, please ask for additional information

Description of Service: *Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners. At each session we offer activities such as board games, puzzles, sing-alongs, trivia and challenges, sharing of resources and discussions. At Club Memory, conversation, community and even laughter among peers who truly understand each other open the doorway to living life to its fullest in the face of a mild cognitive impairment or dementia diagnosis. Club Memory also offers support groups for people with a diagnosis of dementia and their family care partners.*

Support groups meet twice a month as well. If you or someone you care about has been diagnosed with early-stage Alzheimer's, mild cognitive impairment, or any other form of dementia, know that there is hope and support for you and your family.

Social Connection, Engagement, and Networking: Social Clubs

There are many opportunities for community, connection, and socialization in the District. They include the DC Villages, DC Wellness Centers, DC Lead Agencies, as well as other activities. Several of these services are shown on the map below. The DC Villages and DC Senior Wellness Centers are listed separately at the end of this section.



Organizations

- | | | |
|----------------------------------|--------------------------------------|---|
| 1) Edlavitch DCJCC | 10) Pennsylvania Avenue Village East | 18) Sibley Club Memory |
| 2) Georgetown Village | 11) Sibley Club Memory | 19) Palisades Village |
| 3) Mount Pleasant Village | 12) Sibley Club Memory | 20) Sibley Club Memory and Senior Association |
| 4) Sibley Club Memory | 13) Sibley Club Memory | 21) Seabury LGBTQ+ Out and About |
| 5) Dupont Circle Village | 14) Sibley Club Memory | 22) Sibley Club Memory |
| 6) Sibley Club Memory | 15) Cleveland & Woodley Park Village | 23) Capitol Hill Village |
| 7) Foggy Bottom West End Village | 16) Iona Memory Cafe | 24) East Rock Creek Village |
| 8) Sibley Club Memory | 17) Northwest Neighbors Village | 25) DC Waterfront Village |
| 9) Sibley Club Memory | | |

Organization: Edlavitch DCJCC- Behrend-ADAS Senior Fellowship

Address: 1529 16th Street, NW Washington, DC 20036

Website: <https://www.edcjcc.org/community/seniors/>

Phone Number: 202-777-3243

Service available to: Age 60+, please ask for additional information

Description of services: *The Behrend-Adas Senior Fellowship is a daily program open to the community that features a kosher lunch, exercise classes, film screenings, art classes, live entertainment, and a Shabbat service on Fridays. A hot kosher lunch is also served daily. Each month featured speakers discuss nutrition, health, Judaics, elder law, cell phone photography, and more. We even enjoy monthly ice cream socials! Due to the COVID Pandemic, the Lunch Program is suspending our regular programming at this time and per the directive of the DC government, moving to home-delivered meals.*

Organization: Iona- Memory Café

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/event/memory-cafe-2>

Email: info@iona.org

Phone Number: 202-895-9448

Service available to: All

Description of Service: *Iona's Memory Café is a casual social activity for those with Alzheimer's or other dementia and their loved ones. It's a place where caring individuals can come together to find companionship, support, and fun. Our Memory Café meets every month with a fifth Friday from 5-7 PM. Refreshments and an interactive activity are always part of the fun!*

Organization: Seabury LGBTQ+ Out and About

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/lgbtq-programs>

Email: kfuller@seaburyresources.org

Phone Number: 202-397-1725

Service Available to: All

Description of Service: *Out and About connects DC LGBTQ older adults through wellness programs, cultural events and conversations designed to address the concerns within the community. It is our mission to better understand the growing needs of LGBTQ older adults through listening, creating, and delivering programming with sensitivity, knowledge, and pride.*

Organization: Sibley Memorial Hospital – Sibley Senior Association

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *Membership includes: A discount in our parking garage, The Sibley Senior Association quarterly newsletter, A discount on over-the-counter items at Foer's Pharmacy in the*

Sibley Medical Building, A \$1 per hour discount on the hourly rate at Potomac Home Support, Free blood pressure checks, Periodic health screenings, Free seminars and events, Support groups, Exercise classes, Access to our spousal bereavement program, Access to Club Memory, Help from Sibley professionals including a free consultation with Sibley pharmacists.

Organization: *Sibley Memorial Hospital – Sibley Club Memory*

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/club-memory.html>

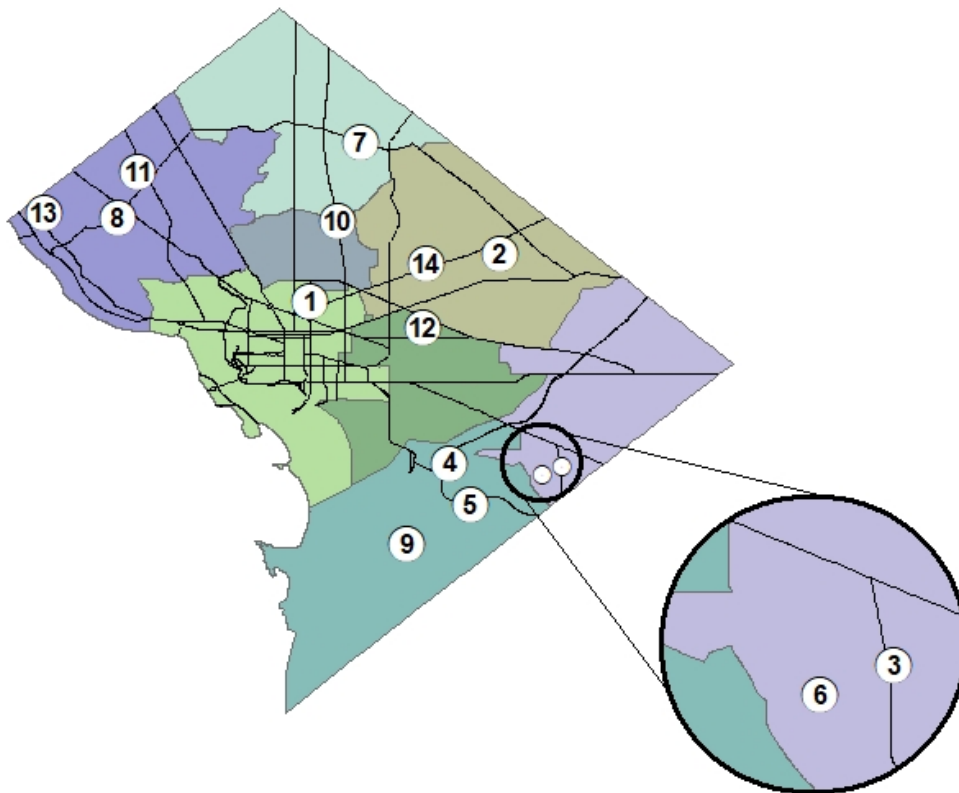
Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners. At each session we offer activities such as board games, puzzles, sing-alongs, trivia and challenges, sharing of resources and discussions. Club Memory also offers support groups for people with a diagnosis of dementia and their family care partners. Support groups meet twice a month as well. If you or someone you care about has been diagnosed with early-stage Alzheimer's, mild cognitive impairment or any other form of dementia, know that there is hope.*

Social Connection, Engagement, and Networking: Support Groups for Individuals with Dementia or Memory Loss



Organizations

- 1) Silver Circles - 6) Sibley Club Memory - 11) Iona Support Groups, Silver Circles
- 2) Sibley Club Memory - 7) Sibley Club Memory - 12) Sibley Club Memory
- 3) Sibley Club Memory - 8) Sibley Club Memory - 13) Iona Support Groups, Sibley Club Memory
- 4) Silver Circles - 9) Sibley Club Memory - 14) Sibley Club Memory
- 5) Sibley Club Memory - 10) Sibley Club Memory

Organization: *Alzheimer's Association, National Capital Area Chapter - Support Groups*

Address: 8180 Greensboro Drive #400 McLean, VA 22102

Website: https://www.alz.org/nca/helping_you/support_groups

Phone Number: 800-272-3900

Additional Services may Include: Support Groups for Individuals with Dementia, Support Group (Caregiver or both), please ask about other services

Service Available to: No restrictions

Description of Service: *Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.*

Organization: *Dementia Alliance International – DAI Peer-To-Peer Support Groups*

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/services/online-support-groups/>

Service Available to: No restrictions

Description of Service: *DAI members facilitate and provide online peer-to-peer support groups and social groups for people with dementia through Facebook and Zoom (online video conferencing), for our members, and which are free; you can join here. Online support groups are ideal for those who cannot drive to their local “in person” support group or who live in isolated areas with limited access to services. Many of our members also like to join more than our DAI support groups, and may also belong to a number of other groups run by different organizations or individuals, either online or in person if they have them available in their local areas. DAI also provides peer-to-peer mentoring, if you prefer one to one support, rather than joining a group.*

Organization: *Iona- Support Groups*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/support-groups/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Support Groups for Individuals with Dementia, Support group (Caregiver or both), please ask about other services

Service Available to: No restrictions

Description of Service: *Facilitated by Iona professionals, our support groups give participants the opportunity to: find emotional comfort and moral support; gain practical advice; compare notes on resources; talk honestly and confidentially with others going through the same thing.*

Organization: *Sibley Memorial Hospital – Sibley Club Memory*

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/club-memory.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer’s disease and related dementias and their care partners. Club Memory also offers support groups for people with a diagnosis of dementia and their family care partners. Support groups meet twice a month as well. If you or someone you care about has been diagnosed with early-stage Alzheimer’s, mild cognitive impairment, or any other form of dementia, know that there is hope and support for you and your family.*

Organization: *Sibley Memorial Hospital - Support Groups*

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/support-groups.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Additional Services may Include: Support Groups for Individuals with Dementia, Support Group (Caregiver or both), please ask about other services

Service Available to: Client or Enrollee, Age 50+, please ask for additional information

Description of Service: *Sibley offers a variety of support groups to our Senior Association members and to the community. Support groups are free, ongoing and open to new members. Call the numbers listed for more information and registration. Support groups are free to members of the Senior Association which has a small cost.*

Organization: *Whitman-Walker Health - Silver Circles*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/care-program/peer-support-general>

Email: mmitchell@whitman-walker.org

Phone Number: 202-939-7646

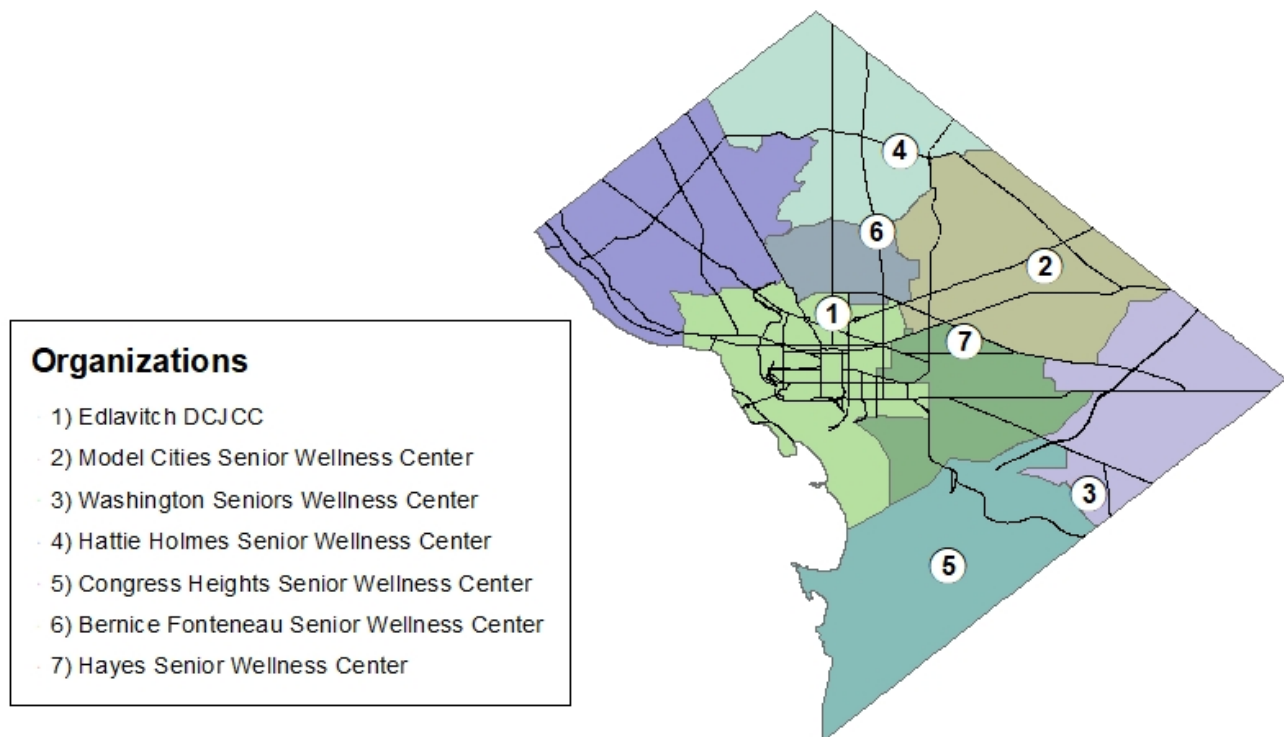
Additional Services may Include: Support Groups for Individuals with Dementia, Support Group (Caregiver or both), please ask about other services

Service Available to: No restrictions

Description of Service: *Groups for LGBTQ folks over 60 that take place across the District. Topics include caring for ill partners and elderly family members, maintaining vitality, sex, dating, and leading a fulfilling life – all through the lens of being LGBTQ. Members may or may not have cognitive impairment/memory loss.*

Social Connection, Engagement, and Networking: Senior Wellness Centers

Senior Wellness Centers support the health of DC older adults through wellness, fitness, recreation, and social connection. They run and promote events and programs in neighborhoods in the District.



Organization: *Around Town Satellite Wellness Program (Wards 2 and 3)*

Address: 4125 Georgia Avenue, NW Washington, DC 20016

Website: <https://www.iona.org/services/around-town-dc/>

Phone Number: 202-895-9634

Organization: *Congress Heights Senior Wellness Center (Ward 8)*

Address: 3500 Martin Luther King, Jr. Avenue, SE Washington, DC 20032

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-563-7225

Organization: *Hayes Senior Wellness Center (Ward 6)*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://www.hayesswc.com/about>

Email: hayesswc@gmail.com

Phone Number: 202-727-0357

Organization: *Mary's Center - Hattie Holmes Senior Wellness Center (Ward 4)*

Address: 324 Kennedy Street NW Washington, DC 20011

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/hattie-holmes-senior-wellness-center/>

Phone Number: 202-291-6170

Organization: *Mary's Center - Bernice Fonteneau Senior Wellness Center (Ward 1)*

Address: 3531 Georgia Avenue NW Washington, DC 20010

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/bernice-fonteneau-senior-wellness-center/>

Phone Number: 202-727-0338

Organization: *Seabury - Model Cities Senior Wellness Center (Ward 5)*

Address: 1901 Evarts Street NE Washington , DC 20018

Website: <http://www.seaburyresources.org/model-cities-senior-wellness-center>

Phone Number: 202-635-1900

Organization: *Washington Seniors Wellness Center (Ward 7)*

Address: 3001 Alabama Avenue, SE Washington, DC 20020

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-581-9355

Social Connection, Engagement, and Networking: DC Villages

Villages help older adults in the community through community connection, active engagement, direct provision of services, and support from neighbors, friends, and community organizations. Villages provide a local option for connection to services in the community for individuals who choose to enroll in membership. Many villages offer sliding scale or adjusted cost dues based on income.

Organization: *Capitol Hill Village*

Address: 725 8th Street SE, 2nd floor Washington, DC 20003

Website: <https://capitolhillvillage.org/membership/>

Email: info@capitolhillvillage.org

Phone Number: 202-543-1778

Available Services May Include: Light Homecare or Yardwork, Social Work, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Cleveland & Woodley Park Village*

Address: 3601 Connecticut Avenue NW, Ste L-04 Washington, DC 20008

Website: <https://www.clevelandwoodleyparkvillage.org/member-benefits/>

Email: info@clevelandwoodleyparkvillage.org

Phone Number: 202-615-5853

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *DC Waterfront Village*

Address: 800 Maine Ave SW, Suite 200 Washington, DC 20024

Website: <https://www.dcwaterfrontvillage.org/>

Email: info@dcwaterfrontvillage.org

Phone Number: 202-656-1834

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Available Services May Include: Light Homecare or Yardwork, Care Management, Social Work, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Far Southeast Senior Village*

Address: 1010 Anderson Place, SE Washington, DC 20032

Website: www.eopow5.wix.com/eopow

Email: EOPOW@hotmail.com

Phone Number: 301-326-5460

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Foggy Bottom West End Village*

Address: 2430 K Street NW Washington, DC 20037

Website: <https://www.fbwevillage.org/>

Email: dsnyder@fbwevillage.org

Phone Number: 202-333-1327

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Glover Park Village*

Address: PO Box 32255 Washington, DC 20007

Website: <https://goldenglovers.clubexpress.com/>

Email: Info@GloverParkVillage.org

Phone Number: 202-436-5545

Available Services May Include: Light Homecare or Yardwork, Social Clubs, Social Networking/ Online Community, Art and Music Programs, please ask about other services

Organization: *Mount Pleasant Village*

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: 202-573-7548

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Social Clubs, Social Networking / Online Community, Art and Music Programs, Support Group (Caregiver or both), please ask about other services

Organization: *Northwest Neighbors Village*

Address: 4901 Connecticut Avenue, NW Washington, DC 20008

Website: www.nwnv.org

Email: nnvillage@gmail.com

Phone Number: 202-777-3435

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Palisades Village*

Address: 5200 Cathedral Avenue, NW Washington, DC 20016

Website: <https://www.palisadesvillage.org/>

Email: info@palisadesvillage.com

Phone Number: 202-244-3310

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Pennsylvania Avenue Village East*

Address: 3130 Pennsylvania Avenue, SE Washington, DC 20020

Website: <https://pavillageeast.org/>

Phone Number: 202-581-6160

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Community-Based Dementia Care Programs and Respite Care

Community-based adult day programs provide daily care and social connection for older adults living with cognitive impairment and dementia. They are sometimes referred to as adult daycare. These services can be an important part of an overall care plan for those living with dementia as they provide daily connection opportunities as well as relief for caregivers. There may be short term or limited respite care available through the Department of Aging and Community Living (DACL) including grants to support caregivers. The best way to learn about these programs is to connect with the DACL or your local lead agency. Lastly, respite care options exist through many private agencies. Several options in this category are also listed below.

Each of the following types of services are listed separately below.

- **Adult Day Programs**
- **Respite Care through DC Lead Agencies**
- **Other Respite Care Options**

Community-Based Dementia Care Programs and Respite Care: Adult Day Programs

Organization: *Brookland Senior Services*

Address: 6210 Chillum Place NW Washington, DC 20011

Email: information@brooklandseniorservices.com

Phone Number: 202-882-2089

Service Available to: Medicaid Related Program, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: Adult Day Care Centers are designed to provide care and companionship for older adults who need assistance or supervision during the day. Programs offer relief to family members and caregivers, allowing them to go to work, handle personal business, or just relax while knowing their relative is well cared for and safe. The goals of the programs are to delay or prevent institutionalization by providing alternative care, to enhance self-esteem, and to encourage socialization.

Organization: *Department of Veterans' Affairs – Adult Day Health Centers*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Adult_Day_Health_Care.asp

Phone Number: 1-855-260-3274

Service Available to: Veteran affiliated, please ask for additional information

Service Cost: veteran benefits, please ask for additional information

Description of Services: ADHC Centers are a safe and active environment with constant supervision designed for Veterans to get out of the home and participate in activities. It is a time for the Veteran you care for to socialize with other Veterans while you, the Family Caregiver, get sometime for yourself. ADHC Centers employ caring professionals who will assess a Veteran's rehabilitation needs and help a Veteran accomplish various tasks so he or she can maintain or regain personal independence and dignity. The Veteran you care for will participate in rehabilitation based on his or her specific health assessment during the day (ADHC centers are generally open Monday through Friday during normal business hours).

Organization: *Downtown Cluster's Geriatric Day Care Center, Inc.*

Address: 926 11th Street, NW Washington, DC 20001

Website: <http://www.dcgeriatric.org/programs.html>

Email: Downtownclusters@gmail.com

Phone Number: 202-347-7527

Service Available to: Medicaid Related Program, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: The Montessori activity-based Alzheimer's program provides an adapted environment sensitive to the needs and limitations of participants with Alzheimer's disease and other forms of dementia. The Alzheimer's program offers a variety of services and activities that stimulate participants cognitively, physically, and psycho-socially in a safe and caring environment. The extended day program enables caregivers to bring their loved ones to the Center from 7:45 a.m. through 5:45 p.m. Our extended day program participants utilize additional time to engage in

activities and/ or chat with peers and staff, thus eliminating the loneliness and boredom of being at home alone. Downtown Cluster's Geriatric Daycare Center is a community-based, non-residential day center providing District seniors with an array of activities. Enrollment is free.

Organization: *Forest Hills of DC – Forest Side Memory Care Day Program*

Address: 2701 Military Road, NW Washington, DC 20015

Website: <http://www.forestsidedc.life/day-program.html>

Phone Number: 202-696-1910

Service Available to: please ask for additional information

Service Cost: private pay, please ask for additional information

Description of Services: Forest Side Memory Care now offers a Day Program that operates Monday through Friday from 8:30 AM to 4:30 PM. This new service provides family members with much needed support to better meet the day-to-day challenges that cognitive decline may present. Our Military Road NW campus is ideally suited to house a day program in a home-like environment where members will have valuable opportunities for socialization, recreation and engagement in a safe environment. At the Forest Side Day Program, we offer caregivers the opportunity to take some time for themselves, knowing that their loved ones are well taken care of by an organization nationally recognized for its "Commitment to Quality."

Organization: *Genevieve N. Johnson Senior Day Care Center*

Address: 4817 Blagden Avenue, NW Washington, DC 20011

Email: Rjohn9748@verizon.net

Phone Number: 202-723-8537

Service Available to: Medicaid Related Program, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: The Center provides a combination of geriatric day care, recreation/ socialization, and health promotion services for frail elderly in need of assistance with mobility, well elderly with independent mobility, and seniors wanting to participate in various activities.

Organization: *Iona – Adult Day Health Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/adult-day-health-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Service Available to: No restrictions

Service Cost: Medicaid, private pay, veteran benefits, fee adjustment based on income, please ask for additional information

Description of Services: Iona's Weinberg Wellness & Arts Center supports older adults living with memory loss and/or physical disabilities by offering daily social engagement in a medically-supervised program. Art therapy, exercise, brain-boosting programs, caregiver support, and wellness services help participants and their families thrive. Iona offers a person-centered, holistic approach to care — coupled with a professional staff of registered nurses, certified nursing assistants, program specialists, a social worker, and art therapist.

Organization: *Life Stride, Inc. – Adult Day Health Program*

Address: 3005 Bladensburg Road NE Washington, DC 20018

Website: <https://www.life-stride.com/Adult-Program.aspx>

Email: info@life-stride.com

Phone Number: 202-635-2320

Service Available to: Medicaid Related Program, Age 55+, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: Life Stride's Adult Day Health Program (ADHP) is designed to promote well-being and socialization for adults age 55 and over. The program offers an alternative to costly facility-based care, providing older adults access to non-residential medical support and supervised therapeutic activities in an integrated community setting. The ADHP operates Monday through Friday during daytime hours.

Organization: *Renaissance Adult Day Health Care*

Address: 5214 Foote Street NE Washington, DC 20019

Website: <http://www.renaissanceadhc.com/services>

Email: info@renaissanceADHC.com

Phone Number: 202-388-6747

Service Available to: Medicaid Related Program, Age 62+, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: ADHC offers physical therapy, personal care assistance, health-related diagnostic services and social services. Full-time nursing services ensure timely, appropriate health monitoring, assessment, intervention and education. A comprehensive therapeutic recreation program includes creative arts, exercise, yoga, discussion groups, lectures, live musical entertainment, movies and local trips. Renaissance ADHC provides breakfast, snack and hot lunch FREE of charge. We also provide door-to-door transportation.

Organization: *Washington Center for Aging Services - Center Care Geriatric Day Treatment*

Address: 2601 18th Street, NE Washington, DC 20018

Email: ehardee@wcasdc.org

Phone Number: 202-541-6150

Service Available to: Medicaid Related Program, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Description of Services: Adult Day Care Centers are designed to provide care and companionship for older adults who need assistance or supervision during the day. Programs offer relief to family members and caregivers, allowing them to go to work, handle personal business, or just relax while knowing their relative is well cared for and safe. The goals of the programs are to delay or prevent institutionalization by providing alternative care, enhance self-esteem, and encourage socialization.

Community-Based Dementia Care Programs and Respite Care: Respite Care through DC Lead Agencies

There may be short term respite care options available through the DC lead agencies and individual grants to support caregivers. The best way to learn about these programs is to connect with the DC DACL or the lead agency serving each region of the District.

Organization: Terrific, Inc.- Ward 1 Aging Services

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Organization: Terrific, Inc.- Ward 2 Aging Services

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Organization: Iona- Ward 3 Aging Services

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/>

Email: info@iona.org

Phone Number: 202-895-9448

Organization: Iona- Saturday Respite Program

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: info@iona.org

Phone Number: 202-895-9448

Service Available to: 60+, income impacts service eligibility

Description of Service: *Subsidized by the D.C. Department of Aging and Community Living, this Saturday recreation program provides respite for families and enriching activities for low income older adults with mild to moderate dementia. This is a citywide program, but preference is given to residents in Wards 7 and 8.*

Organization: Terrific, Inc.- Ward 4 Aging Services

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Organization: *Seabury Resources for Aging- Ward 5 Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-529-8701

Organization: *Seabury Resources for Aging- Ward 6 Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-397-1725

Organization: *East River Family Strengthening Collaborative- Ward 7 Aging Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *East River Family Strengthening Collaborative- Ward 8 Aging Services*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Community-Based Dementia Care Programs and Respite Care: Other Respite Care Options

Organization: *Advanced Nursing & Home Support*

Address: 15800 Crabbs Branch Way, Suite 205 Rockville, MD 20855

Website: <https://www.advancedhomesupport.com/our-services/home-care/memory-care/>

Phone Number: 240-266-9597

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Description of Services: At Advanced Nursing + Home Support, we understand how painful dementia and Alzheimer's are—not just to your loved one, but to you and your family as well. Our primary goal is to provide exceptional in-home care for your family member and make life easier for everyone. We are a Montgomery County Dementia Friendly Business and have Dementia Certified care providers available. And we will take the time necessary to learn all about your loved one so we can match him or her with the perfect care provider. These services are available to DC residents who are living in long term care or assisted living facilities.

Organization: *Caring Givers*

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Description of Services: The team at CaringGivers has extensive experience working with seniors living with all stages of dementia. We understand the challenges of memory loss and cognitive decline can bring, and we have the interventions to keep your loved one at home safely and independently for longer. We are experienced working with common dementia and Alzheimer's care challenges, including: Wandering, or walking without purpose, Incontinence. Agitation, frustration, or stress; Repetitive speech; Paranoia; "Sundowning", or agitated behaviors that arrive in the late afternoon hours; Insomnia or other sleep disturbances; Nutritional concerns; Hygiene tasks like bathing or dressing. Our team will get to know you and your loved one, including their past history, in order to develop interventions that will provide structure, peace, and appropriate socialization to keep memory loss from rapidly progressing.

Organization: *Complete Care Solutions, LLC*

Address: 4301 50th Street NW, Unit 9 Washington, DC 20016

Website: <https://www.completecaresolutionsllc.com/personal-care>

Email: info@completecaresolutionsllc.com

Phone Number: 301-548-0100

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and

Errands, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Description of Services: Complete Care Solutions aids across a broad spectrum. While we do offer skilled care to those who need it, we also offer companion care to those who need just a little help. We work diligently to place companions who fit seamlessly into your life. Families throughout Frederick County, Montgomery County, Prince George's County and Washington DC trust Complete Care Solutions for their personal care needs. We strive to meet and exceed the needs of our clients who are living with limited mobility and/or cognitive decline. We offer personal care on an hourly, live-in, or per visit basis. Personal Care includes, but is not limited to: Bathing and Dressing; Assistance with Ambulation; Assistance with Transfers; Meal Preparation; Light House Keeping; Transportation to Doctor's Appointments; Accompaniment to Surgical Procedures; Assistance with Personal Hygiene; Errands. Our "Companion Service" include but is not limited to: Meal Preparation, Light Housekeeping, Medication Reminders, Accompaniment to Appointments, Errands and Shopping, Household Organization. Home health services are provided by caregivers experienced in caring for clients with memory loss can help your loved one to remain comfortable and safe in their own home if possible. We understand that serving you in your home is our privilege, and we will always respect that. Our employees are trained on the appropriate way to interact with and respond to patients with memory loss. Respite care services are also offered. Respite care can be arranged on an hourly, or live-in basis.

Organization: *DC Caregivers' Institute*

Address: 1234 Massachusetts Avenue, NW Suite C1002 Washington, DC 20005

Website: <http://www.dccaregivers.org/services/>

Email: info@dccaregivers.org

Phone Number: 202-464-1513

Additional Services may Include: Respite Care (Hourly or Daytime), please ask about other services

Description of Services: The District of Columbia Caregivers' Institute (DCCI) is a resource funded by the District of Columbia Office on Aging. The purpose of the "5-Star" Caregivers' Institute is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable DC residents. The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. The Institute seeks to empower caregivers to make informed decisions about their present and future circumstances. Personalized social work assessments, connection to resources, and education are core services of the Institute. Telephone Support Groups are offered for DC caregivers on the first Tuesday of each month. Registration is required.

Organization: *Department of Veterans' Affairs – Respite Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Respite_Care.asp

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Service Cost: veteran benefits, please ask for additional information

Additional Services may Include: Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Description of Services: As a Family Caregiver, it can be hard to find time for a much-needed break from your daily routine and care responsibilities so that you have some time for yourself. Respite is time for relaxing and renewing your own energy, and respite care can provide you with the time to do that. If a Veteran requires a Caregiver, you are eligible to receive up to 30 days of respite care per year. The care can be offered in a variety of settings including at your home or through temporary placement of a Veteran at a VA Community Living Center, a VA-contracted Community Residential Care Facility, or an Adult Day Health Care Center. Respite care may also be provided in response to a Family Caregiver's unexpected hospitalization, a need to go out of town, or a family emergency. Staying strong for your Veteran means staying strong yourself. By taking an opportunity to be refreshed through respite care, you may be amazed at how your fresh outlook will help you and your Veteran.

Organization: *Georgetown Home Care*

Address: 3301 New Mexico Avenue NW #214 Washington, DC 20016

Website: <https://www.georgetownhomecare.com/services/respice-care/>

Phone Number: 202-333-3400

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: Primary caregivers deserve a break, and that's where respite services come into play. Respite care is offered for several hours, for an entire day, or we can provide 24-hour care shifts allowing caregivers to enjoy a weekend or longer-term vacation. Respite care services are recommended to prevent primary caregiver burnout, and allow caregivers to: Maintain their appointments, Attend family functions, Enjoy social time with friends or family, Take advantage of self-care, Go on a walk, hike or to an exercise class, Take a vacation.

Organization: *Home Instead Senior Care*

Address: 1441 L Street NW, Suite 1102 Washington, DC 20005

Website: <https://www.homeinstead.com/197/home-care-services>

Phone Number: 301-588-9710

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Description of Services: Alzheimer's disease doesn't only affect the family member with the condition. Alzheimer's impacts whole families. Coping with this progressive condition requires boundless quantities of patience, empathy and love. Professional caregiving provides individualized care for your loved one and gives you back some time to recharge. Our specially trained Alzheimer's CAREGivers offer an expanded array of services to your loved one, including: Encouragement to do as much as they can on their own; Assistance with personal care, such as toileting, bathing and

grooming; Maintaining a routine to discourage agitation and outbursts; Providing mental stimulation through conversation and other activities; Maintaining a safe environment; Managing challenging behaviors; Adapting the level of care as the disease progresses; Honoring who the senior was earlier in life; Providing nutritious meals; Assisting with ambulation and socialization; Transportation to medical appointments and other events; Providing support to the family; Performing light housework and other household tasks; Assisting with pet care. We also provide in-home respite care that gives you a break from caregiving. A well- designed respite program provides these breaks on a regular, scheduled basis. Giving yourself the gift of respite makes you a better family caregiver because it can recharge you physically, emotionally and spiritually. Your senior loved ones also benefit from respite. Introducing a new caregiver provides the mental stimulation that keeps a mind sharp. Yet the professional caregiver will ensure your family member's routine stays intact. Respite Care Frees Up Your Schedule. Our Home caregivers are available 24 hours a day, seven days a week. You can receive respite services on a regularly scheduled basis (quarterly, for example) or when you need it for special events, such as to travel out of town for a wedding.

Organization: *Lifematters*

Address: 8758 Georgia Avenue, Suite 600 Silver Spring, MD 20910

Website: <https://lifemattersusa.com/for-dc-residents-only/>

Email: dcresidents@lifemattersusa.com

Phone Number: 202-655-4775

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Description of Services: In order to make your home care search and decision as simple and stress free as possible, we developed our unique Lifematters Care Plan Process. Based on the information you provide us, we work hard to identify the best caregiver match for your family's unique needs from our large pool of trained and certified candidates. From the minute you contact Lifematters, you are connected with a member of our dedicated client services team. Your assigned client services team – including a director of client services, Registered Nurse, Care Manager and staffing coordinator – take a personal approach with both clients and caregivers, and work together to create a customized care plan that meets your requirements and delivers the care you need. Our home care services include: Caring Companionship, Bathing & Grooming, Lifting & Transfers, Personal Safety & Security, Light Housekeeping, Linen Changes & Bed Making, Assistance at Events, Food Freshness Monitoring, Medication Reminders, Nutrition Planning, Meal Preparation, Transportation & Errands. Respite care is also available.

Organization: *Options for Senior America*

Address: 555 Quince Orchard Road, Suite 240 Gaithersburg, MD 20878

Website: <https://optionscorp.com/our-services/Gaithersburg-MD-2>

Email: WashingtonDC@OptionsCorp.com

Phone Number: 301-562-3100

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and

Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: Options For Senior America aides provide assistance with a variety of activities of daily living to help your loved one cope with the effects of aging, both physical and mental. We can help foster wellness with services that include: Light housekeeping: vacuuming, dusting, cleaning client's bathroom, kitchen maintenance, cleaning after meals and other tasks per client's request, Meal planning and preparation, Personal laundry and linens, Medication reminders, Grocery shopping and running errands, Safety supervision, Transportation, Socialization, Cognitive stimulation, Help with organization, Out-of-town travel assistance, Respite care for family caregivers. Options' care recipients enjoy the level of personal care provided by our qualified and experienced Certified Nursing Assistants. Personal Care tasks include assistance with: Bathing/showering, Dressing and grooming, Shaving, and wheelchair assistance, Transfer between bed and chair, Oral hygiene, Toileting and incontinent care, Bedpan, urinal and commode, Repositioning bed-bound patients to help prevent bed sores and skin breakdown, Assist with active range-of-motion activities, Assist with self-administered medication, All tasks of companionship and homemaking. Live-In Specialists are also available. The OPTIONS live-in program provides a full care alternative to your loved one.

Organization: *Right at Home*

Address: 1818 New York Avenue Northeast Suite 219 Washington, DC 20002

Website: <https://www.rightathome.net/services/alzheimers-dementia-care-services>

Phone Number: 202-269-0008

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: While each form of dementia or cognitive change is unique, there are techniques that can be used to enhance a person's quality of life. These techniques can also help families find new ways to connect with their loved one, despite cognitive change. Right at Home can help by creating a custom care plan that includes family members/care providers to ensure all interactions: Focus on ability, not disability; Pay attention to nutrition; Help with well-being; Support perception and safety; Assist with recognition and orientation; Keep communication flowing in relationships and within families. Our trained in-home caregivers are trained to handle the needs of your loved ones. Services available may include Companionship Care and Homemaking, Physical Assistance, Hygiene. Wellness, Skilled Nursing, Home Health Aide, Respite Care, Alzheimer's, Dementia and Cognitive Change Services, Health Reminders and Transportation.

Organization: *Senior Helpers*

Address: 15717 Crabbs Branch Way Suite 226 Rockville, MD 20855

Website: <https://www.seniorhelpers.com/md/dc/services/companion-care>

Phone Number: 301-304-4533

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: Senior Helpers in-home companion care services focus on improving the

health and well-being of your aging loved ones so they can get the most out of life. While many of our clients enjoy their independence, there comes a time where additional assistance may be needed. A simple ride to the doctor's office or grocery store can be an obstacle to overcome when family and friends live far away. Receiving affordable, dependable senior care at home could be the alternative to a nursing home that your family has been looking for. Our staff and dependable caregivers routinely serve the residents of the Rockville area. Whether you need Senior Helpers' assistance 24/7 or just a few hours a day, our offices are here to help. We strive to get to know our clients' unique stories and personalities so we can plan activities that will be both stimulating and enjoyable. Our companion care service options are flexible and customizable according to your specific situation, and as part of our personalized approach, we customize a care plan to match your needs.

Organization: *Specialty Care Services*

Address: 8555 16th Street, Suite 101 Silver Spring, MD 20910

Website: <https://specialtycareservices.com/home-care-agencies-washington-dc/>

Email: info@specialtycareservices.com

Phone Number: 301-585-6300

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: All of our personal care services are customized to the needs of the individual client and are available both hourly and on a live-in basis. Some care services for the elderly we provide include: Bathing, Dressing, Walking, Meal Preparation/Diet Monitoring, Light Housekeeping, Errands, Grocery Shopping, Medication Reminders, Joyful Companionship, Respite Care for Family Caregivers, Care is Available Mornings, Mid-Day and Evenings, Temporary or Long-Term Care is Available, Weekends and Holiday Care is Available, 24-Hour Care Available. At Specialty Care Services, we provide elderly and senior geriatric care management to clients in and near Washington DC, Bethesda Potomac, and Silver Spring, MD. Services available also include caregiver education and respite care. We work individually with you to teach the skills you need to take care of your loved ones successfully. Our registered nurse will visit your home and assess the individual needs of the patient. Then, the nurse will provide in-home demonstrations and tailored coaching to make sure you have the skills needed to care for your loved one. Following this visit, additional support is just a telephone call away whenever you need it. Our respite care services are available hourly, daily, or weekly to give full-time and primary caregivers the essential breaks they need to take care of household tasks, run errands, or simply have time for themselves.

Organization: *Stoddard Baptist Global Care*

Address: 2601 18th Street, NE Washington, DC 20018

Website: <https://www.stoddardbaptistglobal.org/our-services/short-term-respite-care/>

Phone Number: 202-541-6271

Additional Services may Include: Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Description of Services: If you're a caregiver who needs a little time off to take a vacation or tend to

personal matters, we offer short-term respite care. You can take some much-deserved time off with the knowledge that your loved one will receive the quality, compassionate care they need to thrive. It also provides your loved one with the chance to meet other seniors facing health challenges and provides an excellent opportunity for socialization which they might not otherwise get. Short-term stays are also an excellent way to assist those who may be preparing to transition to long-term care.

Organization: *Sunrise Senior Living*

Address: 5111 Connecticut Avenue, NW Washington, DC 20008

Website: <https://www.sunriseseniorliving.com/communities/sunrise-on-connecticut-avenue/about.aspx>

Phone Number: 202-844-3231

Additional Services may Include: Respite Care (Overnight), please ask about other services

Description of Services: A short-term or respite stay is a convenient option when planned or unforeseen circumstances require a temporary separation from your loved one. Knowing they can move seamlessly into an emergency care environment that supports their wellness needs allows peace of mind when you are called away for business or vacation, or if you just need a short break from caregiving. A respite care stay also offers guests and family members the extra security of personalized care during an illness or rehabilitation after a hospital visit, and may even be helpful before, during, or after an emergency affecting the senior's home environment, such as an extreme weather event. Many permanent Sunrise residents first experienced our community life during a short-term stay.

Organization: *VMT Home Health Agency*

Address: 955 L'Enfant Plaza SW Suite #985 Washington, DC 20024

Website: <https://vmthc.com/#services-section-01>

Phone Number: 202-282-3004

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: At VMT Home Health Agency, we focus our attention on increasing the quality of life for our clients within the comfort and privacy of their own homes. Our home health staff are licensed with the District of Columbia Board of Nursing and are trained to meet our client's specific needs. We believe the success of a client's health largely depends on his or her access to quality home health services. Our PCA/home health aide services include, but are not limited to the following: Bathing and grooming, Meal preparation and feeding, Toileting, Dressing, Walking, Lifting and transferring, Medication reminders, Escorts to appointments, Laundry, Light housekeeping, Grocery shopping and errands, and Respite care.

Organization: *Visiting Angels*

Address: 7826 Eastern Avenue, NW Ste #409 Washington, DC 20012

Website: <https://www.visitingangels.com/senior-home-care-district-of-columbia-dc>

Phone Number: 800-365-4189

Additional Services may Include: Personal Care and Companion Services, Light Housekeeping and Errands, Respite Care (Hourly or Daytime), please ask about other services

Description of Services: At Visiting Angels, our goal is simple. We want to make aging in place as comfortable and enjoyable as possible for seniors. At the same time, we want to make home care services as easy and stress-free as possible for families. Our approach to home care starts with a custom care plan for every client. Your local Visiting Angels home care agency will tailor this care plan to your loved one's unique needs and living conditions. This way, we provide support exactly where it's needed. Personal home care services provide individuals with essential companionship and assistance with daily activities. A home caregiver delivers services that include: Medication administration, Household chores, Errands, Bathing, Dressing, Meal preparation and Personalized, 1-on-1 care. Companionship care and respite care are also available.

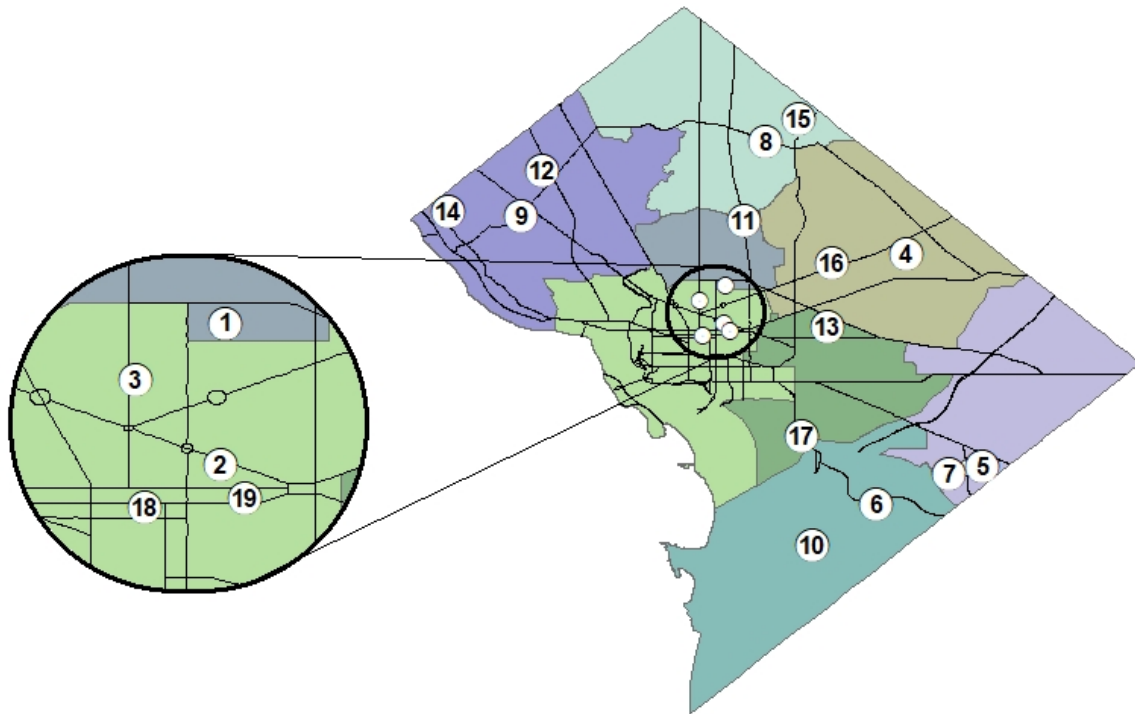
Dementia Education and Caregiver Support

These services and resources include dementia-specific education services for learning about living with memory loss or cognitive impairment, caregiving, and community education. Support groups for caregivers, and counseling, mental health, and bereavement services are also listed here.

Each of the following types of services are listed separately below.

- **Dementia Education for Individuals, Caregivers, or the Community:** Education for persons living with dementia or caregivers is included here. Types of education are broad and include education of caregivers through geriatric care management, community lectures, and specialty organizations.
- **Support Groups for Caregivers and Shared Support Groups:** This section includes support groups for caregivers and support groups for individuals and caregivers together.
- **Counseling, Mental Health Services, and Bereavement Services:** Counselling and bereavement services are listed.

Dementia Education and Caregiver Support: Dementia Education for Individuals, Caregivers, or the Community



Organizations

- | | | |
|--|--|--|
| 1) Terrific, Inc. | 8) Hattie Holmes Senior Wellness Center, Sibley Club Memory | 13) Department of Aging and Community Living, Hayes Senior Wellness Center, Sibley Club Memory |
| 2) DC Caregivers' Institute | 9) Sibley Club Memory | 14) Sibley Club Memory |
| 3) Edlavitch DCJCC | 10) Congress Heights Senior Wellness Center, Sibley Club Memory | 15) Seabury Resources for Aging |
| 4) Model Cities Senior Wellness Center, Sibley Club Memory | 11) Bernice Fonteneau Senior Wellness Center, Sibley Club Memory | 16) Sibley Club Memory |
| 5) Sibley Club Memory | 12) Iona | 17) ElderCare Partners DC |
| 6) Sibley Club Memory | | 18) Department of Veterans' Affairs |
| 7) Sibley Club Memory, Washington Seniors Wellness Center | | 19) Downtown Cluster's Geriatric Day Care Center, Inc. |

Organization: *Alzheimer's Association- 24/7 Helpline*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

Description of Service: The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public.

Organization: *Alzheimer's Association- E-learning Workshops*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

Description of Service: The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, caregivers, as well as community members and health care professionals.

Organization: *Around Town Satellite Wellness Program (Wards 2 and 3)*

Address: 4125 Georgia Avenue, NW Washington, DC 20016

Website: <https://www.iona.org/services/around-town-dc/>

Phone Number: 202-895-9634

Service Available to: Adults 60_

Description of Service: Town DC compiles events, programs, and even some online tools primarily related to wellness, fitness, and recreation. Most programs take place in Northwest neighborhoods of DC. Join a Mindful Art class, move to the music with combo fitness workouts, enjoy lunchtime programs, visit local museums and historical sites on field trips, and more! Visit AroundTownDC.org and see for yourself all of the fun programs and activities happening in Northwest DC.

Organization: *Caregiver ActionNetwork*

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: info@caregiveraction.org

Phone Number: 202-454-3970

Service Available to: No restrictions

Description of Service: Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. Connect with the online care community for caregiver education and support. The Care Support Team, staffed by caregiving experts, is available by phone to help caregivers find the right to help navigate complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.

Organization: *Care Support Mentoring Program*

Address: 810 Vermont Avenue Washington, DC 20420

Website: https://www.caregiver.va.gov/Care_Caregivers.asp

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Description of services: Being the caregiver of a Veteran is full of challenges. VA has developed a Peer Support Mentoring Program to link you to a peer — someone who has experienced similar challenges and situations — to provide you with additional support and guidance along your journey. The Caregiver Peer Support Mentoring Program is available for general and family caregivers of all Veterans. The program was developed to strengthen relationships between caregivers, to provide an opportunity for networking and to empower caregivers to help one another. Caregiver Peer Support Mentoring Program also helps caregivers to establish relationships with each other and create a comfort zone for support.

Organization: *Congress Heights Senior Wellness Center- Congress Heights Senior Wellness Center*

Address: 3500 Martin Luther King, Jr. Avenue, SE Washington, DC 20032

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-563-7225

Service available to: Age 60+, please ask for additional information

Description of services: Senior Wellness Centers are designed to help you continue living boldly by taking charge of your health, wellness, and social life. Visit one of our centers to find new hobbies, explore new topics, or connect with new friends. Take advantage of daily activities, group lunches, exercise equipment, computer labs, and a friendly atmosphere to keep you healthy, connected, and thriving.

Organization: *DC Caregivers' Institute - DC Caregivers' Institute*

Address: 1234 Massachusetts Avenue, NW Suite C1002 Washington, DC 20005

Website: <http://www.dccaregivers.org/services/>

Email: info@dccaregivers.org

Phone Number: 202-464-1513

Additional Services may Include: Social Work, Care Planning, Support Group (Caregiver or both), Counseling, Education for Caregivers, Individual Grants, Respite Care (Hourly or Daytime), please ask about other services

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *The District of Columbia Caregivers' Institute (DCCI) is a resource funded by the District of Columbia Office on Aging. The purpose of the "5-Star" Caregivers' Institute is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable DC residents. The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed for personal rejuvenation. The Institute seeks to empower caregivers to make informed decisions about their present and future circumstances. Personalized social work assessments, connection to resources, and education are core services of the Institute. Telephone Support Groups are offered*

for DC caregivers on the first Tuesday of each month. Registration is required.

Organization: *Dementia Alliance International – “Meeting of the Minds” Webinars*

Address: P.O. Box 582 Ankeny, IA 50021

Website: <https://www.dementiaallianceinternational.org/events/dai-webinars/>

Service Available to: No restrictions

Description of Service: In DAI’s “A Meeting of the Minds” monthly Webinar series, we feature people who have unique perspectives on dementia and who challenge the status quo; our speakers are always highly regarded international academics, clinicians, service providers or keynote speakers. Monthly webinars focus on a variety of topics, and provide an opportunity for people with dementia to connect with the wider community of those living with the disease or working in the area of dementia, and vice versa. To participate, you need only an Internet connection; a webcam and microphone will ensure a fuller experience.

Organization: *Department of Aging and Community Living- Savvy Caregiver Program*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://daclvirtualevents.splashthat.com/>

Email: Linda.Irizarry@dc.gov

Phone Number: 202-535-1442

Service available to: No Restrictions

Description of services: Join DACL's Savvy Caregiver Program (SCP) to develop the knowledge, skills, and attitudes to care for your family member with Alzheimer’s disease or other dementia. The SCP is for caregivers in DC who provide care for older adults, age 60 and over, and adults with disabilities, age 18 and older, living with Alzheimer’s disease or other dementias. The program is delivered in 2-hour sessions, over a 6-week period.

Organization: *Department of Veterans' Affairs- Building Better Caregivers*

Address: 810 Vermont Avenue Washington, DC 20420

Website: <https://va.buildingbettercaregivers.org/>

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Description of services: Building Better Caregivers is an online program to help Caregivers of Veterans or Veterans who serve as Caregivers for someone with dementia, memory problems, post-traumatic stress disorder, a serious brain injury, or any other serious injury or illness.

Organization: *Department of Veterans' Affairs- Caregivers Support Line (CSL)*

Address: 810 Vermont Avenue Washington, DC 20420

Website: https://www.caregiver.va.gov/help_landing.asp

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Description of services: VA's National Caregiver Support Line (CSL) serves as a primary

resource/referral center to assist caregivers, Veterans, and others seeking caregiver information. VA's Caregiver Support Line has licensed caring professionals standing by. The National Caregiver Support Line, at 1-855-260-3274, is open Monday through Friday 8:00 a.m. to 8:00p.m. EST Whether you're in need of immediate assistance or have questions about what services you may be eligible for, the caring licensed professionals who answer the Caregiver Support Line can: Tell you about the assistance available from VA, Help you access services, Connect you with the Caregiver Support Coordinator at a VAMedical Center near you, Just listen, if that's what you need right now, If you're just getting started with VA, calling the Caregiver Support Line is a great first step.

Organization: *Department of Veterans' Affairs - Caregiver Support Coordinator*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.caregiver.va.gov/support/New_CSC_Page.asp#District%20of%20Columbia

Phone Number: 202-745-8000 ext. 55926

Service available to: Veteran affiliated, please ask for additional information

Description of services: Caregivers for Veterans can get assistance from a Caregiver Support Coordinator is a licensed professional who can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love.

Organization: *Department of Veterans' Affairs- Coaching IntoCare*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: CoachingIntoCare@va.gov

Phone Number: 888-823-7458

Service available to: Veteran affiliated, please ask for additional information

Description of services: Coaching Into Care is a national telephone service of the VA which aims to educate, support, and empower family members and friends who are seeking care or services for a Veteran. Our goal is to help Veterans, their family members, and other loved ones find the appropriate services at their local VA facilities and/or in their community. We also provide coaching to family and friends of Veterans who see that a Veteran in their life may be having difficulty adjusting to civilian life. Coaching is provided by licensed psychologists or social workers, free-of-charge. Coaching involves helping our callers figure out how to motivate the Veteran to seek treatment. We can help you get information about mental health, services at the VA and tips on how to begin the conversation about treatment with a loved one who is a Veteran.

Organization: *Department of Veterans' Affairs - Resources for Enhancing All Caregivers Health (REACH) VA Program*

Address: 810 Vermont Avenue Washington, DC 20420

Website: https://www.caregiver.va.gov/REACH_VA_Program.asp

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Description of services: Caregiving can be challenging. The REACH VACaregiver Program is

designed to assist Caregivers of Veterans with challenges such as Taking Care of Yourself, Problem Solving, Mood Management, Asking for Help, and Stress Management. The trained and certified REACH VA Program Coach usually provides four individual sessions with the Caregiver over a period of 2 to 3 months, extending the number of sessions if both the Coach and Caregiver feel there is more work to do. The sessions normally last about an hour each and may be held face to face, over the telephone, or over telehealth video conferencing. To be eligible for the REACH VA Program, the Caregiver must be caring for a Veteran or a Veteran caring for a loved one, where the Veteran is receiving services at the VA. Caregivers receive a Caregiver Notebook, which is the first resource for caregiver issues and challenges, for stress management, mood management, and problem-solving. REACH VA is available for Caregivers of Veterans diagnosed with: ALS, Dementia, MS, PTSD, or Spinal Cord Injury/Disorder.

Organization: *East River Family Strengthening Collaborative- Caregiver Case Management*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/case-management/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Service available to: Ward 7, Ward 8, please ask for additional information

Description of services: Case management is a collaborative process that assesses, plans, implements, coordinates, monitors and evaluates options and services required to meet your family's individual needs and desires. Caregiver case management services are provided by a supervisory social worker who evaluates caregivers for their needs including in home respite care.

Organization: *East River Family Strengthening Collaborative- Ward 7 Aging Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Service available to: Ward 7, please ask for additional information

Description of services: Lead Agencies are neighborhood-based resource centers designed to help you find services without having to leave your own community. These local agencies can work with you directly to identify helpful resources, get referrals, and connect you with service. Please call the intake phone number for more information on senior services for Ward 7 provided through ERFSC.

Organization: *East River Family Strengthening Collaborative- Ward 8 Aging Services*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Service available to: Ward 8, please ask for additional information

Description of services: Lead Agencies are neighborhood-based resource centers designed to

help you find services without having to leave your own community. These local agencies can work with you directly to identify helpful resources, get referrals, and connect you with service.

Organization: *Edlavitch DCJCC- Behrend-ADAS Senior Fellowship*

Address: 1529 16th Street, NW Washington, DC 20036

Website: <https://www.edcjcc.org/community/seniors/>

Phone Number: 202-777-3243

Service available to: Age 60+, please ask for additional information

Description of services: The Behrend-Adas Senior Fellowship is a daily program open to the community that features a kosher lunch, exercise classes, film screenings, art classes, live entertainment, and a Shabbat service on Fridays. A hot kosher lunch is also served daily. Each month, featured speakers discuss nutrition, health, Judaics, elder law, cell phone photography, and more. We even enjoy monthly ice cream socials! Due to the COVID Pandemic, the Lunch Program is suspending our regular programming at this time and per the directive of the DC government, moving to home-delivered meals. Please note that frozen meal distribution, which will be replacing our boxed lunches until further notice, is run SOLELY by the DC Department on Aging and Community Living and not through either the EDCJCC or Adas Israel Congregation.

Organization: *ElderCare Partners DC- Care Management*

Address: 79 Potomac Avenue SE Washington, DC 20003

Website: <https://www.eldercaredc.com/services>

Phone Number: 202-525-7356

Service available to: No Restrictions

Description of services : We provide geriatric care management, a holistic, client-centered approach to caring for older adults facing ongoing health challenges. Working with families, we provide answers at a time of uncertainty. With our guidance families are empowered to take actions and make decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off from work for family caregivers - peace of mind. Care planning and monitoring including assistance with: Hospital to home care coordination, Education and advocacy, Medical care management, Family caregiver coaching, Crisis management, Long-distance caregiving, Information, and referrals.

Organization: *Family Caregiver Alliance- Smart Patients Caregivers Community*

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.smartpatients.com/partners/fca>

Phone Number: 800-445-8106

Service available to: No Restrictions

Description of services: FCA has partnered with Smart Patients to create this new Caregivers Community so that caregivers and other loved ones can join the community for free to share, interact, and learn from each other in a safe, supportive environment. And family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses can share their own expertise with this new community. By partnering with Smart Patients, we are helping empower caregivers to improve care for themselves and others.

Organization: *Hayes Senior Wellness Center- Hayes Senior Wellness Center*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://www.hayesswc.com/about>

Email: hayesswc@gmail.com

Phone Number: 202-727-0357

Service available to: Age 60+, please ask for additional information

Description of services: The Hayes Senior Wellness Center is an adult activity center with social, recreational, and educational programs designed specifically for adults ages 60 and up. The center includes a cardio/weight room, computer lab, multi-purpose room, kitchen, and library.

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Service available to: Ward 3, Age 60+, please ask for additional information

Description of services: Through a grant from the D.C. Department of Aging and Community Living and the support of the community, Iona is able to provide subsidized case management services to DC residents aged 60 and over, who live in Ward 3 and parts of Wards 2 and 4. Services are provided regardless of your income and assets. There is no charge for services (donations are welcome, but not required). As there is oftentimes a waiting list for these services, we give priority to those most in need. Iona case managers can: Assess how well an older adult is managing on their own, and what care might be needed; Arrange and monitor home care and other services; Schedule medical appointments, and facilitate doctor/patient communication; Provide short-term crisis management; Apply for government benefits/services, and Provide other supports as needed

Organization: *Iona- Dementia Navigators*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: info@iona.org

Phone Number: 202-895-9448

Service available to: Client or Enrollee, Age 60+, please ask for additional information

Description of services: DACL funds the dementia navigators to support older adults with dementia and their family care partners by linking them to community resources and educating them about dementia and how to manage behavioral symptom of dementia. Please call 202-895-9448 for services.

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Service available to: No Restrictions

Description of services: Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. Working with your care manager, you will receive resource referrals, guidance, and hands-on coordination of services to support you or a relative. Our services are personalized, ongoing, and as needed. They include consultations, ongoing care management services (i.e. planning, coordinating, arranging, and overseeing services), navigation through health crisis, companion support, and medical escorts. Through a grant from the DC Office on Aging, we are also able to provide subsidized case management services.

Organization: *Iona- Corporate Eldercare: Employee Eldercare Partnerships*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: drubenstein@iona.org

Phone Number: 202-895-9448

Service available to: Client or Enrollee, please ask for additional information

Description of services: Iona can complement your organization's Employee Assistance Program (EAP) with employee support for maintaining work/life balance while caring for older relatives. Services include: Customized, in-depth information on local and long-distance resources and referrals for employees and family members, Supportive counseling about the practical and emotional aspects of caregiving, Workplace educational programs on caregiving topics such as legal and financial planning, memory loss, and family communication.

Organization: *Lewy Body Dementia Association*

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/node/4>

Phone Number: 404-935-6444

Service Available to: No restrictions

Description of Service: *Connect with LBDA and other LBD families on Facebook and LinkedIn in the following groups: LBDA Care Partner Facebook Support Group, Living with Lewy Facebook Support Group, Living Together with Lewy Facebook Support Group, LBD Caring Spouses.*

Organization: *Mary's Center- Hattie Holmes Senior Center*

Address: 324 Kennedy Street NW Washington, DC 20011

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/hattie-holmes-senior-wellness-center/>

Phone Number: 202-291-6170

Service available to: Senior Wellness Centers are designed to help you continue living boldly by taking charge of your health, wellness, and social life. Visit one of our centers to find new hobbies, explore new topics, or connect with new friends. Take advantage of daily activities, group lunches, exercise equipment, computer labs, and a friendly atmosphere to keep you healthy, connected,

and thriving.

Organization: *Mary's Center- Bernice Fonteneau Senior Wellness Center*

Address: 3531 Georgia Avenue NW Washington, DC 20010

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/bernice-fonteneau-senior-wellness-center/>

Phone Number: 202-727-0338

Service available to: Age 60+, please ask for additional information

Description of services: Senior Wellness Centers are designed to help you continue living boldly by taking charge of your health, wellness, and social life. Visit to find new hobbies, explore new topics, or connect with new friends. Take advantage of daily activities, group lunches, exercise equipment, computer labs, and a friendly atmosphere to stay healthy, connected, and thriving.

Organization: *National Institute on Aging -- Alzheimer's Disease Education and Referral Center*

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: adear@nia.nih.gov

Phone Number: 1-800-438-4380

Description of Service: The ADEAR Center has a staff of Information Specialists available to assist you with: Answers to your specific questions about AD, Free publications about Alzheimer's and related dementias symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips, and research, Referrals to local supportive services and Research Centers that specialize in research and diagnosis, Spanish language resources, Clinical trials information, Training materials, guidelines, and news updates.

Organization: *Seabury Resources for Aging- Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Service available to: Age 60+, please ask for additional information

Description of services: Families face new challenges as family members age. Life doesn't come with an event planner, so Seabury care managers are there for when you and your family need help. Seabury care managers guide older adults and their families through the process of planning for long-term needs. Seabury's Care Management team is dedicated to improving the quality of life as well as maintaining independence for their clients. Care Management provides counsel to families on key issues that could include elder law attorneys, home care providers, senior living communities, physicians, rehabilitation centers, mental health providers, financial planners, and others to promote a positive aging experience.

Organization: *Seabury Resources for Aging- LGBTQ Education*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: kfuller@seaburyresources.org

Phone Number: 202-397-1725

Service available to: No Restrictions

Description of services: Through transportation, housing, volunteerservices, and more, Seabury Resources for Aging supports older adults and people with disabilities of all sexual and gender identities and expressions. Out and About connects DC LGBTQ older adults through wellness programs, cultural events and conversations designed to address the concerns within the community. It is our mission to better understand the growing needs of LGBTQ older adults through listening, creating, and delivering programming with sensitivity, knowledge, and pride.

Organization: *Seabury Resources for Aging- Model Cities Senior Wellness Center*

Address: 1901 Evarts Street NE Washington , DC 20018

Website: <http://www.seaburyresources.org/model-cities-senior-wellness-center>

Phone Number: 202-635-1900

Service available to: Age 60+, please ask for additional information

Description of services: Model Cities Senior Wellness Center offers a variety of comprehensive programs, classes and activities designed to educate and promote active and healthy aging for older adults in DC. Free for DC residents 60 years of age and older. Come join us to learn, socialize, and engage in some fun healthy activities!

Organization: *Seabury Resources for Aging- Ward 5Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-529-8701

Service available to: Ward 5, please ask for additional information

Description of services: Finding the right resources when in need can be very challenging. Seabury Ward 5 and 6 Lead Agency services are designed to provide older adults with ward-based and citywide supportive services, resources and referrals that assist them in continuing to live independently in their homes and community.

Organization: *Seabury Resources for Aging- Ward 6Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-397-1725

Service available to: Ward 6, please ask for additional information

Description of services: Finding the right resources when in need can be very challenging. Seabury Ward 5 and 6 Lead Agency services are designed to provide older adults with ward-based and citywide supportive services, resources and referrals that assist them in continuing to live

independently in their homes and community.

Organization: *Terrific, Inc.- Regional Senior Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Service available to: Ward 1, Ward 2, Ward 4, Age 60+, please ask for additional information

Description of services: The complex and ever-changing needs of more than 30,000 District seniors in Wards 1, 2, and 4 are met through a full range of services that include case management, 19 community dining sites, daily meals delivered to home-bound seniors, nutrition services, caregiver-respite care, social, recreational, and cultural activities, health promotions, counseling, the Oasis Center for Homeless Seniors, and the Asian Pacific Islander Community Center. TERRIFIC, Inc. also provides an annual city-wide Caregivers Conference, health fairs, seniors LGBTQI Pride Has No Age celebration, Seniors Got Talent, annual Older Americans Health Fair, and many other exciting events, programs and services. TERRIFIC, Inc.'s senior services programs are funded by the Department on Aging and Community Living (DACL).

Organization: *Terrific, Inc.- Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Service available to: Ward 1, Ward 2, Ward 4, please ask for additional information

Description of services: The complex and ever-changing needs of more than 30,000 District seniors in Wards 1, 2, and 4 are met through a full range of services that include case management.

Organization: *Washington Seniors Wellness Center- Washington Seniors Wellness Center*

Address: 3001 Alabama Avenue, SE Washington, DC 20020

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-581-9355

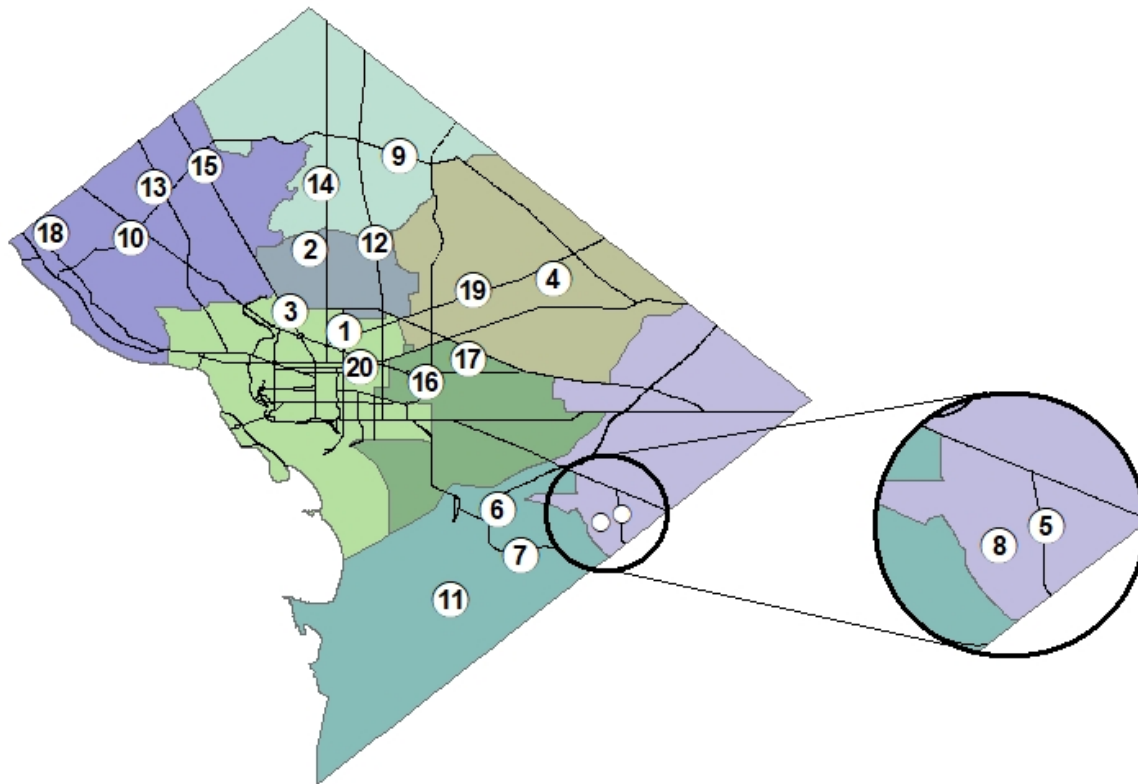
Service available to: Age 60+, please ask for additional information

Description of services: Senior Wellness Centers are designed to help you continue living boldly by taking charge of your health, wellness, and social life. Visit one of our centers to find new hobbies, explore new topics, or connect with new friends. Take advantage of daily activities, group lunches, exercise equipment, computer labs, and a friendly atmosphere to keep you healthy, connected, and thriving.

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Dementia Education and Caregiver Support: Support Groups for Caregivers and Shared Support Groups

Also see the section on “Social Connection, Engagement, and Networking” for support groups for individuals with memory loss.



Organizations

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|---------------------------|---|--|
| 1) Whitman-Walker Health | 9) Sibley Club Memory | 15) Northwest Neighbors Village |
| 2) Mount Pleasant Village | 10) Sibley Club Memory | 16) Capital Caring |
| 3) The Washington Home | 11) Sibley Club Memory | 17) Sibley Club Memory |
| 4) Sibley Club Memory | 12) Sibley Club Memory | 18) Sibley Club Memory, Support Groups, Senior Association |
| 5) Sibley Club Memory | 13) Iona Memory Cafe and Support Groups, Silver Circles | 19) Sibley Club Memory |
| 6) Whitman-Walker Health | 14) Genevieve N. Johnson Senior Day Care Center | 20) Downtown Cluster's Geriatric Day Care Center, Inc. |
| 7) Sibley Club Memory | | |
| 8) Sibley Club Memory | | |

Organization: *Alzheimer's Association, National Capital Area Chapter - Memory Cafes*

Address: 8180 Greensboro Drive #400 McLean, VA 22102

Website: https://www.alz.org/nca/helping_you/early_stage_programs

Phone Number: 800-272-3900

Service available to: No Restrictions

Description of Service: *Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Pre-registration is requested.*

Organization: *Alzheimer's Association, National Capital Area Chapter - Support Groups*

Address: 8180 Greensboro Drive #400 McLean, VA 22102

Website: https://www.alz.org/nca/helping_you/support_groups

Phone Number: 800-272-3900

Service available to: No Restrictions

Description of Service: *Support groups provide a place for friends and family to share valuable information, caregiving tips and concerns throughout the Alzheimer's journey.*

Organization: *Alzheimer's Foundation of America - Caregiver Support Groups*

Address: 322 Eighth Avenue, 16th Floor New York, NY 10001

Website: <https://alzfdn.org/caregiving-resources/2860-2/>

Email: info@alzfdn.org

Phone Number: 866-232-8484

Service available to: No restrictions

Description of Service: *AFA offers free weekly, telephone based support groups, facilitated by AFA's licensed social workers, designed to give caregivers a place to connect and share with one another. To register for a caregiver support group, please contact AFA's National Toll-Free Helpline at 866-232-8484 and speak with one of our licensed social workers. Current Support Groups: Caregiver Support Group, Caregiver Support Group, Support Group for Family Members Whose Loved Ones Reside in a Care Setting During COVID-19, Family Interactions in the Time of COVID-19: How to Resolve Conflicts and Stressors.*

Organization: *Family Caregiver Alliance - FCAOnline Support Groups*

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.caregiver.org/support-groups>

Phone Number: 800-445-8106

Service available to: No Restrictions

Description of Service: *The Caregiver-online support group is an unmoderated group for families, partners, and other caregivers of adults with disorders such as Alzheimer's, stroke, braininjury, and other chronic debilitating health conditions. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.*

Organization: *Genevieve N. Johnson Senior Day Care Center - Alzheimer's support group for caregivers*

Address: 4817 Blagden Avenue, NW Washington, DC 20011

Email: Rjohn9748@verizon.net

Phone Number: 202-723-8538

Service available to: Client or Enrollee, Age 60+, please ask for additional information

Description of Service: *Provides a combination of geriatric day care, recreation/socialization, and health promotion services for frail elderly in need of assistance with mobility, the well elderly with independent mobility, and seniors wanting to participate in various activities of interest.*

Organization: Iona - Support Groups

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/support-groups/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Support Groups for Individuals with Dementia, Support group (Caregiver or both), please ask about other services

Service Available to: No restrictions

Description of Service: *Facilitated by Iona professionals, our support groups give participants the opportunity to: find emotional comfort and moral support; gain practical advice; compare notes on resources; talk honestly and confidentially with others going through the same thing.*

Organization: Mount Pleasant Village

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: 202-573-7548

Service available to: Those living between 16th Street and Rock Creek Park and between Harvard Street and Piney Branch. Out-of-boundary membership is available for those living west of 16th Street, north of Columbia Road, and east of 18th Street and Adams Mill Road., Client or Enrollee, please ask for additional information

Description of Service: *In our volunteer/member-managed Village, we celebrate the opportunities and meet the challenges of aging in community. Health, Wellness and Living: Join our Active Aging Activities. We now have three weekly walking groups, Exercise and yoga classes, Mindfulness sessions and a Meditation workshop, Social, Cultural and Community Activities. Meet new friends and neighbors of all ages. Join other members at Village hangouts for social coffees and happy hours plus games, pot luck dinners at member homes, trips, cinema and book clubs. The Village has partnered with Iona House, and All Souls Church to present workshops series designed for older adults who want tools, strategies, and support to age successfully. Be informed of offerings at Iona's Take Charge/Age Well Academy. Join us to explore issues in Elder housing, safety in home, needed renovations, Special Interest topics -- Death with Dignity, Alzheimer's Support Group, etc. Our "help with daily living program" is growing and improving as we strive to provide help with activities like: Local transportation and short errands, Friendly phone check-ins and visits, Medical note-taking, Light house and yard chores and simple maintenance, Help finding information, Basic technology and computer help.*

Organization: Northwest Neighbors Village

Address: 4901 Connecticut Avenue, NW, #277 Washington, DC 20008

Website: <https://nwnv.helpfulvillage.com/pages/6-member-benefits>

Email: info@nnvdc.org

Phone Number: 202-777-3435

Service available to: The boundaries for the Northwest neighbors Village are Western Avenue, Massachusetts Avenue, Upton Street and the west side of Rock Creek Park, Client or Enrollee, please ask for additional information

Description of Service: *Our wonderful group of volunteers fulfill member requests. They can help with: Transportation to the doctor, the grocery store, the beauty salon, etc, Computer and electronics troubleshooting, Medical note-taking, Home decluttering, Absent owner chores (bringing in mail, watering plants, etc...), Rides to Village events and activities and much more. Volunteers can accompany members into most appointments and shopping trips. Support groups are ongoing.*

Organization: Sibley Memorial Hospital - Support Groups

Address: 5255 Loughboro Road, NW Washington , DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/support-groups.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service available to: Client or Enrollee, Age 50+, please ask for additional information

Description of Service: *Sibley offers a variety of support groups to our Senior Association members and to the community. Support groups are free, ongoing and open to new members. Call the numbers listed for more information and registration. Support groups are free to members of the Senior Association which has a small cost.*

Organization: Sibley Memorial Hospital - Care Partner Support Group

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/support-groups.html>

Phone Number: 202-364-7602

Service available to: No Restrictions

Description of Service: *This support group is for persons who are caring for someone who needs assistance. It may simply be the challenges of aging or chronic illness, such as Alzheimer's or other forms of dementia, Cancer, Parkinson's disease, or even because of mental health issues. You are also welcome if your loved one is long distance or in a care community. Please call for more information and to register: 202-364-7602.*

Organization: Sibley Memorial Hospital – Sibley Club Memory

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/club-memory.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners. Club Memory also offers support groups for people with a diagnosis of dementia and their family care partners. Support groups meet twice a month as well. If you or someone you care about has been diagnosed with early-stage Alzheimer's, mild cognitive impairment or any other form of dementia, know that there is hope and support for you and your family.*

Organization: Terrific, Inc. – Caregiver's Corner

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

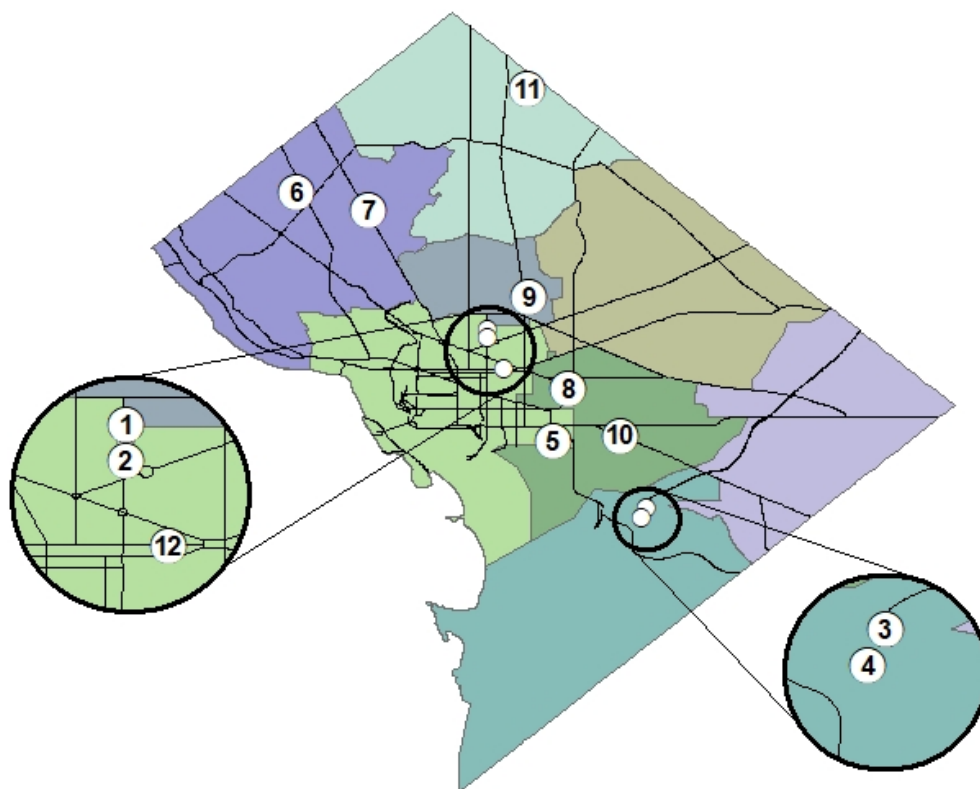
Email: info@terrificinc.org

Phone Number: 202-882-1160

Service Available to: Residents of Ward 1, Ward 2, and Ward 4, please ask for additional information

Description of Service: *Are you or someone you know a caregiver? Are you facing daily challenges...daily successes...daily struggles...daily moments of inspiration? Share your experiences and inspirational support with other caregivers through the CAREGIVER CONNECTION. Leave us a note below to encourage a fellow caregiver or share your experiences.*

Dementia Education and Caregiver Support: Counseling, Mental Health Services, and Bereavement Services



Organizations

- | | |
|---|--|
| 1) Whitman-Walker Health | 7) Wendt Center for Loss and Healing |
| 2) Whitman-Walker Health | 8) Capital Caring Health |
| 3) Wendt Center for Loss and Healing | 9) Howard University Hospital Department of Psychiatry and Behavioral Sciences |
| 4) Whitman-Walker Health | 10) Whitman-Walker Health |
| 5) DC Department on Disability Services | 11) The Imago Center of Washington DC |
| 6) Iona | 12) Downtown Cluster's Geriatric Day Care Center, Inc. |

Organization: ***Aging Network Services - Aging Network Services***

Address: 4401 East-West Highway, Suite 300 Bethesda, MD 20814

Website: <https://agingnetworkservices.com/our-services>

Email: ans@agingnetworkservices.com

Phone Number: 301-657-4329

Description of Service: *We are geriatric care managers and psychotherapists located in Bethesda, Maryland. Our clients are people who feel a strong sense of responsibility to parents who can no longer function independently. They are determined to keep their parents safe and as high-functioning as possible. While our clients are committed to helping their parents, they also want to*

retain the joys and routines of their own lives. They rely on us to help them succeed at the difficult, emotion-laden balancing act they face.

Organization: *Capital Caring Health - Grief Support*

Address: 50 F Street, NW, Suite 3300 Washington, DC 20001

Website: <https://www.capitalcaring.org/get-help/our-services/grief-support/>

Phone Number: 800-869-2136

Description of Service: *Please know that during the difficult days and months that lay ahead, Capital Caring Health Grief Counselors provide a variety of services that we hope will address your needs. These services include: Telephone support, Short-term individual or family grief counseling, Resources for families with children, as well as support groups and workshops., Our grief support services are available to anyone in our community who has experienced the death of a loved one – not only hospice recipients. They are also offered at no charge. If you would like to access our grief counseling services, please call us at 800-869-2136 to schedule an appointment.*

Organization: *Downtown Cluster's Geriatric Day Care Center, Inc.- Social Services*

Address: 926 11th Street, NW Washington, DC 20001

Website: <http://www.dcgeriatric.org/programs.html>

Email: Downtownclusters@gmail.com

Phone Number: 202-347-7527

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *The Center's social services component provides assistance and quality supportive services to participants and their caregivers. Social services delivered to participants which included case management, intake assessments, evaluations, individual and family counseling, treatment plans and telephone reassurance, commodity foods distribution, caregiver's support group meetings and adult education.*

Organization: *GriefNet- Support Groups*

Address: PO Box 3272 Ann Arbor, MI 48106

Website: www.rivendell.org

Email: cendra@griefnet.org

Phone Number: None

Service available to: No Restrictions

Description of Service: *Our grief support groups operate 24-hours/day, 365 days/year. Members participate when they wish and are able to, not at a set time. When one member of a group sends an email message to the group, everyone in the group receives a copy. This allows many people to respond with love and caring to the thoughts and feelings of an individual, day and night, year-round. Since 1994 these groups have helped thousands of people around the world deal safely with their grief. You may wish to read some of our testimonials.*

Organization: GriefShare- Support Groups

Address: P.O. Box 1739 Wake Forest, NC 27588-1739

Website: <https://www.griefshare.org/>

Email: info@griefshare.org

Phone Number: 800-395-5755

Service available to: No Restrictions

Description of Service: *GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experience, such as the death of a family member or friend. GriefShare seminars and support groups are led by people who understand what you are going through and want to help. Seminars and support groups near you can be found through our website. You can also sign up to Receive an encouraging email message every day for a year.*

Organization: Howard University Hospital Department of Psychiatry and Behavioral Sciences-Adult Outpatient Clinic

Address: 530 College Street, NW Washington, DC 20059

Website: <http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences/psychiatric-services>

Phone Number: 202-806-9311

Service available to: No Restrictions

Description of Service: *The child/adolescent and adult outpatient clinic provides outpatient evaluation and treatment for children, adolescents and their parents for individuals 18 and younger. In addition, adult programs specializing in the evaluation and treatment of anxiety, traumatic stress disorders, mood, psychotic, sleep disorders, and dementia disorders are available in addition to substance abuse and dual diagnosis services. Treatment approaches include individual, group, family therapy and pharmacotherapy, depending on the needs of the patient. The clinic is staffed with psychiatrists, psychologists, nurses and a social worker.*

Organization: Iona - Mental Health Therapy and Services

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/mental-health-therapy/>

Email: info@iona.org

Phone Number: 202-895-9448

Description of Service: *Iona's trained psychotherapists understand these challenges and are available for individual sessions to help you address your anxieties or fears, find new sources of enjoyment and meaning in your life, connect to support systems, and learn new ways to communicate your emotions in a healthy and positive way. Caregivers and other family members can also benefit from therapy to talk openly about their fears, anxieties, and stresses associated with caretaking and learn more about community resources. Through a collaborative approach, our psychotherapists can offer you fresh perspectives and coping skills to help you live the best life possible. We can help you address: feelings of depression or anxiety; difficulties dealing with memory loss, a medical condition, or increased dependence on others; grief and loss; transitioning to retirement; adjusting to a change in roles or responsibilities in a relationship; caregiving stress.*

Organization: *The Imago Center of Washington DC- Individual Counseling*

Address: 7003 Piney Branch Road, NW Washington, DC 20012

Website: <https://imagocenterdc.com/individual-therapy/>

Phone Number: 202-670-5065

Service available to: No Restrictions

Description of Service: *Individual therapy sessions give you the tools to develop a positive, fulfilling mindset and improve your relationships with others. With guidance from an experienced professional, clients learn to conquer obstacles to self-improvement, mold an optimistic outlook, give and receive the love you seek. The Imago Center of Washington DC offers individual therapy in Washington DC and Maryland.*

Organization: *The Washington Home - Bereavement Support Group*

Address: 1875 Connecticut Avenue, NW, Suite 140 Washington, DC 20009

Website: <https://www.thewashingtonhome.org/>

Phone Number: 202-895-0155

Service available to: No Restrictions

Description of Service: *The Washington Home is beginning a weekly bereavement group, where those experiencing grief from the loss of a loved one can meet to honor their loved one's memory and navigate a new path forward. There's comfort in community and this group will offer a welcoming space for reflection and sharing with understanding friends and counselors. If you, or someone you know is still struggling with grief, we hope you/they will consider joining this weekly group.*

Organization: *Wendt Center for Loss and Healing- Adult Counseling*

Address: 4201 Connecticut Avenue, NW Suite 300 Washington, DC 20008

Website: <https://www.wendtcenter.org/adult-counseling/>

Phone Number: 202-204-5021

Description of Service: *Grief and trauma counseling is our specialty. We have learned and benefited from decades of experience working with adults, children, teens and families facing many different situations of illness, trauma and grief. Our therapists are not afraid to witness pain— many of our lives have been touched by it — and we know that we cannot “take it away” or “fix it.” But, we can provide a safe, confidential place to travel this often painful journey. We offer a variety of services to meet the needs of our community, including individual, couple, family and group counseling. Daytime and evening appointments are available. Every effort is made to find the therapist most suited to the client’s needs. As it is difficult to project how long counseling will take, services are available for as long as an individual or a family needs.*

Organization: *Sibley Memorial Hospital – Sibley Senior Association*

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Service Available to: Age 50+, please ask for additional information

Description of Service: *As a Sibley Senior Association Member, you will receive: A discount in our parking garage, The Sibley Senior Association quarterly newsletter, A discount on over-the-counter items at Foer's Pharmacy in the Sibley Medical Building, A \$1 per hour discount on the hourly rate at Potomac Home Support, Free blood pressure checks, Periodic health screenings, Free seminars and events, Support groups, Exercise classes, Access to our spousal bereavement program, Access to Club Memory, Help from Sibley professionals including a free consultation with Sibley pharmacists.*

Organization: *Whitman-Walker Health- Behavioral Health*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/behavioral-health>

Phone Number: 202-745-7000

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *Behavioral Health programs include peer support, substance use services, mental health, and psychiatry. We offer services to adults and youth. We also provide gender affirmation-related assessment and documentation. The behavioral healthcare team includes licensed psychotherapists (social workers, professional counselors, and marriage and family therapists), psychologists, psychiatric providers (medical doctors and nurse practitioners), and highly trained peers and interns. The assessment and referral process will get you started and will help us determine together which services are right for you.*

Home-Based Services - Personal Care Aides and Companionship Services

These resources provide companionship services and in-home assistance with personal care tasks, known as activities of daily living (ADLs) which include support for dressing, bathing, toileting, transferring/mobility, and eating. Some of these organizations also help with instrumental activities of daily living (IADLs) such as light housework or food preparation, i.e. services that are often called “homemaker” services. These resources are all dementia-inclusive and are available to individuals with dementia or other physical limitations.

There is no certification for dementia-specific personal care aides in the District. However, some of these agencies may provide additional training in dementia care for their aides. When hiring an aid, ask about additional training that may be necessary to meet individual needs. The Alzheimer’s Association recommends asking specific questions when interviewing a company to provide personal care. For additional information on the types of questions recommended, see their website:

<https://www.alz.org/media/documents/alzheimers-dementia-choosing-in-home-provider-ts.pdf>

This list may not represent all agencies that serve the District but is a comprehensive place to begin your search. Most of these services are paid for privately. We have tried to indicate when organizations provide additional services beyond personal care, such as medication management or care management services. This may not be all inclusive of the services each organization provides.

Several types of organizations that can connect you to these services are listed separately below.

- **Private Agencies**
- **Veteran Affiliated Services**
- **Medicaid and Income-Based Services**

Home-Based Services - Personal Care Aides and Companionship Services: Private Aid Agencies

Organization: *A-1 Action Nursing Care- Private Duty Nursing Care*

Address: 3508 Greencastle Road Burtonsville, MD 20866

Website: <https://a1actionnursingcare.com/services/>

Email: a1actionnursingcare@erols.com

Phone Number: 202-333-0509

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, please ask about other services

Organization: *At Home Care, Inc.- At Home Care, Inc.*

Address: 15304 Spencerville Court Burtonsville, MD 20866

Website: <http://www.athomecareinc.com/services.htm>

Phone Number: 301-421-0200

Additional Services may Include: Light Homecare or Yardwork, please ask about other services

Organization: *Capital City Nurses- Elder Care*

Address: 8401 Connecticut Avenue Suite 1020 Chevy Chase, MD 20815

Website: <https://capitalcitynurses.com/services/elder-care/>

Phone Number: 202-517-8401

Additional Services may Include: Light Homecare or Yardwork, please ask about other services

Organization: *Caring Givers- Dementia and Alzheimer's Care*

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Organization: *Complete Care Solutions, LLC- Personal, Companion and Respite Care*

Address: 4301 50th Street NW, Unit 9 Washington, DC 20016

Website: <https://www.completecaresolutionsllc.com/personal-care>

Email: info@completecaresolutionsllc.com

Phone Number: 301-548-0100

Additional Services may Include: Light Homecare or Yardwork, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Organization: *Corewood Care- Personal Care Services*

Address: 5225 Wisconsin Avenue NW, Suite 501 Washington, DC 20015

Website: <https://www.corewoodcare.com/care-services/personal-care-services>

Email: info@corewoodcare.com

Phone Number: 202-545-6737

Additional Services may Include: Light Homecare or Yardwork, Care Management, Medication Management, Safety Consultation, please ask about other services

Organization: *Family & Nursing Care, Inc.- Family & Nursing Care Classic Options*

Address: 1010 Wayne Avenue Silver Spring, MD 20910

Website: <https://www.familynursingcare.com/home-care-services/>

Email: info@familynursingcare.com

Phone Number: 202-628-5300

Additional Services may Include: Light Homecare or Yardwork, Medication Management, please ask about other services

Organization: *Georgetown Home Care- Personal Care Services*

Address: 3301 New Mexico Avenue NW #214 Washington, DC 20016

Website: <https://www.georgetownhomecare.com/services/personal-care-services/>

Phone Number: 202-333-3400

Additional Services may Include: Light Homecare or Yardwork, please ask about other services

Organization: *Home Care Partners- Home Care Aide Services*

Address: 1234 Massachusetts Avenue NW Ste. C-1002 Washington, DC 20005

Website: <http://www.homecarepartners.org/content/services>

Email: info@homecarepartners.org

Phone Number: 202-638-2382

Additional Services may Include: Light Homecare or Yardwork, Care Management, please ask about other services

Organization: *Home Instead Senior Care- Alzheimer's and Dementia Home Care and Respite Care*

Address: 1441 L Street NW, Suite 1102 Washington, DC 20005

Website: <https://www.homeinstead.com/197/home-care-services>

Phone Number: 301-588-9710

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Organization: *Lifematters- Home Care, Home Maker and Respite Services*

Address: 8758 Georgia Avenue, Suite 600 Silver Spring, MD 20910

Website: <https://lifemattersusa.com/for-dc-residents-only/>

Email: dcresidents@lifemattersusa.com

Phone Number: 202-655-4775

Additional Services may Include: Light Homecare or Yardwork, Care Management, Private Ride Service, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Organization: *Options for Senior America - Companionship Care, Personal Care, and Live-In Specialists*

Address: 555 Quince Orchard Road, Suite 240 Gaithersburg, MD 20878

Website: <https://optionscorp.com/our-services/Gaithersburg-MD-2>

Email: WashingtonDC@OptionsCorp.com

Phone Number: 301-562-3100

Additional Services may Include: Light Homecare or Yardwork, Respite Care (Hourly or Daytime), please ask about other services

Organization: *Potomac Home Health Care- Potomac Home Support*

Address: 6001 Montrose Road, Ste #307 Rockville, MD 20852

Website: <https://www.phhc.org/potomac-home-support>

Phone Number: 301-896-6990

Additional Services may Include: Light Homecare or Yardwork, Care Management, Private Ride Service, please ask about other services

Organization: *Right at Home- Alzheimer's, Dementia and Cognitive Change Home Care Services*

Address: 1818 New York Avenue Northeast Suite 219 Washington, DC 20002

Website: <https://www.rightathome.net/services/alzheimers-dementia-care-services>

Phone Number: 202-269-0008

Additional Services may Include: Light Homecare or Yardwork, Care Management, Private Ride Service, Respite Care (Hourly or Daytime), please ask about other services

Organization: *SmithLife Home Care- Personal Care and Health Support*

Address: 4000 Albemarle Street NW, Ste 306 Washington, DC 20016

Website: <https://www.smithlifehomecare.com/our-services/>

Email: info@smithlifehomecare.com

Phone Number: 202-221-7503

Additional Services may Include: Light Homecare or Yardwork, Safety Consultation, Private Ride Service, please ask about other services

Organization: *Specialty Care Services- Specialized Home Health Care*

Address: 8555 16th Street, Suite 101 Silver Spring, MD 20910

Website: <https://specialtycareservices.com/home-care-agencies-washington-dc/>

Email: info@specialtycareservices.com

Phone Number: 301-585-6300

Additional Services may Include: Light Homecare or Yardwork, Care Management, Respite Care (Hourly or Daytime), please ask about other services

Organization: *VMT Home Health Agency- Home Care*

Address: 955 L'Enfant Plaza SW Suite #985 Washington, DC 20024

Website: <https://vmthc.com/#services-section-01>

Phone Number: 202-282-3004

Additional Services may Include: Light Homecare or Yardwork, Respite Care (Hourly or Daytime), please ask about other services

Organization: *Visiting Angels- Home Care Services*

Address: 7826 Eastern Avenue, NW Ste #409 Washington, DC 20012

Website: <https://www.visitingangels.com/senior-home-care-district-of-columbia-dc>

Phone Number: 800-365-4189

Additional Services may Include: Light Homecare or Yardwork, Respite Care (Hourly or Daytime), please ask about other services

Home-Based Services - Personal Care Aides and Companionship Services: Veteran Affiliated Services

Veterans may be eligible for personal care aid services based on a variety of factors. The first step to identifying if you are eligible, is to be assessed for the needed level of care by your local VA provider.

Organization: *Department of Veterans' Affairs- Homemaker and Home Health Aids*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Homemaker_and_Home_Health_Aide_Care.asp

Phone Number: 1-855-260-3274

Additional services may include: please ask about other services

Description of Service: *A Homemaker or Home Health Aide is a trained person who can come to a Veteran's home and help the Veteran take care of themselves and their daily activities. Home Health Aides and Homemakers are not nurses, but they are supervised by a registered nurse who will help assess the Veteran's daily living needs. This program is for Veterans who need personal care services and help with activities of daily living. This program is also for Veterans who are isolated, or their caregiver is experiencing burden. Examples of daily activities you may be able to receive help with are: Eating, Getting dressed, Personal grooming, Bathing, Using the bathroom, Moving from one place to another, Grocery Shopping. Services are limited to veteran eligibility.*

Home-Based Services - Personal Care Aides and Companionship Services: Medicaid and Income-Based Services

Individuals living in DC may be eligible for personal care aid services based on income and other eligibility criteria, such as level of need. The District supports personal care services for individuals enrolled in the DC Waiver Programs and who meet financial eligibility and clinical need. You should contact programs directly to be assessed for eligibility.

Organization: DC Department on Disability Services- Home and Community-Based Services Waiver Program

Address: 250 E Street, SW Washington, DC 20024

Website: <https://dds.dc.gov/page/home-and-community-based-services-waiver-program>

Email: dds@dc.gov

Phone Number: 202-730-1556

Description of Service: *The HCBS wavier program provides a variety of services and supports that designed to meet each person's needs. The array of services offered includes andrespite care. Services are provided by agencies that have been approved to provide HCBS waiver program services by DDS/DDA and DHCF. The waiver program provides an alternative to institutional residential services by offering a wide range of daily living, respite, vocational, employment, retirement, social, clinical, therapy and adaptive services and supports in the home and community in a variety of settings.*

Organization: Department of Aging and Community Living- Elderly and Persons with Disabilities Waiver Program

Address: 250 E Street SW Washington, DC 20024

Website: <https://dacl.dc.gov/page/elderly-and-persons-disabilities-waiver>

Email: EPDwaiver.dcoa@dc.gov

Phone Number: 202-724-5626

Description of Service: *The Elderly and Persons with Disabilities Waiver Program is also known as the EPD Waiver Program. This program provides services in the homes of individuals who would otherwise need to live in a nursing home. The goal of the program is to help you live independently in your own home or community. If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. You can also choose who will provide the services in your home, if you'd like. You, your case manager, and doctor will work together to make sure that you have all of the available support you would need to live independently. Services available may include Adult Day Health, Assisted Living, Case Management, Chore Services (Washing windows, nailing down loose flooring, etc.), Environmental Accessibility Adaptations (Home modifications, such as making the home wheelchair accessible), Homemaker Services (Light housekeeping and meal preparation), Personal Care Assistance, Personal Emergency Response Services (PERS), and Respite Services (up to 480 care hours per year). If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. To be eligible you must be a resident of the District of Columbia, be 65 or*

older or older than 18 and have a disability, need assistance in your home with daily activities like dressing, grooming, preparing meals and housecleaning, have an income less than \$2,313 a month and limited accountable assets. Other criteria may apply.

Organization: *Department of Health Care Finance- D.C. Medicaid*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/medicaid>

Email: dhcf@dc.gov

Phone Number: 202-727-5355

Description of Service: *DC Medicaid is a healthcare program that pays for medical services for qualified people. It helps pay for medical services for low-income and disabled people. For those eligible for full Medicaid services, Medicaid pays healthcare providers. Providers are doctors, hospitals and pharmacies who are enrolled with DC Medicaid. Individuals who have DC Medicaid may be eligible for services to improve personal and home safety, respite services, and case management services based on need. Individuals may be eligible for personal care aid services through DC Medicaid.*

Home-Based Services - Homemaker Services

These resources can help with light housework, errands, tasks, or yardwork to help individuals living with dementia remain in their homes. They are often called “homemaker” services. This list does not include many private housekeeping, landscaping, or handyman companies that may not have specific training to meet the needs of older adults. The services included in this list are well established in the District to specifically serve local older adults and are inclusive of those with memory loss or dementia.

Several types of organizations that can connect you to these services are listed separately below.

- **DC Villages**
- **District Organizations**
- **Private Agencies**

Home-Based Services - Homemaker Services: DC Villages

Organization: *Capitol Hill Village*

Address: 725 8th Street SE, 2nd floor Washington, DC 20003

Website: <https://capitolhillvillage.org/membership/>

Email: info@capitolhillvillage.org

Phone Number: 202-543-1778

Available Services May Include: Light Homecare or Yardwork, Social Work, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Cleveland & Woodley Park Village*

Address: 3601 Connecticut Avenue NW, Ste L-04 Washington, DC 20008

Website: <https://www.clevelandwoodleyparkvillage.org/member-benefits/>

Email: info@clevelandwoodleyparkvillage.org

Phone Number: 202-615-5853

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *DC Waterfront Village*

Address: 800 Maine Ave SW, Suite 200 Washington, DC 20024

Website: <https://www.dewaterfrontvillage.org/>

Email: info@dewaterfrontvillage.org

Phone Number: 202-656-1834

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Available Services May Include: Light Homecare or Yardwork, Care Management, Social Work, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Far Southeast Senior Village*

Address: 1010 Anderson Place, SE Washington, DC 20032

Website: www.eopow5.wix.com/eopow

Email: EOPOW@hotmail.com

Phone Number: 301-326-5460

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Foggy Bottom West End Village*

Address: 2430 K Street NW Washington, DC 20037

Website: <https://www.fbwevillage.org/>

Email: dsnyder@fbwevillage.org

Phone Number: 202-333-1327

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Glover Park Village*

Address: PO Box 32255 Washington, DC 20007

Website: <https://goldenglovers.clubexpress.com/>

Email: Info@GloverParkVillage.org

Phone Number: 202-436-5545

Available Services May Include: Light Homecare or Yardwork, Social Clubs, Social Networking/ Online Community, Art and Music Programs, please ask about other services

Organization: *Mount Pleasant Village*

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: 202-573-7548

Available Services May Include: Light Homecare or Yardwork, Daily Check-in Calls, Social Clubs, Social Networking / Online Community, Art and Music Programs, Support Group (Caregiver or both), please ask about other services

Organization: *Northwest Neighbors Village*

Address: 4901 Connecticut Avenue, NW Washington, DC 20008

Website: www.nwnv.org

Email: nnvillage@gmail.com

Phone Number: 202-777-3435

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Palisades Village*

Address: 5200 Cathedral Avenue, NW Washington, DC 20016

Website: <https://www.palisadesvillage.org/>

Email: info@palisadesvillage.com

Phone Number: 202-244-3310

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Organization: *Pennsylvania Avenue Village East*

Address: 3130 Pennsylvania Avenue, SE Washington, DC 20020

Website: <https://pavillageeast.org/>

Phone Number: 202-581-6160

Available Services May Include: Light Homecare or Yardwork, Private Ride Service, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

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Home-Based Services - Homemaker Services: District Organizations

Organization: *DC Department on Disability Services- Home and Community-Based Services Waiver Program*

Address: 250 E Street, SW Washington, DC 20024

Website: <https://dds.dc.gov/page/home-and-community-based-services-waiver-program>

Email: dds@dc.gov

Phone Number: 202-730-1556

Description of Service: *The HCBS wavier program provides a variety of services and supports that designed to meet each person's needs. The array of services offered includes andrespite care. Services are provided by agencies that have been approved to provide HCBS waiver program services by DDS/DDA and DHCF. The waiver program provides an alternative to institutional residential services by offering a wide range of daily living, respite, vocational, employment, retirement, social, clinical, therapy and adaptive services and supports in the home and community in a variety of settings.*

Organization: *Department of Aging and Community Living- Elderly and Persons with Disabilities Waiver Program*

Address: 250 E Street SW Washington, DC 20024

Website: <https://dacl.dc.gov/page/elderly-and-persons-disabilities-waiver>

Email: EPDwaiver.dcoa@dc.gov

Phone Number: 202-724-5626

Description of Service: *The Elderly and Persons with Disabilities Waiver Program is also known as the EPD Waiver Program. This program provides services in the homes of individuals who would otherwise need to live in a nursing home. The goal of the program is to help you live independently in your own home or community. If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. You can also choose who will provide the services in your home, if you'd like. You, your case manager, and doctor will work together to make sure that you have all of the available support you would need to live independently. Services available may include Adult Day Health, Assisted Living, Case Management, Chore Services (Washing windows, nailing down loose flooring, etc.), Environmental Accessibility Adaptations (Home modifications, such as making the home wheelchair accessible), Homemaker Services (Light housekeeping and meal preparation), Personal Care Assistance, Personal Emergency Response Services (PERS), and Respite Services (up to 480 care hours per year). If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. To be eligible you must be a resident of the District of Columbia, be 65 or older or older than 18 and have a disability, need assistance in your home with daily activities like dressing, grooming, preparing meals and housecleaning, have an income less than \$2,313 a month and limited accountable assets. Other criteria may apply.*

Organization: *Department of Health Care Finance- D.C. Medicaid*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/medicaid>

Email: dhcf@dc.gov

Phone Number: 202-727-5355

Description of Service: *DC Medicaid is a healthcare program that pays for medical services for qualified people. It helps pay for medical services for low-income and disabled people. For those eligible for full Medicaid services, Medicaid pays healthcare providers. Providers are doctors, hospitals and pharmacies who are enrolled with DC Medicaid. Individuals who have DC Medicaid may be eligible for services to improve personal and home safety, respite services, and case management services based on need. Individuals may be eligible for personal care aid services through DC Medicaid.*

Organization: *East River Family Strengthening Collaborative*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://erfsc.org/senior-services-programs/>

Phone Number: 202-397-7300

Additional Services may include: Heavy Cleaning, please ask about other services

Organization: *Seabury Resources for Aging*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/ageinplace>

Email: info@seaburyresources.org

Phone Number: 202-635-9384

Additional Services may include: please ask about other services

Home-Based Services - Homemaker Services: Private Agencies

Organization: *A-1 Action Nursing Care*

Address: 3508 Greencastle Road Burtonsville, MD 20866

Website: <https://a1actionnursingcare.com/services/>

Email: a1actionnursingcare@erols.com

Phone Number: 202-333-0509

Additional Services may include: Personal Care or Companionship Services, Private Ride Service, please ask about other services

Organization: *Advanced Nursing & Home Support*

Address: 15800 Crabbs Branch Way, Suite 205 Rockville, MD 20855

Website: <https://www.advancedhomesupport.com/our-services/home-care/memory-care/>

Phone Number: 240-266-9597

Additional Services may include: Personal Care or Companionship Services, Safety Consultation, Private Ride Service, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Organization: *At Home Care, Inc.*

Address: 15304 Spencerville Court Burtonsville, MD 20866

Website: <http://www.athomecareinc.com/services.htm>

Phone Number: 301-421-0200

Additional Services may include: Personal Care or Companionship Services, please ask about other services

Organization: *Capital City Nurses*

Address: 8401 Connecticut Avenue Suite 1020 Chevy Chase, MD 20815

Website: <https://capitalcitynurses.com/services/elder-care/>

Phone Number: 202-517-8401

Additional Services may include: Personal Care or Companionship Services, please ask about other services

Organization: *Caring Givers*

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Additional Services may include: Personal Care or Companionship Services, Private Ride Service, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Organization: *Complete Care Solutions, LLC*

Address: 4301 50th Street NW, Unit 9 Washington, DC 20016

Website: <https://www.completecaresolutionsllc.com/personal-care>

Email: info@completecaresolutionsllc.com

Phone Number: 301-548-0100

Additional Services may include: Personal Care or Companionship Services, Respite Care (Hourly or Daytime), Respite Care (Overnight), please ask about other services

Organization: *Corewood Care*

Address: 5225 Wisconsin Avenue NW, Suite 501 Washington, DC 20015

Website: <https://www.corewoodcare.com/care-services/personal-care-services>

Email: info@corewoodcare.com

Phone Number: 202-545-6737

Additional Services may include: Personal Care or Companionship Services, Medication Management, Care Management, Safety Consultation, please ask about other services

Organization: *Family & Nursing Care, Inc.*

Address: 1010 Wayne Avenue Silver Spring, MD 20910

Website: <https://www.familynursingcare.com/home-care-services/>

Email: info@familynursingcare.com

Phone Number: 202-628-5300

Additional Services may include: Personal Care or Companionship Services, Medication Management, please ask about other services

Organization: *Georgetown Home Care*

Address: 3301 New Mexico Avenue NW #214 Washington, DC 20016

Website: <https://www.georgetownhomecare.com/services/personal-care-services/>

Phone Number: 202-333-3400

Additional Services may include: Personal Care or Companionship Services, please ask about other services

Organization: *Home Care Partners*

Address: 1234 Massachusetts Avenue NW Ste. C-1002 Washington, DC 20005

Website: <http://www.homecarepartners.org/content/services>

Email: info@homecarepartners.org

Phone Number: 202-638-2382

Additional Services may include: Personal Care or Companionship Services, Care Management, please ask about other services

Organization: *Home Instead Senior Care*

Address: 1441 L Street NW, Suite 1102 Washington, DC 20005

Website: <https://www.homeinstead.com/197/home-care-services>

Phone Number: 301-588-9710

Additional Services may include: Personal Care or Companionship Services, Private Ride Service, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Organization: *Lifematters*

Address: 8758 Georgia Avenue, Suite 600 Silver Spring, MD 20910

Website: <https://lifemattersusa.com/for-dc-residents-only/>

Email: dcresidents@lifemattersusa.com

Phone Number: 202-655-4775

Additional Services may include: Personal Care or Companionship Services, Care Management, Private Ride Service, Respite Care (Overnight), Respite Care (Hourly or Daytime), please ask about other services

Organization: *Options for Senior America*

Address: 555 Quince Orchard Road, Suite 240 Gaithersburg, MD 20878

Website: <https://optionscorp.com/our-services/Gaithersburg-MD-2>

Email: WashingtonDC@OptionsCorp.com

Phone Number: 301-562-3100

Additional Services may include: Personal Care or Companionship Services, Respite Care (Hourly or Daytime), please ask about other services

Organization: *Potomac Home Health Care – Potomac Home Support*

Address: 6001 Montrose Road, Ste #307 Rockville, MD 20852

Website: <https://www.phhc.org/potomac-home-support>

Phone Number: 301-896-6990

Additional Services may include: Personal Care or Companionship Services, Care Management, Private Ride Service, please ask about other services

Organization: *Right at Home*

Address: 1818 New York Avenue Northeast Suite 219 Washington, DC 20002

Website: <https://www.rightathome.net/services/alzheimers-dementia-care-services>

Phone Number: 202-269-0008

Additional Services may include: Personal Care or Companionship Services, Care Management, Private Ride Service, Respite Care (Hourly or Daytime), please ask about other services

Organization: *Senior Helpers*

Address: 15717 Crabbs Branch Way Suite 226 Rockville, MD 20855

Website: <https://www.seniorhelpers.com/md/dc/services/companion-care>

Phone Number: 301-304-4533

Additional Services may include: Personal Care or Companionship Services, Private Ride Service, Respite Care (Hourly or Daytime), please ask about other services

Organization: *SmithLife Home Care*

Address: 4000 Albemarle Street NW, Ste 306 Washington, DC 20016

Website: <https://www.smithlifehomecare.com/our-services/>

Email: info@smithlifehomecare.com

Phone Number: 202-221-7503

Additional Services may include: Personal Care or Companionship Services, Safety Consultation, Private Ride Service, please ask about other services

Organization: *Specialty Care Services*

Address: 8555 16th Street, Suite 101 Silver Spring, MD 20910

Website: <https://specialtycareservices.com/home-care-agencies-washington-dc/>

Email: info@specialtycareservices.com

Phone Number: 301-585-6300

Additional Services may include: Personal Care or Companionship Services, Care Management, Respite Care (Hourly or Daytime), please ask about other services

Organization: *VMT Home Health Agency – Home Care*

Address: 955 L'Enfant Plaza SW Suite #985 Washington, DC 20024

Website: <https://vmthc.com/#services-section-01>

Phone Number: 202-282-3004

Additional Services may include: Personal Care or Companionship Services, Respite Care (Hourly or Daytime), please ask about other services

Organization: *Visiting Angels*

Address: 7826 Eastern Avenue, NW Ste #409 Washington, DC 20012

Website: <https://www.visitingangels.com/senior-home-care-district-of-columbia-dc>

Phone Number: 800-365-4189

Additional Services may include: Personal Care or Companionship Services, Respite Care (Hourly or Daytime), please ask about other services

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Medication Support

These resources aid individuals who need help with medications. These resources are not necessarily dementia-specific but can be particularly helpful for individuals or caregivers in the setting of dementia or memory loss. They include options or medication pre-packaging by day and time they are intended to be taken, medication delivery, supervision for medication administration, options for medication management, and consultations with pharmacists.

Each of the following types of services are listed separately below.

- **Bubble or Pre-packaging**
- **Medication Delivery**
- **Medication Administration**
- **Medication Management**
- **Pharmacy Services**

Medication Support:
Bubble or Pre-packaging

Organization Name: *Amazon – Pill Pack*

Website: <https://www.pillpack.com/>

Phone Number: 855-745-5725

Medication Support Includes: Medication Delivery, Pre-Packaging, please ask about other services

Organization Name: *CVS - SimpleDose*

Website: <https://www.cvs.com/content/pharmacy/simpledose>

Phone Number: 1-800-753-0596

Medication Support Includes: Pre-Packaging, please ask about other services

Organization Name: *GoodCARE Pharmacy- GoodCARE Pharmacy*

Address: 2910 Martin Luther King Jr Avenue SE Washington, DC 20032

Website: <https://carepharmacies.com/pharmacy/goodcare-pharmacy/>

Phone Number: 202-561-4343

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Organization Name: *Grubb's – Delivery Service*

Address: 326 E Capitol Street NE Washington, DC 20003

Website: <http://www.grubbspharmacy.com/Content/2168>

Email: delivery@grubbspharmacy.com

Phone Number: 202-543-4400 ext. 534

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Medication Support: Medication Delivery

Organization Name: *Amazon – Pill Pack*

Website: <https://www.pillpack.com/>

Phone Number: 855-745-5725

Medication Support Includes: Medication Delivery, Pre-Packaging, please ask about other services

Organization Name: *CaryRx- Pharmacy Delivery Services*

Address: 1300 7th Street NW, Suite 200 Washington, DC 20001

Website: <https://caryrx.com/>

Email: care@caryrx.com

Phone Number: 202-930-4242

Medication Support Includes: Medication Delivery, Pharmacy Consult, please ask about other services

Organization Name: *GoodCARE Pharmacy- GoodCARE Pharmacy*

Address: 2910 Martin Luther King Jr Avenue SE Washington, DC 20032

Website: <https://carepharmacies.com/pharmacy/goodcare-pharmacy/>

Phone Number: 202-561-4343

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Organization Name: *Grubb's – Delivery Service*

Address: 326 E Capitol Street NE Washington, DC 20003

Website: <http://www.grubbspharmacy.com/Content/2168>

Email: delivery@grubbspharmacy.com

Phone Number: 202-543-4400 ext. 534

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Organization Name: *MedStar Washington Hospital- House Call Program*

Address: 110 Irving Street NW Washington, DC 20010

Website: <https://www.medstarhousecall.org/>

Phone Number: 202-877-0570

Medication Support Includes: Medication Delivery, please ask about other services

Medication Support: Medication Management

Geriatric Care Managers are an excellent resource for assistance with medications. Please see the section “Case Management, Care Planning, and Care Navigation.”

Medication Support: Pharmacy Consultation

Organization Name: *CaryRx- Pharmacy Delivery Services*

Address: 1300 7th Street NW, Suite 200 Washington, DC 20001

Website: <https://caryrx.com/>

Email: care@caryrx.com

Phone Number: 202-930-4242

Medication Support Includes: Medication Delivery, Pharmacy Consult, please ask about other services

Organization Name: *GoodCARE Pharmacy- GoodCARE Pharmacy*

Address: 2910 Martin Luther King Jr Avenue SE Washington, DC 20032

Website: <https://carepharmacies.com/pharmacy/goodcare-pharmacy/>

Phone Number: 202-561-4343

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Organization Name: *Grubb's – Delivery Service*

Address: 326 E Capitol Street NE Washington, DC 20003

Website: <http://www.grubbspharmacy.com/Content/2168>

Email: delivery@grubbspharmacy.com

Phone Number: 202-543-4400 ext. 534

Medication Support Includes: Medication Delivery, Pre-Packaging, Pharmacy Consult, please ask about other services

Organization Name: *Sibley Memorial Hospital- Sibley Senior Association*

Address: 5255 Loughboro Road, NW Washington, DC 20016

Website: <https://www.hopkinsmedicine.org/sibley-memorial-hospital/community-health/senior-wellness/index.html>

Email: SibleySenior@jhmi.edu

Phone Number: 202-364-7602

Medication Support Includes: Pharmacy consult, please ask about other services

Individual and Home Safety

These resources help support personal safety or help to improve home safety for persons living with dementia or memory loss. The services listed are specific to older adults and are generally inclusive of persons with dementia while not being explicitly dementia specific services. Types of resources listed include in home safety consultations to identify opportunities for improved personal and/or home safety, mobility equipment suppliers and daily check-in calls. Also listed are options for personal safety equipment, such as fall alerts, video monitoring, and personal trackers. These devices notify individuals, 911, or healthcare providers if an individual has a fall. Video monitors and personal trackers can help caregivers keep individuals who are at risk of wandering safe.

Each of the following types of services are listed separately below.

- **Emergency Response Preparedness**
- **Safety Consultation**
- **Home Modifications**
- **Mobility Supplies**
- **Daily Check-In Calls**
- **Individual Grants**
- **Personal Safety Devices, including Fall Alerts, Video Monitoring and Personal Trackers**

Individual and Home Safety: Emergency Response Preparedness

1. SMART 911: Consider creating a safety profile with your name, health conditions, medications, and emergency contact available for EMS in the event of an emergency. Smart911 is a national service you can use to create an individual safety profile that is visible to any participating 9-1-1 center nationwide. <https://www.smart911.com>
2. Medical Id on Smart Phone: Set up your phone or your loved one's phone to have important health information and emergency contacts. Here is a list of common apps used, there may be other options based on the make and model of your phone.
iPhone: Set up the Health App. Learn more: <https://support.apple.com/en-us/HT207021>
Android: Download the app Medical ID. Learn more: <https://medicalid.app/>

Organization: Georgetown Village – Emergency Flash Drive Program

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Service Cost: Client or Enrollee, Residents of Georgetown, Burleith, Hillandale, Fees or additional restrictions may apply

Description of Service: *Emergency Flash Drive Program: Every member of Georgetown Village is offered an Emergency Room Flash Drive. Our office volunteers will help the member upload information onto the pre-loaded Medical Information Sheet that was devised with the help of the Georgetown Village Medical Advisory Board. The member can keep this flash drive on a key chain and in the event of an emergency first responders have immediate access to important health information such as; allergies, medications used, prevalent medical conditions, etc.*

Organization: Smart911- Smart911

Website: <https://www.smart911.com/smart911/registration/registrationLanding.action>

Email: wanda.gattison@dc.gov

Service Cost: No Cost

Description of Service: *With Smart911, you can provide 9-1-1 call takers and first responders critical information you want them to know in any kind of emergency. When you call 9-1-1, your Smart911 Safety Profile displays on the 9-1-1 screen and the 9-1-1 call takers can view your addresses, medical information, home information, description of pets and vehicles, and emergency contacts. You can provide as much or as little information as you like. Smart911 is a national service meaning your Smart911 Safety Profile travels with you and is visible to any participating 9-1-1 center nationwide.*

Individual and Home Safety: Safety Consultation

Organization: *Adaptive Home Living, LLC – Home Assessment*

Website: <https://adaptivehomeliving.com/>

Email: mariella@adaptivehomeliving.com

Service Cost: Fees or additional restrictions may apply

Description of Service: *Adaptive Home Living provides consulting services and home modification assessment to enable and allow individuals safe accessibility and optimal interaction with their environment and dwellings. AHL conducts occupational therapy evaluation of living areas recognizing the client's lifestyle, caregiver dynamics, transitions and unique needs. AHL also works with other professionals to deliver friendly solutions and inclusive designs, options for environmental modification in spaces. We emphasize on safety and injury prevention while mindful of innovations in accessibility and technology.*

Organization: *Advanced Nursing & Home Support - Memory Care*

Address: 15800 Crabbs Branch Way, Suite 205 Rockville, MD 20855

Website: <https://www.advancedhomesupport.com/our-services/home-care/memory-care/>

Phone Number: 240-266-9597

Service Cost: Fees or additional restrictions may apply

Description of Service: *At Advanced Nursing + Home Support, we understand how painful dementia and Alzheimer's are—not just to your loved one, but to you and your family as well. Our primary goal is to provide exceptional in-home care for your family member and make life easier for everyone. We are a Montgomery County Dementia Friendly Business and have Dementia Certified care providers available. And we will take the time necessary to learn all about your loved one so we can match him or her with the perfect care provider. These services are available to DC residents who are living in long term care or assisted living facilities.*

Organization: *The Art of Eldercare - Care Management & Project Management*

Address: 5248 Colorado Avenue NW Washington, DC 20011

Website: <http://theartofeldercare.com/services.html>

Email: info@theartofeldercare.com

Phone Number: 202-722-4205

Service Cost: Fees or additional restrictions may apply

Description of Service: *Our focus is on the senior (and individuals with disabilities) and the caregiver. In many ways, we are the "caregiver's caregiver." Our aim is to reduce caregiver stress, achieve an effective care team, and guide seniors and their loved ones through the maze of aging challenges. We provide with assistance with the following: Housing, home care services, medical management, communication, social activities, legal, entitlements, connecting families to local programs, monitoring in-home safety and recommending technologies to add to security or safety, and observing changes and potential risks of exploitation or abuse. We also work on special projects and assist individuals, organizations, and companies in planning, understanding, and achieving a desired*

goal, which means completing “a project.” The majority of our projects focus on seniors.

Organization: Corewood Care - Personal Care Services

Address: 5225 Wisconsin Avenue NW, Suite 501 Washington, DC 20015

Website: <https://www.corewoodcare.com/care-services/personal-care-services>

Email: info@corewoodcare.com

Phone Number: 202-545-6737

Service Cost: Fees or additional restrictions may apply

Description of Service: *Senior home health care services provide the level of care needed, from help with the activities of daily living such as bathing, toileting, and mobility; to meal preparation, light housekeeping important for health care at home, and medication reminders; to transportation, companion care, or care instructions as provided by a nurse or the client's physician. Elderly home care is provided by our screened caregivers. We work very hard to ensure that your or your loved one is in safe, caring, compassionate, and very capable hands. Additional services available include* Corewood Care Managers are trained nurses and social workers dedicated to providing expert guidance and advocacy to deliver safe and cost-effective long-term care solutions. Our Care Managers will develop a comprehensive, personalized care plan offering you and your family options of how to proceed with both immediate care and long-term care.

Organization: East River Family Strengthening Collaborative- Deaf and Hard of Hearing Program

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Additional Services may Include: Safety Consultation, Personal Safety Devices, please ask about other services

Service Cost: No Cost

Description of Service: *The Deaf and Hard of Hearing Program (DHH Program) is funded through D.C. Department of Disability Services and provide amplifying hearing devices, emergency equipment (flashing smoke alarms, shaking alarm clocks, flashing doorbells), and wandering alerts to qualifying seniors. This is a free service.*

Organization: SmithLife Home Care- Personal Care and Health Support

Address: 4000 Albemarle Street NW, Ste 306 Washington, DC 20016

Website: <https://www.smithlifehomecare.com/our-services/>

Email: info@smithlifehomecare.com

Phone Number: 202-221-7503

Service Cost: Fees or additional restrictions may apply

Description of Service: *Our service packages are diverse and intended to meet the individual needs of each client—from meal preparation and transportation to doctor appointments to surgery*

recovery and respite care. When you want extra assistance with personal necessities such as bathing, grooming, dressing, and medication reminders, our personal attendants provide the assistance you require so that you can enjoy your independence and dignity. Our caregivers are trained specialists, and we are committed to their professional development, including ongoing training and certification in Alzheimer's and dementia care.

Individual and Home Safety: Home Modifications

Organization: *Department of Aging and Community Living - Safe at Home*

Address: 500 K Street NE Washington, DC 20002

Website: <https://dacl.dc.gov/service/safe-home>

Email: dacl@dc.gov

Phone Number: 202-724-5626

Additional Services may Include: Home Modifications, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *Safe at Home provides in-home preventative adaptations to reduce the risk of falls for DC seniors. Examples include: handrails; grab bars; bathtub cuts; shower seat; furniture risers; chair lift. Safe at Home's Private Security Camera Program enable eligible DC seniors and residents with disabilities to receive a private security camera system without cost.*

Organization: *Department of Veterans' Affairs - Home Improvements and Structural Alterations (HISA)*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.prosthetics.va.gov/psas/HISA2.asp>

Phone Number: 1-855-260-3274

Additional Services may Include: Home Modifications, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *This grant provides medically necessary improvements and structural alterations to Veterans/ Servicemembers' primary residence for the following purposes: Allowing entrance to or exit from their homes, Use of essential lavatory and sanitary facilities (e.g. roll in showers), Allowing accessibility to kitchen or bathroom sinks or counters (e.g. lowering counters/sinks), Improving entrance paths or driveways in immediate area of the home to facilitate access to the home through construction of permanent ramping, Improving plumbing or electrical systems made necessary due to installation of home medical equipment.*

Organization: *Department of Health Care Finance- D.C. Medicaid*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/medicaid>

Email: dhcf@dc.gov

Phone Number: 202-727-5355

Additional Services may Include: Care Management, Supplements, Metro Access & Sponsored Transportation, Personal Safety Devices, Mobility Supplies, Home Modifications, Insurance Access, Nursing Home, Assisted Living Facility, Respite Care (Hourly or Daytime), Respite Care (Overnight), Adult Day Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *DC Medicaid is a healthcare program that pays for medical services for*

qualified people. It helps pay for medical services for low-income and disabled people. For those eligible for full Medicaid services, Medicaid pays healthcare providers. Providers are doctors, hospitals and pharmacies who are enrolled with DC Medicaid. Individuals who have DC Medicaid may be eligible for services to improve personal and home safety, respite services, and case management services based on need.

Organization: DC Assistive Technology Program – Alternative Financing Program

Address: 220 I Street NE, Suite 130 Washington, DC 20002

Website: <https://www.atpdc.org/atfinancingloandc.html>

Email: ajohns@uls-dc.org

Phone Number: 202-547-0198

Service Cost: Fees or additional restrictions may apply

Description of Service: DC FUNDS is a federally funded Alternative Financing Program (AFP). It is a relatively simple option to borrow money at a very low-interest rate in order to purchase much needed assistive technology (AT) devices and services. Borrowing money through DC FUNDS allows freedom of choice, empowerment and independence. Loans are commonly used to purchase big-ticket items, including hearing aids, stair lifts, Braille notetakers, home modifications, power wheelchairs, computers, tablets, and much more which can be expensive for seniors and may not be covered under traditional insurance plans.

Organization: Glickman Design Build - Accessible and Handicapped Design

Address: 15757 Crabbs Branch Way Rockville, MD 20855

Website: <https://www.glickmandesignbuild.com/services/mobility-solutions/accessible-design/>

Phone Number: 202-792-7320

Additional Services may Include: Home Modifications, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: You, or the person you are caring for, are an independent spirit and you want your home to reflect that. In addition to being highly-functional for you to get around with your assistive devices like a wheelchair, you want your home to be beautiful. You're particular about your needs and care about living in the best possible, most comfortable home. Or you may just want your home to be "invisibly visitable" for your friends and family. Right now, your home may have temporary fixes that are allowing you to get around, but are far from optimal. Some of the projects we can help with: Condo remodeling, Home assessments, Mobility solutions, In-law suites, Accessible features without a "handicapped look", Ramps built into landscaping or porches, Vertical lifts built into porches, Elevators & elevator additions, Universal & accessible bathrooms, showers, kitchens, bedrooms, Universal & accessible custom home building, Designs fully compliant with the Americans with Disabilities Act (ADA), Apartment remodeling.

Organization: Strategies for Independent Living, LLC - Strategies for Independent Living, LLC

Address: 1007 Elm Avenue Takoma Park, MD 20912

Website: <http://strategiesforindependentliving.com/home-modifications.html>

Email: steve@strategiesforindependentliving.com

Phone Number: 301-585-5738

Additional Services may Include: Home Modifications, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *Strategies for Independent Living, LLC is a design/build construction company specializing in Aging in Place and Universal Design. Some of the services offered include adding hand rails, wheelchair lifts, ramps, curb-less showers, stair lifts, grab bars and shower seats.*

Organization: *Terrific, Inc.- Private Security Camera Program*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: jshuler@terrificinc.org, amccarley@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Home Modifications, Personal Safety Devices, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *The DC Safe at Home Program provides minor home modifications and adaptive equipment to frail seniors and disabled adults, allowing them to continue to live at home, rather than require institutionalization. The program is specifically intended to increase the safety of one's home by reducing the risk of falls and through private security cameras, deter neighborhood crime, and hence, create a safer neighborhood environment for the program participant. DC residents age 60 might be eligible to receive two (2) Safe at Home Personal Security Program Camera Systems at no cost if income does not exceed the program threshold.*

Individual and Home Safety: Mobility Supplies

Organization: *East River Family Strengthening Collaborative- Mobility Equipment and Supply Donation*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Mobility Supplies, please ask about other services

Service Cost: No Cost

Description of Service: *Donations of lightly used mobility equipment and supplies may be available on a limited basis to support seniors in our community. Items may include: wheelchairs (non-electric); transport chairs (lightweight wheelchairs that need to be pushed); rollator walkers (with and without seats); tub seats and transfer benches; commodes; hand-held grabbers; canes.*

Organization: *DC Assistive Technology Program- DC Shares: Durable Medical Equipment Recycling Program*

Address: 220 I Street NE, Suite 130 Washington, DC 20002

Website: <https://www.atpdc.org/equipmentrecyclingdc.html>

Email: frice@uls-dc.org

Phone Number: 202-332-2595

Additional Services may Include: Mobility Supplies, please ask about other services

Service Cost: No Cost

Description of Service: *Durable medical equipment (DME) is any type of equipment that assists individuals who are disabled, ill or injured, more easily manage their personal needs and daily activities. It is a benefit included in some insurances and in Medicaid/Medicare plans. DC SHARES provides durable medical equipment to eligible citizens in need - free of charge. DC Shares provides durable medical equipment (DME) such as: walkers, canes, rollators, manual wheelchairs, crutches, bedside commodes, grab bars, dressing aides, toilet safety frames, reachers, shower chairs, transfer benches.*

Organization: *DC Assistive Technology Program- DC Funds: Alternative Financing Program for Assistive Technology*

Address: 220 I Street NE, Suite 130 Washington, DC 20002

Website: <https://www.atpdc.org/atfinancingloandc.html>

Email: ajohns@uls-dc.org

Phone Number: 202-547-0198

Additional Services may Include: Home Modifications, Mobility Supplies, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *DC FUNDS is a federally funded Alternative Financing Program (AFP). It is a relatively simple option to borrow money at a very low-interest rate in order to purchase much needed assistive technology (AT) devices and services. Borrowing money through DC FUNDS allows freedom of choice, empowerment and independence. Loans are commonly used to purchase big-ticket items, including hearing aids, stair lifts, Braille notetakers, home modifications, power wheelchairs, computers, tablets, and much more which can be expensive for seniors and may not be covered under traditional insurance plans.*

Organization: *Grubb's Pharmacy- DME Services*

Address: 326 E Capitol Street NE Washington, DC 20003

Website: <http://www.grubbspharmacy.com/Content/2167>

Phone Number: 202-543-4400

Additional Services may Include: Mobility Supplies, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *Our pharmacy is a fully accredited Durable Medical Equipment company which means proven standards and quality service you can trust. We deliver anywhere with DC. We offer drop-shipment directly to patient homes in the DC, MD, VA area. Medical Equipment: Motorized and Manual Wheelchairs (rental services available), Ambulatory Aids, Bath Safety, Equipment Repair (not all equipment), CPAPs & Accessories, Nebulizer Machines. Medical Supplies: Diabetes Supplies and Services, Diabetes Shoes / Inserts, Mastectomy/ Breast Care, Urological Supplies, Ostomy Supplies and Accessories, Incontinence, Wound Care, Tracheotomy Care, Compression Stockings, Therapeutic / Orthopedic Care.*

Organization: *Iona- Medical Equipment Loan Closet*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/community-and-corporate-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Mobility Supplies, please ask about other services

Service Cost: No Cost

Description of Service: *Iona's Loan Closet provides donated, lightly-used transport devices and other supplies to anyone in need for as long as it is needed — for free. If you need an item, please contact our front desk at (202) 895-9448. Items in our Loan Closet include: wheelchairs (non-electric); transport chairs (lightweight wheelchairs that need to be pushed); rollator walkers (with and without seats); tub seats and transfer benches; commodes; hand-held grabbers; canes.*

Individual and Home Safety: Daily Check-In Calls

Organization: *Capital Caring Health*

Address: 50 F Street, NW, Suite 3300 Washington, DC 20001

Website: <https://www.capitalcaring.org/get-help/our-services/hospice/>

Phone Number: 800-869-2136

Service Available to: Enrollees

Description: *At Capital Caring Health, the services you receive will be based on your unique needs, and may include: A specialized team to help you: nurses, home health aides, social workers, chaplains, supervising physicians, nurse practitioners and others, Around-the-clock, on-call support, Medical equipment and supplies, such as wheelchairs, hospital beds, oxygen and more, Medications to control symptoms and pain, Dietary counseling, physical, occupational or speech therapy, as needed, Short-term care in a specialized hospice facility for medically necessary reasons, Short-term respite care (up to five days) in a facility for those times when family is either unavailable to provide care or needs a break from caregiving, Counseling support and guidance for patients, families and caregivers through Capital Caring Health's Point of Hope team, and "Tuck-in" calls two to three times a week from trained Capital Caring Health volunteers to inquire about a patient's health status, and to help ensure they have sufficient medications, equipment and supplies.*

Organization: *Dupont Circle Village- Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Additional Services may Include: Light Homecare or Yardwork, Care Management, Social Work, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about otherservices

Service Cost: Fees or additional restrictions may apply

Description of Service: *Dupont Circle Village is part of a growing network of Villages nationwide, in which neighbors are helping neighbors thrive. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.*

Organization: *Georgetown Village- Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *Georgetown Village is part of a growing network of Villages nationwide, in which neighbors are helping neighbors thrive. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.*

Organization: *East River Family Strengthening Collaborative- Check-In Calls*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Daily Check-in Calls, please ask about other services

Service Cost: No Cost

Description of Service: *Daily check-in calls through the East River Family Strengthening Collaborative team can provide an additional layer of safety and support for older adults in the community.*

Organization: *East Rock Creek Village- East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Additional Services may Include: Light Homecare or Yardwork, Private Ride Service, Daily Check-in Calls, Connection and Referral, Social Clubs, Social Networking / Online Community, Art and Music Programs, please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *Service membership in East Rock Creek Village provides a wide array of services Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.*

Organization: *Mount Pleasant Village- Mount Pleasant Village*

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: None

Additional Services may Include: Light Homecare or Yardwork, Daily Check-in Calls, Social Clubs, Social Networking / Online Community, Art and Music Programs, Support Group (Carepartner or both), please ask about other services

Service Cost: Fees or additional restrictions may apply

Description of Service: *In our volunteer/member-managed Village, we celebrate the opportunities and meet the challenges of aging in community. Daily check-in calls can provide an additional layer of safety and support for older adults who are members of the Village.*

Individual and Home Safety:

Personal Safety Devices, including Fall Alerts, Video Monitoring and Personal Trackers

Organization: *East River Family Strengthening Collaborative- Deaf and Hard of Hearing Program*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Additional Services may Include: Safety Consultation, Personal Safety Devices, please ask about other services

Service Cost: No Cost

Description of Service: *The Deaf and Hard of Hearing Program (DHH Program) is funded through D.C. Department of Disability Services and provide amplifying hearing devices, emergency equipment (flashing smoke alarms, shaking alarm clocks, flashing doorbells), and wandering alerts to qualifying seniors. This is a free service.*

Organization: *MedicAlert Foundation- MedicAlert ID with Wandering Support*

Address: 101 Lander Avenue Turlock, CA 95380

Website: https://www.medicalert.org/alz?campaignID=online+:+link+:+1020onlinealz+:+enroll&utm_source=email&utm_medium=link&utm_campaign=0719&utm_term=renew

Phone Number: 1-800-432-5378

Additional Services may Include: Personal Safety Devices, please ask about other services

Description of Service: *If an individual with Alzheimer's or dementia wanders and becomes lost, caregivers can call MedicAlert's 24/7 Emergency Response Team to report it. MedicAlert will create a missing person report and activate a community support network including local law enforcement and hospitals to help locate the person who wandered. MedicAlert will share vital information with first responders as needed. If someone with dementia is found wandering, citizens or first responders can call MedicAlert's toll free number on the person's MedicAlert ID to identify the individual and initiate outreach to their emergency contacts. In either case, the goal is to quickly reunite the person who wandered with their family and loved ones.*

Organization: *Philips Lifeline- GoSafe2 Systems*

Address: 112 Lawrence Street Framingham, MA 01703

Website: <https://www.lifeline.philips.com/medical-alert-systems/gosafe-2.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

Description of Service: *Our GoSafe 2 system is perfect for more active older adults. If you enjoy getting out and about, visiting with friends, walking the dog or just doing errands, consider our GoSafe 2 mobile system. You'll have direct access to help anytime, anywhere. GoSafe 2 is the newest addition to the Philips Lifeline mobile alert service family. This single piece system includes multiple, advanced locating technologies, fall detection capabilities and two-way voice communication all in a light, comfortable, easy-to-wear pendant. GoSafe 2 provides fast access to*

help whenever and wherever you need it.

Organization: *Philips Lifeline- HomeSafe Systems*

Address: 111 Lawrence Street Framingham, MA 01702

Website: <https://www.lifeline.philips.com/medical-alert-systems/compare-homesafe.html>

Phone Number: 1-855-681-5351

Additional Services may Include: Personal Safety Devices, please ask about other services

Description of Service: *Our HomeSafe systems are perfect for people who spend most of their time at home. If cooking a home cooked meal or reading a good book in your comfortable chair are some of your favorite pastimes, consider our HomeSafe Standard or HomeSafe with AutoAlert systems. You'll have direct access to help in and around your home. HomeSafe Standard provides a feeling of security in and around the home. With a simple push of your Lifeline help button, worn as a pendant or wristband, you'll be quickly connected to our Response Center for assistance.*

Organization: *Terrific, Inc – Safe At Home Private Security Cameras*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org, jshuler@terrificinc.org, amccarley@terrificinc.org

Phone Number: 202-882-1160

Description of Service: *The DC Safe at Home Program provides minor home modifications and adaptive equipment to frail seniors and disabled adults, allowing them to continue to live at home, rather than require institutionalization. The program is specifically intended to increase the safety of one's home by reducing the risk of falls and through private security cameras, deter neighborhood crime, and hence, create a safer neighborhood environment for the program participant. DC residents age 60 might be eligible to receive two (2) Safe at Home Personal Security Program Camera Systems at no cost if income does not exceed the program threshold.*

Individual and Home Safety: Individual Grants

Organization: *Department of Housing and Community Development- Handicapped Accessibility Improvement Program (HAIP) - Single Family Residential Rehabilitation Program (SFRRP)*

Address: 1800 Martin Luther King Jr. Avenue, SE Washington, DC 20020

Website:

https://dhcd.dc.gov/sites/default/files/dc/sites/dhcd/service_content/attachments/SFRRP%20Fact%20Sheet%20%202018.pdf

Email: dhcd@dc.gov

Phone Number: 202-442-7200

Description of Service: *This program provides a grant of up to \$30,000 for accessibility modifications needed to adjust most physical barriers within a home for persons with mobility or other physical impairments. To be eligible for SFRRP assistance, you must own and live in your home as your primary residence for at least three years. Income eligibility may apply.*

Food and Nutrition

Residents in the District can obtain nutritional education and counseling specific to individuals with memory loss, as well as limited supplies of nutritional supplements. These services are provided by the District Lead Agencies on behalf of the Department of Aging and Community Living (DACL). These services are available through the District Lead Agencies. Additionally, Lead Agencies partner with community organizations to provide meal delivery services throughout the District. These services are available to older adults with or without dementia. It is important to note that some services may have income requirements.

Other options for food delivery may include big chain grocery delivery (i.e., Whole Foods, Giant, Safeway or Amazon) or online meal preparation services (i.e., Blue Apron, Hungry Harvest, Sun Basket, Hello Fresh or Freshly). This section of the guide identifies resources designed for older adults in the District *prior to the COVID-19 pandemic*. During the pandemic, food delivery options have increased. This section does not intend to list all meal support in the District and does not include all local centers that provide free meals or local food pantries.

Each of the following types of services are listed separately below.

- **Delivery**
- **Groceries**
- **Nutrition Counseling**
- **Supplements**

Food and Nutrition: Delivery

Organization: *East River Family Strengthening Collaborative- Home Delivered Meals*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *Edlavitch DCJCC- BEHREND-ADAS SENIOR FELLOWSHIP*

Address: 1529 16th Street, NW Washington, DC 20036

Website: <https://www.edcjcc.org/community/seniors/>

Phone Number: 202-777-3243

Organization: *Iona- Home Delivered Weekday and Weekend Meals*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/nutrition/>

Email: info@iona.org

Phone Number: 202-895-9448

Organization: *Meals on Wheels- Meals on Wheels*

Address: 6203 12Th Street Nw Washington, DC 20011

Website: <https://www.mealsonwheelsamerica.org/find-meals>

Phone Number: 202-723-5617

Organization: *Mom's Meals- Home Delivered Meals*

Address: 3210 SE Corporate Woods Drive Ankeny, IA 50021

Website: <https://www.momsmeals.com/>

Phone Number: 877-508-6667

Organization: *Seabury Resources for Aging- Home Delivered Meals*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/homdeliveredmeals>

Email: info@seaburyresources.org

Phone Number: 202-715-7649

Organization: *Terrific, Inc. Regional Senior Services- Home Delivered Meals*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Food and Nutrition: Groceries

Organization: *Capital Area Food Bank- Senior Brown Bag*

Address: 4900 Puerto Rico Avenue, NE Washington, DC 20017

Website: <https://www.capitalareafoodbank.org/what-we-do/direct-food-distribution-programs/senior-brown-bag/>

Phone Number: 202-644-9800

Food and Nutrition: Nutrition Counseling

Organization: *Around Town Satellite Wellness Program (Wards 2 and 3)*

Address: 4125 Georgia Avenue, NW Washington, DC 20016

Website: <https://www.iona.org/services/around-town-dc/>

Phone Number: 202-895-9634

Organization: *Congress Heights Senior Wellness Center- Congress Heights Senior Wellness Center*

Address: 3500 Martin Luther King, Jr. Avenue, SE Washington, DC 20032

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-563-7225

Organization: *Department of Veterans' Affairs- Home Based Primary Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Home_Based_Primary_Care.asp

Phone Number: 1-855-260-3274

Organization: *East River Family Strengthening Collaborative- Nutrition Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *Hayes Senior Wellness Center- Hayes Senior Wellness Center*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://www.hayesswc.com/about>

Email: hayesswc@gmail.com

Phone Number: 202-727-0357

Organization: *Iona - Nutrition Counseling*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/nutrition/>

Email: info@iona.org

Phone Number: 202-895-9448

Organization: *Mary's Center- Hattie Holmes Senior Center*

Address: 324 Kennedy Street NW Washington, DC 20011

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/hattie-holmes-senior-wellness-center/>

Phone Number: 202-291-6170

Organization: *Mary's Center- Bernice Fonteneau Senior Wellness Center*

Address: 3531 Georgia Avenue NW Washington, DC 20010

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/bernice-fonteneau-senior-wellness-center/>

Phone Number: 202-727-0338

Organization: *Seabury Resources for Aging- Nutrition Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.seaburyresources.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *Seabury Resources for Aging- Model Cities Senior Wellness Center*

Address: 1901 Evarts Street NE Washington , DC 20018

Website: <http://www.seaburyresources.org/model-cities-senior-wellness-center>

Phone Number: 202-635-1900

Organization: *Terrific, Inc. Regional Senior Services - Nutrition Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Organization: *Washington Seniors Wellness Center- Washington Seniors Wellness Center*

Address: 3001 Alabama Avenue, SE Washington, DC 20020

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-581-9355

Food and Nutrition: Supplements

Organization: *Department of Health Care Finance- D.C. Medicaid*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/medicaid>

Email: dhcf@dc.gov

Phone Number: 202-727-5355

Organization: *East River Family Strengthening Collaborative- Nutrition Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *Iona - Nutrition Supplements*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/nutrition/>

Email: info@iona.org

Phone Number: 202-895-9448

Organization: *Seabury Resources for Aging- Nutrition Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.seaburyresources.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *Terrific, Inc. Regional Senior Services - Nutrition Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

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Transportation

These resources offer non-emergent transportation to medical appointments, grocery stores, social activities, etc., and may be government or private services. We include programs supported through District funding for older adults, as well as services that offer support inclusive to individuals with dementia. Some of these services are available to all older adults, while others are restricted to members of organizations, such as the DC Villages. This resource guide does not include private rideshare companies such as Lyft, Uber, or Go Go Grandparent. It does include select dementia-inclusive ride share services. Service availability may be different during the COVID-19 pandemic.

Each of the following types of services are listed separately below.

- **Metro Access and Sponsored Transportation**
- **Private Ride Services**
- **Taxi Services**

Transportation:

Metro Access and Sponsored Transportation

Organization: *Department of For-Hire Vehicles- Transport DC*

Address: 2235 Shannon Place SE Washington, DC 20020

Website: <https://dfhv.dc.gov/service/transport-dc>

Email: TransportDC@dc.gov

Phone Number: 202-645-7300

Service Cost: Fees or additional restrictions may apply

Organization: *Seabury Resources for Aging- Connector CardProgram*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/transportation>

Email: info@seaburyresources.org

Phone Number: 202-844-3000.

Service Cost: No Cost

Organization: *Seabury Resources for Aging- SeaburyConnector*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/transportation>

Email: info@seaburyresources.org

Phone Number: 202-715-7649

Service Cost: No Cost

Organization: *Washington Metropolitan Area Transit Authority- MetroAccess Paratransit*

Address: 600 5th Street, NW Washington, DC 20001

Website: <https://www.wmata.com/service/accessibility/metro-access/index.cfm>

Phone Number: 301-562-5360

Service Cost: No Cost

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Transportation: Private Ride Services

Organization: *A-1 Action Nursing Care- Private Duty Nursing Care*

Address: 3508 Greencastle Road Burtonsville, MD 20866

Website: <https://a1actionnursingcare.com/services/>

Email: a1actionnursingcare@erols.com

Phone Number: 202-333-0509

Service Cost: Fees or additional restrictions may apply

Organization: *Advanced Nursing & Home Support - Memory Care*

Address: 15800 Crabbs Branch Way, Suite 205 Rockville, MD 20855

Website: <https://www.advancedhomesupport.com/our-services/home-care/memory-care/>

Phone Number: 240-266-9597

Service Cost: Fees or additional restrictions may apply

Organization: *Capitol Hill Village- Capitol Hill Village*

Address: 725 8th Street SE, 2nd floor Washington, DC 20003

Website: <https://capitolhillvillage.org/membership/>

Email: info@capitolhillvillage.org

Phone Number: 202-543-1778

Service Cost: Fees or additional restrictions may apply

Organization: *Caring Givers- Dementia and Alzheimer's Care*

Website: <https://caringgivers.com/services/dementia-and-alzheimers-care/>

Phone Number: 202-379-6547

Service Cost: Fees or additional restrictions may apply

Organization: *Cleveland & Woodley Park Village- Cleveland & Woodley Park Village*

Address: 3601 Connecticut Avenue NW, Ste L-04 Washington, DC 20008

Website: <https://www.clevelandwoodleyparkvillage.org/member-benefits/>

Email: info@clevelandwoodleyparkvillage.org

Phone Number: 202-615-5853

Service Cost: Fees or additional restrictions may apply

Organization: *DC Waterfront Village- DC Waterfront Village*

Address: 800 Maine Ave SW, Suite 200 Washington, DC 20024

Website: <https://www.dcwaterfrontvillage.org/>

Email: info@dcwaterfrontvillage.org

Phone Number: 202-656-1834

Service Cost: Fees or additional restrictions may apply

Organization: *Dupont Circle Village- Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Service Cost: Fees or additional restrictions may apply

Organization: *East Rock Creek Village- East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Service Cost: Fees or additional restrictions may apply

Organization: *Foggy Bottom West End Village- Foggy Bottom West End Village*

Address: 2430 K Street NW Washington, DC 20037

Website: <https://www.fbwevillage.org/>

Email: dsnyder@fbwevillage.org

Phone Number: 202-333-1327

Service Cost: Fees or additional restrictions may apply

Organization: *Georgetown Home Care- Errands and Transportation*

Address: 3301 New Mexico Avenue NW #214 Washington, DC 20016

Website: <https://www.georgetownhomecare.com/services/senior-transportation-services/>

Phone Number: 202-333-3400

Service Cost: Fees or additional restrictions may apply

Organization: *Georgetown Village- Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Service Cost: Fees or additional restrictions may apply

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Organization: *Home Instead Senior Care- Alzheimer's and Dementia Home Care and Respite Care*
Address: 1441 L Street NW, Suite 1102 Washington, DC 20005
Website: <https://www.homeinstead.com/197/home-care-services>
Phone Number: 301-588-9710
Service Cost: Fees or additional restrictions may apply

Organization: *Lifematters- Home Care, Home Maker and Respite Services*
Address: 8758 Georgia Avenue, Suite 600 Silver Spring, MD 20910
Website: <https://lifemattersusa.com/for-dc-residents-only/>
Email: dcresidents@lifemattersusa.com
Phone Number: 202-655-4775
Service Cost: Fees or additional restrictions may apply

Organization: *Palisades Village- Palisades Village*
Address: 5200 Cathedral Avenue, NW Washington, DC 20016
Website: <https://www.palisadesvillage.org/>
Email: info@palisadesvillage.com
Phone Number: 202-244-3310
Service Cost: Fees or additional restrictions may apply

Organization: *Pennsylvania Avenue Village East- Pennsylvania Avenue VillageEast*
Address: 3130 Pennsylvania Avenue, SE Washington, DC 20020
Website: <https://pavillageeast.org/>
Phone Number: None
Service Cost: Fees or additional restrictions may apply

Organization: *Potomac Home Health Care- Potomac Home Support*
Address: 6001 Montrose Road, Ste #307 Rockville, MD 20852
Website: <https://www.phhc.org/potomac-home-support>
Phone Number: 301-896-6990
Service Cost: Fees or additional restrictions may apply

Organization: *Right at Home- Alzheimer's, Dementia and Cognitive Change Home Care Services*
Address: 1818 New York Avenue Northeast Suite 219 Washington, DC 20002
Website: <https://www.rightathome.net/services/alzheimers-dementia-care-services>
Phone Number: 202-269-0008
Service Cost: Fees or additional restrictions may apply

Organization: *Senior Helpers- Companion Care*

Address: 15717 Crabbs Branch Way Suite 226 Rockville, MD 20855

Website: <https://www.seniorhelpers.com/md/dc/services/companion-care>

Phone Number: 301-304-4533

Service Cost: Fees or additional restrictions may apply

Organization: *SmithLife Home Care- Personal Care and Health Support*

Address: 4000 Albemarle Street NW, Ste 306 Washington, DC 20016

Website: <https://www.smithlifehomecare.com/our-services/>

Email: info@smithlifehomecare.com

Phone Number: 202-221-7503

Service Cost: Fees or additional restrictions may apply

Transportation:
Taxi Services

Organization: *DC Yellow Cab - Senior MedExpress*

Address: 1636 Bladensburg Road NE Washington, DC 20002

Website: <https://dacl.dc.gov/service/transportation>

Phone Number: 202-724-5626

Service Cost: No Cost

Connection to Services, Helplines and Crisis Care

These resources can help connect individuals and their caregivers to services. A central referral line is available to connect residents to services provided through the Department of Aging and Community Living (DACL) and Lead Agencies.

Each of the following types of services are listed separately below.

- **Connection and Referral:** This section lists resources that can facilitate a connection or referral to services that are relevant to individuals with memory loss. They may also provide educational resources for caregivers. Many of these services may be locally available in Washington, DC.
- **Helplines:** This section includes phone numbers that individuals can call for more information on dementia, caregiver support or suggestions, and community resources.
- **Crisis/Problem Management:** These services provide resources and guidance during times of crisis or when problems arise in caring for individuals with dementia.

Connection to Services, Helplines, and Crisis Care: Connection and Referral

**The Department of Aging and Community Living Hotline (DACL) runs a central referral hotline.
HOTLINE Number: 202-724-5626.** Additional Connection and Referral Resources are listed below.

Organization: *Alzheimer's Association- 24/7 Helpline*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

Organization: *Alzheimer's Association- Alzheimer's Navigator*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Care Planning, Financial Literacy, Planning for Long Term Care, Education for Caregivers, Education for Individuals with Dementia, please ask about other services

Service available to: No restrictions

Organization: *Department of Aging and Community Living- DACL Information & Referral Line*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov>

Email: dacl@dc.gov

Phone Number: 202-724-5626

Additional Services may Include: Connection and Referral, Helpline, please ask about other services

Service available to: No restrictions

Organization: *Department of Veterans' Affairs- Caregivers Support Line (CSL)*

Address: 810 Vermont Avenue Washington, DC 20420

Website: https://www.caregiver.va.gov/help_landing.asp

Phone Number: 1-855-260-3274

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Department of Veterans' Affairs- Caregiver Support Coordinator*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.caregiver.va.gov/support/New_CSC_Page.asp#District%20of%20Columbia

Phone Number: 202-745-8000 ext. 55926

Additional Services may Include: Social Work, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Department of Veterans' Affairs- Coaching intoCare*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: CoachingIntoCare@va.gov

Phone Number: 888-823-7458

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *East River Family Strengthening Collaborative- Caregiver Case Management*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/case-management/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 7, Ward 8, please ask for additional information

Organization: *East River Family Strengthening Collaborative- Ward 7 Aging Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 7, please ask for additional information

Organization: *East River Family Strengthening Collaborative- Ward 8 Aging Services*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 8, please ask for additional information

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 3, Age 60+, please ask for additional information

Organization: *Iona- Dementia Navigators*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Care Navigator, Care Planning, Connection and Referral, Crisis/Problem Management, please ask about other services

Service available to: Client or Enrollee, Age 60+, please ask for additional information

Organization: *Iona- Ward 3 Aging Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 3, please ask for additional information

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: No restrictions

Organization: *National Institute on Aging – Alzheimer's Disease Education and Referral (ADEAR) Center, Information Specialists*

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: adear@nia.nih.gov

Phone Number: 1-800-438-4380

Additional Services may Include: Helplines, Connection and Referral, please ask about otherservices

Service available to: No restrictions

Organization: *Seabury Resources for Aging- Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Age 60+, please ask for additional information

Organization: *Seabury Resources for Aging- Ward 5 Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-529-8701

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 5, please ask for additional information

Organization: *Seabury Resources for Aging- Ward 6Aging Services*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/agingservices>

Email: info@seaburyresources.org

Phone Number: 202-397-1725

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 6, please ask for additional information

Organization: *Terrific, Inc. Regional Senior Services - Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 1, Ward 2, Ward 4, please ask for additional information

Organization: *Terrific, Inc.- Ward 1 Aging Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 1, Age 60+, please ask for additional information

Organization: *Terrific, Inc.- Ward 2 Aging Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 2, Age 60+, please ask for additional information

Organization: *Terrific, Inc.- Ward 4 Aging Services*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Care Management, Social Work, Mobility Supplies, Supplements, Delivery, Nutrition Counseling, Connection and Referral, Social Clubs, Limited Respite Care through DC Lead Agencies, please ask about other services

Service available to: Ward 4, Age 60+, please ask for additional information

Connection to Services, Helplines, and Crisis Care: Connection and Referral – DC Villages

Organization: *Capitol Hill Village*

Address: 725 8th Street SE, 2nd floor Washington, DC 20003

Website: <https://capitolhillvillage.org/membership/>

Email: info@capitolhillvillage.org

Phone Number: 202-543-1778

Organization: *Cleveland & Woodley Park Village*

Address: 3601 Connecticut Avenue NW, Ste L-04 Washington, DC 20008

Website: <https://www.clevelandwoodleyparkvillage.org/member-benefits/>

Email: info@clevelandwoodleyparkvillage.org

Phone Number: 202-615-5853

Organization: *DC Waterfront Village*

Address: 800 Maine Ave SW, Suite 200 Washington, DC 20024

Website: <https://www.dewaterfrontvillage.org/>

Email: info@dewaterfrontvillage.org

Phone Number: 202-656-1834

Organization: *Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Organization: *East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Organization: *Far Southeast Senior Village*

Address: 1010 Anderson Place, SE Washington, DC 20032

Website: www.eopow5.wix.com/eopow

Email: EOPOW@hotmail.com

Phone Number: 301-326-5460

Organization: *Foggy Bottom West End Village*

Address: 2430 K Street NW Washington, DC 20037

Website: <https://www.fbwevillage.org/>

Email: dsnyder@fbwevillage.org

Phone Number: 202-333-1327

Organization: *Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Organization: *Glover Park Village*

Address: PO Box 32255 Washington, DC 20007

Website: <https://goldenglovers.clubexpress.com/>

Email: Info@GloverParkVillage.org

Phone Number: 202-436-5545

Organization: *Mount Pleasant Village*

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: 202-573-7548

Organization: *Northwest Neighbors Village*

Address: 4901 Connecticut Avenue, NW Washington, DC 20008

Website: www.nwnv.org

Email: nnvillage@gmail.com

Phone Number: 202-777-3435

Organization: *Palisades Village*

Address: 5200 Cathedral Avenue, NW Washington, DC 20016

Website: <https://www.palisadesvillage.org/>

Email: info@palisadesvillage.com

Phone Number: 202-244-3310

Organization: *Pennsylvania Avenue Village East*

Address: 3130 Pennsylvania Avenue, SE Washington, DC 20020

Website: <https://pavillageeast.org/>

Phone Number: 202-581-6160

Connection to Services, Helplines, and Crisis Care: Helplines

Organization: *Alzheimer's Association- 24/7 Helpline*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

Organization: *Alzheimer's Foundation of America-AFA Helpline*

Address: 322 Eighth Avenue, 16th Floor New York, NY 10001

Website: <https://alzfdn.org/afahelpline/>

Email: info@alzfdn.org

Phone Number: 866-232-8484

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

Organization: *Caregiver Action Network- Care Community*

Address: 1150 Connecticut Ave, NW Suite 501 Washington, DC 20036

Website: <https://caregiveraction.org/community>

Email: info@caregiveraction.org

Phone Number: 202-454-3970

Additional Services may Include: Helpline, Social Networking / Online Community, please ask about other services

Service available to: No restrictions

Organization: *DC Department of Behavioral Health- Access Helpline*

Address: 64 New York Avenue, NE, 3rd Floor Washington, DC 20002

Website: <https://dbh.dc.gov/service/access-helpline>

Phone Number: 888-793-4357

Additional Services may Include: Helplines, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

Organization: *Department of Aging and Community Living- DAACL Information & Referral Line*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov>

Email: dacl@dc.gov

Phone Number: 202-724-5626

Additional Services may Include: Connection and Referral, Helpline, please ask about other services

Service available to: No restrictions

Organization: *Department of Aging and Community Living- Adult Protective Services / Abuse Hotline*

Address: 64 New York Avenue, NE, 4th Floor Washington, DC 20002

Website: <https://dacl.dc.gov/service/adult-protective-services-0>

Email: dacl@dc.gov

Phone Number: 202-541-3950

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

Organization: *Department of Veterans' Affairs- Caregivers Support Line (CSL)*

Address: 810 Vermont Avenue Washington, DC 20420

Website: https://www.caregiver.va.gov/help_landing.asp

Phone Number: 1-855-260-3274

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Department of Veterans' Affairs- Coaching intoCare*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.mirecc.va.gov/coaching/>

Email: CoachingIntoCare@va.gov

Phone Number: 888-823-7458

Additional Services may Include: Helpline, Connection and Referral, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Department of Veterans' Affairs- Veterans CrisisLine*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.veteranscrisisline.net/>

Phone Number: 1-800-273-8255, press 1

Additional Services may Include: Crisis/Problem Management, Helpline, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Legal Counsel for the Elderly- Legal Hotline*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/getting-help/?intcmp=AE-LCE-RH2>

Phone Number: 202-434-2120

Additional Services may Include: Helpline, Advocacy Organizations & Legal Advice, Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Service available to: Age 60+, please ask for additional information

Organization: *Lewy Body Dementia Association - LBDA LewyLine*

Address: 912 Killian Hill Road, SW Lilburn, GA 30047

Website: <https://www.lbda.org/lbda-lewy-line/>

Email: support@lbda.org

Phone Number: 800-539-9767

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

Organization: *National Institute on Aging – Alzheimer's Disease Education and Referral (ADEAR) Center, Information Specialists*

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: adear@nia.nih.gov

Phone Number: 1-800-438-4380

Additional Services may Include: Helplines, Connection and Referral, please ask about otherservices

Service available to: No restrictions

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Connection to Services, Helplines, and Crisis Care: Crisis/Problem Management

Organization: *Alzheimer's Association- 24/7 Helpline*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alz.org/help-support/resources/helpline>

Phone Number: 800-272-3900

Additional Services may Include: Helpline, Crisis/Problem Management, Connection and Referral, please ask about other services

Service available to: No restrictions

Organization: *Department of Aging and Community Living- Adult Protective Services / Abuse Hotline*

Address: 64 New York Avenue, NE, 4th Floor Washington, DC 20002

Website: <https://dacl.dc.gov/service/adult-protective-services-0>

Email: dacl@dc.gov

Phone Number: 202-541-3950

Additional Services may Include: Helpline, please ask about other services

Service available to: No restrictions

Organization: *DC Department of Behavioral Health- Access Helpline*

Address: 64 New York Avenue, NE, 3rd Floor Washington, DC 20002

Website: <https://dbh.dc.gov/service/access-helpline>

Phone Number: 888-793-4357

Additional Services may Include: Helplines, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

Organization: *Department of Veterans' Affairs- Medical Advice Line*

Address: 810 Vermont Avenue Washington, DC 20420

Website: <https://www.washingtondc.va.gov/contact/>

Phone Number: 202-745-8000

Additional Services may Include: Crisis/Problem Management, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Organization: *Department of Veterans' Affairs- Veterans Crisis Line*

Address: 50 Irving Street, NW Washington, DC 20422

Website: <https://www.veteranscrisisline.net/>

Phone Number: 1-800-273-8255, press 1

Additional Services may Include: Crisis/Problem Management, Helpline, please ask about other

services

Service available to: Veteran affiliated, please ask for additional information

Organization: *East River Family Strengthening Collaborative- Caregiver Case Management*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/case-management/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 7, Ward 8, please ask for additional information

Organization: *ElderCare Partners DC- Care Management*

Address: 79 Potomac Avenue SE Washington, DC 20003

Website: <https://www.eldercaredc.com/services>

Phone Number: 202-525-7356

Additional Services may Include: Care Management, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 3, Age 60+, please ask for additional information

Organization: *Iona- Dementia Navigators*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Care Navigator, Care Planning, Connection and Referral, Crisis/Problem Management, please ask about other services

Service available to: Client or Enrollee, Age 60+, please ask for additional information

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: No restrictions

Organization: *Seabury Resources for Aging- Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org <mailto:info@seaburyresources.org>

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Age 60+, please ask for additional information

Organization: *Terrific, Inc. Regional Senior Services - Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Service available to: Ward 1, Ward 2, Ward 4, please ask for additional information

Organization: *The Art of Eldercare- Care Management & Project Management*

Address: 5248 Colorado Avenue NW Washington, DC 20011

Website: <http://theartofeldercare.com/services.html>

Email: info@theartofeldercare.com

Phone Number: 202-722-4205

Additional Services may Include: Care Management, Social Work, Care Planning, Safety Consultation, Crisis/Problem Management, please ask about other services

Service available to: No restrictions

Case Management, Care Planning and Care Navigation

These resources offer support to individuals with dementia and their families and/or caregivers, including assistance with education, connection to resources, coordination of services, and coordination of healthcare. Resources for each of the below categories are presented separately.

Each of the following types of services are listed separately below.

- **Care Navigation and Care Planning Services:** These services help connect individuals or caregivers to services in their community through care navigators, care consultation, social workers, or others familiar with community resources. Many resources help you develop a care plan to connect with services and education in the community to meet your unique needs.
- **Lead Agencies:** Neighborhood-based resource centers called “Lead Agencies” provide some case management and social work services to DC older adults through funding by the Department of Aging and Community Living (DACL). Services are provided based on geography (for example by ward or neighborhood boundaries). Licensed social workers help with access to services like transportation, housing, home care, or benefits through Medicaid for DC enrollees. These local agencies can work with you directly to identify helpful resources, provide referrals, and connect you with services.
- **Private Care Management Services:** Care Management services can provide comprehensive assessment and identify services to help older adults with dementia stay in their home or transition to a different level of care. They can help coordinate care between providers, advise home modifications, provide family caregiver coaching, assist with crisis management, support long- distance caregiving, and provide information and referrals if needed. These services are inclusive to individuals with memory loss and are available for older adults requiring assistance with managing their care. Care management may include medication management; please ask about this service specifically if you are interested. In addition to the services listed, many other private options exist for Case Management in the District and surrounding region.

Case Management, Care Planning and Care Navigation: Care Navigation and Care Planning Services

Organization: Alzheimer's Association- Alzheimer's Navigator

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Care Planning, Financial Literacy, Planning for Long Term Care, Education for Caregivers, Education for Individuals with Dementia, please ask about other services

Service available to: No restrictions

Description of Service: *When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.*

Organization: Alzheimer's Association, National Capital Area Chapter - Care Consultation

Address: 8180 Greensboro Drive #400 McLean, VA 22102

Website: https://www.alz.org/nca/helping_you/care_consultation

Phone Number: 800-272-3900

Additional Services may Include: Care Planning, Connection to Services, Education for Caregivers, Education for Individuals with Dementia, please ask about other services

Service available to: No restrictions

Description of Service: *Care consultation is a free service designed to provide you and your family support while coping with the impact of dementia, from pre-diagnosis to end-of-life. You will receive one-on-one assistance that will enable you to better understand the disease, manage care and make more informed decisions regarding services and treatments. Consultations are available by appointment in our offices in McLean, VA and in Lanham and Rockville, MD.*

Organization: DC Caregivers' Institute - DC Caregivers' Institute

Address: 1234 Massachusetts Avenue, NW Suite C1002 Washington, DC 20005

Website: <http://www.dccaregivers.org/services/>

Email: info@dccaregivers.org

Phone Number: 202-464-1513

Additional Services may Include: Social Work, Care Planning, Support Group (Caregiver or both), Counseling, Education for Caregivers, Individual Grants, Respite Care (Hourly or Daytime), please ask about other services

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *The District of Columbia Caregivers' Institute (DCCI) is a resource funded by the District of Columbia Office on Aging. The purpose of the "5-Star" Caregivers' Institute is to support unpaid caregivers residing in the District of Columbia who have primary responsibility for older, vulnerable DC residents. The District of Columbia Caregivers' Institute strives to be a one-stop, centralized resource to help caregivers make critical decisions, develop and implement a Caregiving Support Plan, advocate for themselves and the older person, and participate in activities designed*

for personal rejuvenation. The Institute seeks to empower caregivers to make informed decisions about their present and future circumstances. Personalized social work assessments, connection to resources, and education are core services of the Institute. Telephone Support Groups are offered for DC caregivers on the first Tuesday of each month. Registration is required.

Organization: Department of Veterans' Affairs - Caregiver Support Coordinator

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.caregiver.va.gov/support/New_CSC_Page.asp#District%20of%20Columbia

Phone Number: 202-745-8000 ext. 55926

Additional Services may Include: Social Work, Connection and Referral, Education for Caregivers, please ask about other services

Service available to: Veteran affiliated, please ask for additional information

Description of Service: *Caregivers for Veterans can get assistance from a Caregiver Support Coordinator who is a licensed professional and can support you by matching you with services for which you are eligible, and providing you with valuable information about resources that can help you stay smart, strong and organized as you care for the Veteran you love.*

Organization: Downtown Cluster's Geriatric Day Care Center, Inc. - Social Services

Address: 926 11th Street, NW Washington, DC 20001

Website: <http://www.dcgeriatric.org/programs.html>

Email: Downtownclusters@gmail.com

Phone Number: 202-347-7527

Additional Services may Include: Care Management, Care Planning, Counseling/Mental Health Services, please ask about other services

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *The Center's social services component provides assistance and quality supportive services to participants and their caregivers. Social services delivered to participants which included case management, intake assessments, evaluations, individual and family counseling, treatment plans and telephone reassurance, commodity foods distribution, caregiver's support group meetings and adult education.*

Organization: Iona - Dementia Navigators

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/alzheimers-disease-and-related-dementia-programs/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Care Navigator, Care Planning, please ask about other services

Description of Service: *DACL funds dementia navigators to support older adults with dementia and their family caregivers by linking them to community resources and educating them about dementia including managing behavioral symptom of dementia. Participants must be enrolled in Club Memory. This program's availability is restricted by income.*

Organization: *Whitman-Walker Health - Care Navigation (MORE Program)*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/search-programs>

Phone Number: 202-745-7000

Additional Services may Include: Care Navigator, House Calls and Visiting Doctors, please ask about other services

Service available to: Client or Enrollee, please ask for additional information

Description of Service: *Mobile Outreach Retention and Engagement (MORE) exists as an add-on to select services for eligible Whitman-Walker medical patients. MORE brings a limited amount of clinical services related to HIV care, including Care Navigation, labs, and medical follow-up visits. MORE services are available to medical patients of Whitman-Walker via a referral from a medical team member.*

Case Management, Care Planning and Care Navigation: Lead Agencies

Organization: *Terrific, Inc. - Ward 1 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Terrific, Inc. - Ward 2 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Iona - Ward 3 Aging Services*
Address: 4125 Albemarle Street NW Washington, DC 20016
Website: <https://www.iona.org/>
Email: info@iona.org
Phone Number: 202-895-9448

Organization: *Terrific, Inc. - Ward 4 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Seabury Resources for Aging - Ward 5 Aging Services*
Address: 6031 Kansas Avenue NW Washington, DC 20011
Website: <https://www.seaburyresources.org/agingservices>
Email: info@seaburyresources.org
Phone Number: 202-529-8701

Organization: *Seabury Resources for Aging - Ward 6 Aging Services*
Address: 6031 Kansas Avenue NW Washington, DC 20011
Website: <https://www.seaburyresources.org/agingservices>
Email: info@seaburyresources.org
Phone Number: 202-397-1725

Organization: *East River Family Strengthening Collaborative - Ward 7 Aging Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *East River Family Strengthening Collaborative - Ward 8 Aging Services*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Case Management, Care Planning and Care Navigation: Private Care Management Services

Organization: *Aging Network Services - Aging Network Services*

Address: 4401 East-West Highway, Suite 300 Bethesda, MD 20814

Website: <https://agingnetworkservices.com/our-services>

Email: ans@agingnetworkservices.com

Phone Number: 301-657-4329

Additional Services may Include: Care Management, Counseling/Mental Health Services, please ask about other services

Description of Service: *We are geriatric care managers and psychotherapists located in Bethesda, Maryland. Our clients are people who feel a strong sense of responsibility to parents who can no longer function independently. They are determined to keep their parents safe and as high-functioning as possible. While our clients are committed to helping their parents, they also want to retain the joys and routines of their own lives. They rely on us to help them succeed at the difficult, emotion-laden balancing act they face. You and your siblings will meet with us to give a comprehensive picture of your parent's situation. In this consultation, we will recommend necessary geriatric services. From among the huge array of such services –doctors, facilities, home health aides, eldercare lawyers and many more—we set you on the path of appropriate care. On a weekly basis, our care manager can: Develop close bond with parent, Participate in doctor/ parent appointments with feedback to family, Interview and monitor competent home helpers, Advocate for parent in facilities and in home, Select placement options, Assist with transitions from home, rehabilitation and hospitals.*

Organization: *Care Management Group - Aging Care Management*

Address: Care Management Group, LLC P.O. Box 1037 Rockville, MD 20849

Website: <https://caremgroupllc.com/aging-care-management/>

Phone Number: 202-215-9209

Additional Services may Include: Care Management, please ask about other services

Description of Service: *Aging Care Management centers around the person. It begins when you contact us and continues for as long as you need or want our services. We help manage care at home, in medical or residential facilities and wherever our expertise is needed. Our services cover all aspects of daily living as well as the medical related care. We have the knowledge and experience navigating the often busy health care industry and have worked in a variety of situations. If you need planning for long term needs or need immediate care to stabilize a situation we welcome your call. We can work together to develop a plan of care with problem solving solutions especially tailored to you and your family.*

Organization: *Corewood Care - Care Management*

Address: 5272 River Road Suite 700 Bethesda, MD 20816

Website: <https://www.corewoodcare.com/care-services/care-management>

Phone Number: 301-909-8117

Additional Services may Include: Care Management, please ask about other services

Description of Service: *Corewood Care Managers are trained nurses and social workers dedicated to providing expert guidance and advocacy to deliver safe and cost-effective long-term care solutions. We understand the importance of delivering solutions that help our clients and their families reclaim their lives and increase their quality of life, all while maximizing independence, safety, and comfort. Our Care Managers will develop a comprehensive, personalized care plan offering you and your family options of how to proceed with both immediate care and long-term care. Regardless of your living situation, Corewood Care Managers will provide the professional expertise needed to enhance your physical, social, and emotional well-being.*

Organization: *Debra Levy Eldercare Associates - Care Management*

Address: 11120 New Hampshire Avenue Suite 505 Silver Spring, MD 20904

Website: <https://care-manager.com/our-services/care-management/>

Email: info@care-manager.com

Phone Number: 301-593-5285

Additional Services may Include: Care Management, please ask about other services

Description of Service: *Our team of care managers, comprised of social workers, nurses and gerontologists, provide a wide variety of services to assist our clients and their families, including: Conducting comprehensive in-home assessments to identify problems, address safety and health care concerns, and make recommendations to assure that our clients have the highest quality of life possible; Facilitating communication with physicians and other medical professionals; Accompanying clients to medical appointments and providing patient advocacy; Arranging and coordinating services such as caregivers and transportation; Providing guidance on referrals to legal and financial advisers; Assisting with medication management; Providing emotional support and guidance to clients and family members regarding end of life care; Advising on housing options at independent living, assisted living, skilled nursing facilities and continuing care retirement communities.*

Organization: *Elder Care Consultants - Care Management*

Website: <https://www.eldercc.com/care-management/>

Email: info@eldercc.com

Phone Number: 703-904-0191

Additional Services may Include: Care Management, please ask about other services

Description of Service: *Elder Care Consultants is an interdisciplinary team of care managers. With years of training and experience, our care managers have the expertise to meet the varied needs of our clients. There are so many decisions that you and your family members need to make, it may be hard to know where to start. Wrong turns can be costly and emotionally devastating. Fortunately, you are not alone. The professionals at Elder Care Consultants provide care management help you navigate through the many decisions that need to be made. During our initial consultation and development of the care management plan, we will help you determine which services you need and would benefit from and what they may cost.*

Organization: *Elder Tree Care- Care Management*

Website: <https://www.eldertreecare.com/care-management>

Email: info@eldertreecare.com

Phone Number: 703-424-7575

Additional Services may Include: Care Management, please ask about other services

Description of Service: *ElderTree's mission is to support our clients so they feel safe, secure, and empowered to create the highest quality of life possible while bringing peace of mind to family and friends who are concerned. Our care manager will meet with the older adult and family in their home to listen to your specific concerns and challenges. Drawing on our extensive experience in eldercare and our knowledge of local providers, we will present available resources and craft a personalized solution that fits your loved one's needs. Families and their elders often decide to utilize our team to coordinate the solutions identified in the consultation. We designate one primary care manager to each of our clients so that we can establish an ongoing relationship with your loved one. Our ongoing care management services focus on three areas: Consulting, Advocacy and Care Coordination. If your loved one has an urgent matter, ElderTree can help. We have a care manager on call and available 24 hours a day, seven days a week: if our clients face an emergency room visit, they don't have to face it alone.*

Organization: *ElderCare Partners DC - Care Management*

Address: 79 Potomac Avenue SE Washington, DC 20003

Website: <https://www.eldercaredc.com/services>

Phone Number: 202-525-7356

Additional Services may Include: Care Management, Crisis/Problem Management, Education for Caregivers, please ask about other services

Description of Service: *We provide geriatric care management, a holistic, client-centered approach to caring for older adults facing ongoing health challenges. Working with families, we provide answers at a time of uncertainty. With our guidance families are empowered to take actions and make decisions that ensure quality care and an optimal life for those they love, thus reducing worry, stress and time off from work for family caregivers - peace of mind. Care planning and monitoring including assistance with: Hospital to home care coordination, Education and advocacy, Medical care management, Family caregiver coaching, Crisis management, Long- distance caregiving, Information and referrals.*

Organization: *Geriatric Care Counseling - Geriatric Care Counseling*

Address: 6619 Rannoch Road Bethesda, MD 20817

Website: <https://gercare.com/>

Email: gercarecounseling@gmail.com

Phone Number: 301-320-5380

Additional Services may Include: Care Management, please ask about other services

Description of Service: *Geriatric Care Counseling is an independent professional geriatric care*

management service which was established in 1994 for the purpose of assisting older adults and their families or other concerned parties in realistically assessing needs and creating personalized plans tailored to meet the unique needs of each individual. What services does GCC provide? Consultations with family, friends, and older adults wherever needed: home setting, work site, hospital or other setting. In-home personal needs assessment. Creation of individual care plan. Coordination of high-quality home care services. Evaluation of appropriate housing alternatives. Crisis Management. Excellent referrals for all types of community resources. Care management services, short-term and long-term. Support for local and long-distance relatives in need of assistance. Work with employees who are dealing with aging parent issues to minimize interference with their work productivity.

Organization: Golden Pond Elder Care Strategies - Care Management

Website: <https://www.goldenpondvirginia.com/services/alzheimers-and-other-dementias/>

Email: megan@goldenpondvirginia.com

Phone Number: 703-723-3737

Additional Services may Include: Care Management, please ask about other services

Description of Service: We take into consideration the short term needs and plan with an eye to the long-term. We start with the client's immediate concerns and provide comprehensive recommendations. We develop trust, provide decision support, initiate access to services and senior care communities based on experience, provide navigation within the healthcare system and insurances, and provide continuity and customized care. Once there is a plan for managing dementia and other memory issues, some people implement it themselves and have regular check-up calls. Others want their care manager to accompany them to medical appointments, manage their medications, coordinate the in-home care or senior living community care, recognize emerging needs to prevent a crisis, and meet them at the emergency room when needed. Each situation that involves dementia and memory care is different. That is why we customize your care, identify solutions, deal with new needs as they emerge, and offer peace of mind.

Organization: Home Care Partners - Home Care Aide Services and Case Management Support

Address: 1234 Massachusetts Avenue NW Ste. C-1002 Washington, DC 20005

Website: <http://www.homecarepartners.org/content/services>

Email: info@homecarepartners.org

Phone Number: 202-638-2382

Additional Services may Include: Light Homecare or Yardwork, Care Management, please ask about other services

Description of Service: Home Care Aide Services: Home care aides assist with tasks that help clients manage their daily routines. Based on a personalized plan of care, our aides are assigned to help with such duties as personal care-- bathing, dressing, grooming, feeding, or toileting; medication reminders; range of motion exercises; preparing and serving nutritious meals; light house cleaning, laundry; shopping and errands; escort to appointments; and companionship and supervision. Our aides have received certification as home health aides, or in Maryland and Virginia, as certified nurse assistants. They have been trained in dementia care and receive continuing education annually to

update their skills and learn new techniques in home care. We maintain a safe, comfortable home environment that allows your parent, spouse, relative or friend to remain in a familiar setting and avoid agitation. Our caregivers can be available 24/7 to ensure safety even in the event of wandering, sundowning or anxiety. We provide regular status update on each client's mood, physical and mental health and daily activities. We promote engagement through the activities in our Cognitive Therapeutics Method. We contribute to an improved overall quality of life for the person living with dementia. We reduce the risks of falls and other injuries through dedicated caregiver supervision. We build a long-term relationship with your loved one, so you won't need to manage an unfamiliar new face every week. We help maintain the household, provide healthy meals and maintain a sanitary environment. Case Management Support: All of our home care aides are supervised by either a social work or nurse case manager. When first meeting a client, the Case Manager conducts an assessment to determine what services are needed and develop a Plan of Care, which will describe the duties the home care aide will perform.

Organization: Iona - Iona Care Management

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Description of Service: *Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. Working with your care manager, you will receive resource referrals, guidance, and hands-on coordination of services to support you or a relative. Our services are personalized, ongoing, and as needed. They include consultations (see next page for more details), ongoing care management services (i.e. planning, coordinating, arranging, and overseeing services), navigation through health crisis, companion support, and medical escorts. We offer: healthcare advocacy during health crises or other emergencies; custom guidance and referrals to help you evaluate your housing options; local and long-distance family support; coordination and arrangement of home care services; escorts to medical appointments, social outings, and more; future-planning guidance for down-the-line need. Through a grant from the DC Office on Aging, we are also able to provide subsidized case management services.*

Organization: Lifematters - Care Management

Address: 8758 Georgia Avenue, Suite 600 Silver Spring, MD 20910

Website: <https://lifemattersusa.com/our-care-services/care-management/>

Email: dcresidents@lifemattersusa.com

Phone Number: 202-655-4776

Additional Services may Include: Care Management, please ask about otherservices

Description of Service: *We know that life is full of ups and downs, twists and turns. These changes*

can be overwhelming and it is helpful to gain a fresh viewpoint to see all the possibilities ahead. Whether you're taking care of a loved one or yourself, need medical or legal help, looking to stay in your home or make a move, Lifematters Care Management can help you guide you through these important issues. Our care management services include: Coordination of complex medical care, including hospital discharge planning, Comprehensive medical and psychosocial assessment, Advocacy and education to ensure each person receives the respectful and dignified care they deserve, Consultation on senior living and alternative housing arrangements, Caregiver support and assistance, Medication oversight, Referrals to trusted resources (e.g. attorneys, skilled home care, physicians, hospice and other facilities), Social companionship for activities and events from our Friendly Visitors, 24/7 availability for crisis intervention and education.

Organization: Potomac Home Health Care - Potomac Care Management

Address: 6001 Montrose Road, Ste #307 Rockville, MD 20852

Website: <https://www.phhc.org/potomac-home-support>

Phone Number: 301-896-6990

Additional Services may Include: Light Homecare or Yardwork, Care Management, Private Ride Service, please ask about other services

Description of Service: *Potomac Home Support Inc. (PHS), a private duty agency, is a sister company to Potomac Home Health Care, and a service of Sibley Memorial and Suburban Hospitals. PHS is a non-profit company providing private pay services. These services include: homemakers/housekeepers, sitters/companions, live-ins, certified Home Care Aides, and Geriatric Care Assistants transportation assistance. The service area include Montgomery County, Prince George's County, and Washington, DC. PHS is available to provide your loved ones with the personal attention and care they need at home, in the hospital or nursing center. Licensed nurses supervise our trained and experienced field staff. Personnel are bonded and insured.*

Organization: Right at Home- Alzheimer's, Dementia and Cognitive Change Home Care Services – Care Management

Address: 1818 New York Avenue Northeast Suite 219 Washington, DC 20002

Website: <https://www.rightathome.net/services/alzheimers-dementia-care-services>

Phone Number: 202-269-0008

Additional Services may Include: Light Homecare or Yardwork, Care Management, Private Ride Service, Respite Care (Hourly or Daytime), please ask about other services

Description of Service: *While each form of dementia or cognitive change is unique, there are techniques that can be used to enhance a person's quality of life. These techniques can also help families find new ways to connect with their loved one, despite cognitive change. Right at Home can help by creating a custom care plan that includes family members/care providers to ensure all interactions: Focus on ability, not disability; Pay attention to nutrition; Help with well-being; Support perception and safety; Assist with recognition and orientation; Keep communication flowing in relationships and within families. Our trained in-home caregivers are trained to handle the needs of your loved ones. Services available may include Companionship Care and Homemaking, Physical Assistance, Hygiene. Wellness, Skilled Nursing, Home Health Aide, Respite Care, Alzheimer's,*

Organization: Seabury Resources for Aging - Care Management

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, please ask about otherservices

Description of Service: *Families face new challenges as family members age. Life doesn't come with an event planner, so Seabury care managers are there for when you and your family need help. Seabury care managers guide older adults and their families through the process of planning for long-term needs. Seabury's Care Management team is dedicated to improving the quality of life as well as maintaining independence for their clients. Care Management provides counsel to families on key issues that could include elder law attorneys, home care providers, senior living communities, physicians, rehabilitation centers, mental health providers, financial planners, and others to promote a positive aging experience.*

Organization: Specialty Care Services - Specialized Home Health Care

Address: 8555 16th Street, Suite 101 Silver Spring, MD 20910

Website: <https://specialtycareservices.com/home-care-agencies-washington-dc/>

Email: info@specialtycareservices.com

Phone Number: 301-585-6300

Additional Services may Include: Light Homecare or Yardwork, Care Management, Respite Care (Hourly or Daytime), please ask about other services

Description of Service: *All of our personal care services are customized to the needs of the individual client and are available both hourly and on a live-in basis. Some care services for the elderly we provide include: Bathing, Dressing, Walking, Meal Preparation/Diet Monitoring, Light Housekeeping, Errands, Grocery Shopping, Medication Reminders, Joyful Companionship, Respite Care for Family Caregivers, Care is Available Mornings, Mid-Day and Evenings, Temporary or Long-Term Care is Available, Weekends and Holiday Care is Available, 24-Hour Care Available. At Specialty Care Services, we provide elderly and senior geriatric care management to clients in and near Washington DC, Bethesda Potomac, and Silver Spring, MD. Services available also include caregiver education and respite care. We work individually with you to teach the skills you need to take care of your loved ones successfully. Our registered nurse will visit your home and assess the individual needs of the patient. Then, the nurse will provide in-home demonstrations and tailored coaching to make sure you have the skills needed to care for your loved one. Following this visit, additional support is just a telephone call away whenever you need it. Our respite care services are available hourly, daily, or weekly to give full-time and primary caregivers the essential breaks they need to take care of household tasks, run errands, or simply have time for themselves.*

Organization: *The Art of Eldercare - Care Management & Project Management*

Address: 5248 Colorado Avenue NW Washington, DC 20011

Website: <http://theartofeldercare.com/services.html>

Email: info@theartofeldercare.com

Phone Number: 202-722-4205

Additional Services may Include: Care Management, Social Work, Care Planning, Safety Consultation, Crisis/Problem Management, please ask about other services

Description of Service: *Our focus is on the senior (and individuals with disabilities) and the caregiver. In many ways, we are the “caregiver’s caregiver.” Our aim is to reduce caregiver stress, achieve an effective care team, and guide seniors and their loved ones through the maze of aging challenges. We provide with assistance with the following: Housing, home care services, medical management, communication, social activities, legal, entitlements, connecting families to local programs, monitoring in-home safety and recommending technologies to add to security or safety, and observing changes and potential risks of exploitation or abuse. We also work on special projects and assist individuals, organizations, and companies in planning, understanding, and achieving a desired goal, which means completing “a project.” Most of our projects focus on seniors.*

Money Management and Financial Literacy

These services help with money management, financial planning, and insurance education. These services are not all dementia-specific but are inclusive of those living with dementia or who are planning for future memory loss.

Each of the following types of services are listed separately below.

- **Bill Pay and Money Management:** These services may help clients organize and manage financial paperwork, including mail, bills, files, insurance claims, and more.
- **Financial Literacy:** These resources provide financial information and support to families and caregivers. For example, services may include information about planning for future dementia care, education about the cost of dementia care, and/or financial elder abuse.
- **Insurance Access:** Programs listed have medical benefits for qualified individuals based on income or disability. Review these programs to ensure you are not missing out on available services.
- **Insurance Education:** These services may help clients navigate insurance plans, including Medicaid and Medicare. These services are not exclusive to individuals with dementia but can help individuals or their families better understand the benefits that are covered by their insurance policies.
- **Planning for Long Term Care:** These services may help clients understand the general benefits of insurance plans and specific benefits related to long term care.

Money Management and Financial Literacy: Bill Pay and Money Management

Organization: *East River Family Strengthening Collaborative – Caregiver Case Management*

Address: 3917 Minnesota Avenue NE Washington, DC 20019

Website: <https://www.erfsc.org>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Case management is a collaborative process that assesses, plans, implements, coordinates, monitors and evaluates options and services required to meet your family's individual needs and desires. Caregiver case management services are provided by a supervisory social worker who evaluates caregivers for their needs including in home respite care (32 hours/year).

Organization: *Everyday Money Management- Money Management*

Address: P.O. Box 1469 Rockville, MD 20849

Website: <https://www.everydaymoneymanagement.com/services>

Email: office@everydaymm.com

Phone Number: 301-801-2294

Additional Services may Include: Bill Pay and Money Management, please ask about other services

Service Description: Everyday Money Management's comprehensive, in-home daily money management service helps clients organize and manage financial paperwork, including mail, bills, files, insurance claims, and more. Our systematic approach, personalized service, and commitment to client privacy and data security empowers our clients to continue living the lives they love without fear of falling behind or opening themselves up to fraud. As individual needs and preferences vary, we tailor our relationships to what's most appropriate for each client. We offer the following services to help our clients stay independent and financially secure.

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Through a grant from the D.C. Department of Aging and Community Living and the support of the community, Iona is able to provide subsidized case management services to DC residents aged 60 and over, who live in Ward 3 and parts of Wards 2 and 4. Services are provided regardless of your income and assets. There is no charge for services (donations are welcome, but not required). As there is oftentimes a waiting list for these services, we give priority to those most in

need. Iona case managers can: Assess how well an older adult is managing on their own, and what care might be needed; Arrange and monitor home care and other services; Schedule medical appointments, and facilitate doctor/patient communication; Provide short-term crisis management; Apply for government benefits/services, and Provide other supports as needed.

Organization: *Iona – CityWide Money*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/city-wide-money-management-program/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Financial Literacy, please ask about other services

Service Description: Through a grant from the D.C. Department of Aging and Community Living, case managers provide city-wide money management services (like managing bills and personal funds) to low-income, DC older adults (age 60+) living with memory loss

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. Working with your care manager, you will receive resource referrals, guidance, and hands-on coordination of services to support you or a relative. Our services are personalized, ongoing, and as-needed. They include consultations, ongoing care management services, navigation through health crisis, companion support, and medical escorts. We offer: healthcare advocacy during health crises or other emergencies; custom guidance and referrals to help you evaluate your housing options; local and long-distance family support; coordination and arrangement of home care services; escorts to medical appointments, social outings, and more; future-planning guidance for down-the-line need. Through a grant from the DC Office on Aging, we are also able to provide subsidized case management services.

Organization: *Seabury Resources for Aging - Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term

Care, please ask about other services

Service Description: Families face new challenges as family members age. Life doesn't come with an event planner, so Seabury care managers are there for when you and your family need help. Seabury care managers guide older adults and their families through the process of planning for long-term needs. Seabury's Care Management team is dedicated to improving the quality of life as well as maintaining independence for their clients. Care Management provides counsel to families on key issues that could include elder law attorneys, home care providers, senior living communities, physicians, rehabilitation centers, mental health providers, financial planners, and others to promote a positive aging experience.

Organization: *Terrific, Inc. Regional Senior Services – Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term

Care, please ask about other services

Service Description: The complex and ever-changing needs of more than 30,000 District seniors in Wards 1, 2, and 4 are met through a full range of services that include case management.

Money Management and Financial Literacy: Financial Literacy

Organization: *Alzheimer's Association- Alzheimer's Navigator*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

Organization: *Alzheimer's Association- E-learning Workshops*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, caregivers, as well as community members and health care professionals.

Organization: *Department of Aging and Community Living- DC State Health Insurance Assistance Program (SHIP)*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov/service/health-insurance-counseling>

Email: hicp.dacl@dc.gov

Phone Number: 202-727-8370

Additional Services may Include: Insurance Education, Financial Literacy, please ask about other services

Service Description: The DC State Health Insurance Assistance Program (SHIP) provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. In addition to assistance with health insurance issues, SHIP also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. SHIP can answer questions and provide assistance on issues relating to health insurance including Medicare, Medicaid, Medigap (Medicare supplemental insurance), Medicare+Choice (Medicare managed care), long-term care insurance, long-term care, federal employee health benefits, unpaid medical bills, HMOs, durable medical equipment, and hospice care. For assistance call (202) 727-8370.

Organization: *Iona – CityWide Money*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/city-wide-money-management-program/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Financial Literacy, please ask about other services

Service Description: Through a grant from the D.C. Department of Aging and Community Living, case managers provide city-wide money management services (like managing bills and personal funds) to low-income, DC older adults (age 60+) living with memory loss

Organization: *National Association of Insurance Commissioners (NAIC) - Shopper's Guide*

Address: 1100 Walnut Street Suite 1500 Kansas City, MO 64106

Website: https://www.naic.org/documents/prod_serv_consumer_ltc_lp.pdf

Phone Number: 866-470-6242

Additional Services may Include: Insurance Education, Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: The decision to buy long-term care insurance is an important financial decision that shouldn't be rushed. The National Association of Insurance Commissioners (NAIC) wrote this Shopper's Guide to help you understand long-term care and the insurance options that can help you pay for long-term care services. The decision to buy long-term care insurance is very important. You should not make it in a hurry. Most states' laws require insurance companies or agents to give you this Shopper's Guide to help you better understand long-term care insurance and decide which, if any, policy to buy. Some states produce their own shopper's guide.

Money Management and Financial Literacy: Insurance Access

Organization: *DC Department on Disability Services- Home and Community-Based Services Waiver Program*

Address: 250 E Street, SW Washington, DC 20024

Website: <https://dds.dc.gov/page/home-and-community-based-services-waiver-program>

Email: dds@dc.gov

Phone Number: 202-730-1556

Description of Service: *The HCBS wavier program provides a variety of services and supports that designed to meet each person's needs. The array of services offered includes andrespite care. Services are provided by agencies that have been approved to provide HCBS waiver program services by DDS/DDA and DHCF. The waiver program provides an alternative to institutional residential services by offering a wide range of daily living, respite, vocational, employment, retirement, social, clinical, therapy and adaptive services and supports in the home and community in a variety of settings.*

Organization: *Department of Aging and Community Living - Elderly and Persons with Disabilities Waiver Program*

Address: 250 E Street SW Washington, DC 20024

Website: <https://dacl.dc.gov/page/elderly-and-persons-disabilities-waiver>

Email: EPDwaiver.dcoa@dc.gov

Phone Number: 202-724-5626

Description of Service: *The Elderly and Persons with Disabilities Waiver Program is also known as the EPD Waiver Program. This program provides services in the homes of individuals who would otherwise need to live in a nursing home. The goal of the program is to help you live independently in your own home or community. If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. You can also choose who will provide the services in your home, if you'd like. You, your case manager, and doctor will work together to make sure that you have all of the available support you would need to live independently. Services available may include Adult Day Health, Assisted Living, Case Management, Chore Services (Washing windows, nailing down loose flooring, etc.), Environmental Accessibility Adaptations (Home modifications, such as making the home wheelchair accessible), Homemaker Services (Light housekeeping and meal preparation), Personal Care Assistance, Personal Emergency Response Services (PERS), and Respite Services (up to 480 care hours per year). If you qualify for the program, you will work with a case manager to decide what type of services you would need to assist you in your daily life. To be eligible you must be a resident of the District of Columbia, be 65 or older or older than 18 and have a disability, need assistance in your home with daily activities like dressing, grooming, preparing meals and housecleaning, have an income less than \$2,313 a month and limited accountable assets. Other criteria may apply.*

Organization: *Department of Health Care Finance- D.C. Medicaid*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/medicaid>

Email: dhcf@dc.gov

Phone Number: 202-727-5355

Description of Service: *DC Medicaid is a healthcare program that pays for medical services for qualified people. It helps pay for medical services for low-income and disabled people. For those eligible for full Medicaid services, Medicaid pays healthcare providers. Providers are doctors, hospitals and pharmacies who are enrolled with DC Medicaid. Individuals who have DC Medicaid may be eligible for services to improve personal and home safety, respite services, and case management services based on need. Individuals may be eligible for personal care aid services through DC Medicaid.*

Organization: *Department of Health Care Finance- Qualified Medicare Beneficiary (QMB) Program*

Address: 441 4th Street, NW, 900S Washington, DC 20001

Website: <https://dhcf.dc.gov/service/qualified-Medicare-beneficiary-qmb>

Phone Number: 877-685-6391

Service Description: *The Qualified Medicare Beneficiary (QMB) program helps District residents who are eligible for Medicare pay for their Medicare costs. This means that Medicaid will pay for the Medicare premiums, co-insurance and deductibles for Medicare covered services. It also means that you will receive extra help with your costs under the Medicare prescription drug benefit (Part D), which will limit the amount you pay for your prescriptions to only a few dollars each.*

Money Management and Financial Literacy: Insurance Education

Organization: *Department of Aging and Community Living- DC State Health Insurance Assistance Program (SHIP)*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://dacl.dc.gov/service/health-insurance-counseling>

Email: hicp.dacl@dc.gov

Phone Number: 202-727-8370

Additional Services may Include: Insurance Education, Financial Literacy, please ask about other services

Service Description: The DC State Health Insurance Assistance Program (SHIP) provides free health insurance information, education, and counseling services to Medicare beneficiaries and seniors who live in the District of Columbia. In addition to assistance with health insurance issues, SHIP also assists seniors with resolving unpaid medical bills, making appeals for denials of medical services, and obtaining prescription medications. SHIP can answer questions and provide assistance on issues relating to health insurance including Medicare, Medicaid, Medigap (Medicare supplemental insurance), Medicare+Choice (Medicare managed care), long-term care insurance, long-term care, federal employee health benefits, unpaid medical bills, HMOs, durable medical equipment, and hospice care. For assistance call (202) 727-8370.

Organization: *Legal Counsel for the Elderly- Senior Medicare Patrol DC*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/senior-medicare-patrol.html?intcmp=AE-LCE-WWD-R1C2LL3>

Email: icesmp@aarp.org

Phone Number: 202-434-2099

Additional Services may Include: Insurance Education, please ask about other services

Service Description: The SMP DC office empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. DC SMP is a grant-funded project of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Our work is in three main areas: conduct outreach and education, engage volunteers, and receive beneficiary complaints (when medicare beneficiaries, caregivers, and family members bring their complaints to our office, we make a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, we make referrals to the appropriate state and federal agencies for further investigation).

Organization: *National Association of Insurance Commissioners (NAIC) - Shopper's Guide*

Address: 1100 Walnut Street Suite 1500 Kansas City, MO 64106

Website: https://www.naic.org/documents/prod_serv_consumer_ltc_lp.pdf

Phone Number: 866-470-6242

Additional Services may Include: Insurance Education, Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: The decision to buy long-term care insurance is an important financial decision that shouldn't be rushed. The National Association of Insurance Commissioners (NAIC) wrote this Shopper's Guide to help you understand long-term care and the insurance options that can help you pay for long-term care services. The decision to buy long-term care insurance is very important. You should not make it in a hurry. Most states' laws require insurance companies or agents to give you this Shopper's Guide to help you better understand long-term care insurance and decide which, if any, policy to buy. Some states produce their own shopper's guide.

Money Management and Financial Literacy: Planning for Long Term Care

Organization: *Alzheimer's Association- Alzheimer's Navigator*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://www.alzheimersnavigator.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: When facing Alzheimer's disease, there are a lot of things to consider. Alzheimer's Navigator helps guide Caregivers to answers by creating a personalized action plan and linking you to information, support and local resources.

Organization: *Alzheimer's Association- E-learning Workshops*

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, caregivers, as well as community members and health care professionals.

Organization: *East River Family Strengthening Collaborative – Caregiver Case Management*

Address: 3917 Minnesota Avenue NE Washington, DC 20019

Website: <https://www.erfsc.org>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Case management is a collaborative process that assesses, plans, implements, coordinates, monitors and evaluates options and services required to meet your family's individual needs and desires. Caregiver case management services are provided by a supervisory social worker who evaluates caregivers for their needs including in home respite care (32 hours/year).

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Through a grant from the D.C. Department of Aging and Community Living and the support of the community, Iona is able to provide subsidized case management services to DC residents aged 60 and over, who live in Ward 3 and parts of Wards 2 and 4. Services are provided regardless of your income and assets. There is no charge for services (donations are welcome, but not required). As there is oftentimes a waiting list for these services, we give priority to those most in need. Iona case managers can: Assess how well an older adult is managing on their own, and what care might be needed; Arrange and monitor home care and other services; Schedule medical appointments, and facilitate doctor/patient communication; Provide short-term crisis management; Apply for government benefits/services, and Provide other supports as needed

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. Working with your care manager, you will receive resource referrals, guidance, and hands-on coordination of services to support you or a relative. Our services are personalized, ongoing, and as-needed. They include consultations (see next page for more details), ongoing care management services (i.e. planning, coordinating, arranging, and overseeing services), navigation through health crisis, companion support, and medical escorts. We offer: healthcare advocacy during health crises or other emergencies; custom guidance and referrals to help you evaluate your housing options; local and long-distance family support; coordination and arrangement of home care services; escorts to medical appointments, social outings, and more; future-planning guidance for down-the-line need. Through a grant from the DC Office on Aging, we are also able to provide subsidized case management services.

Organization: *National Association of Insurance Commissioners (NAIC) - Shopper's Guide*

Address: 1100 Walnut Street Suite 1500 Kansas City, MO 64106

Website: https://www.naic.org/documents/prod_serv_consumer_ltc_lp.pdf

Phone Number: 866-470-6242

Additional Services may Include: Insurance Education, Financial Literacy, Planning for Long Term Care, please ask about other services

Service Description: The decision to buy long-term care insurance is an important financial decision that shouldn't be rushed. The National Association of Insurance Commissioners (NAIC) wrote this Shopper's Guide to help you understand long-term care and the insurance options that can help you pay for long-term care services. The decision to buy long-term care insurance is very important. You

should not make it in a hurry. Most states' laws require insurance companies or agents to give you this Shopper's Guide to help you better understand long-term care insurance and decide which, if any, policy to buy. Some states produce their own shopper's guide.

Organization: *Seabury Resources for Aging - Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

Service Description: Families face new challenges as family members age. Life doesn't come with an event planner, so Seabury care managers are there for when you and your family need help. Seabury care managers guide older adults and their families through the process of planning for long-term needs. Seabury's Care Management team is dedicated to improving the quality of life as well as maintaining independence for their clients. Care Management provides counsel to families on key issues that could include elder law attorneys, home care providers, senior living communities, physicians, rehabilitation centers, mental health providers, financial planners, and others to promote a positive aging experience.

Organization: *Terrific, Inc. Regional Senior Services – Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, please ask about other services

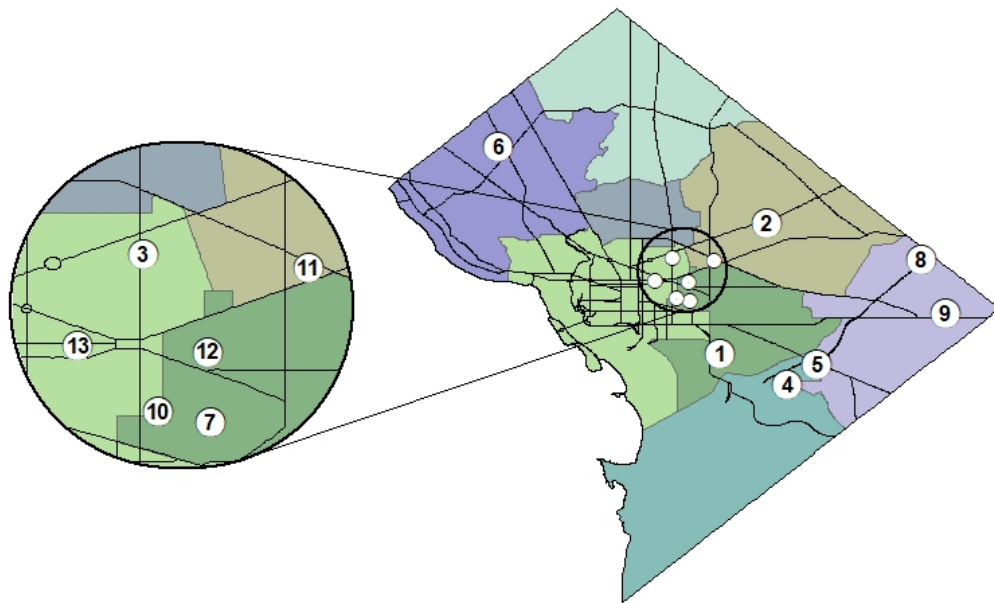
Service Description: The complex and ever-changing needs of more than 30,000 District seniors in Wards 1, 2, and 4 are met through a full range of services that include case management.

Advocacy, Legal Advice, and Concerns About Care

These resources and services include organizations that you should reach out to if you feel like you or your loved one has been denied appropriate care, access to insurance benefits, or have concerns about the care you are receiving. These resources can advocate for individuals who have been denied claims or services.

Each of the following types of services are listed separately below.

- **Healthcare Ombudsman Program:** Healthcare ombudsman programs can help individuals resolve problems with health care coverage, access to health care, or health care bills. They can help you understand your health care rights and responsibilities.
- **Advocacy Organizations & Legal Advice:** These services help individuals and caregivers obtain advice to navigate a wide variety of topics or concerns about an individual's rights and responsibilities. Some provide free legal advice, information, and representation. These services may help you if you feel you or your loved one with dementia has been wrongfully denied access to health benefits.



Organizations

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| 1) Legal Counsel for the Elderly | 7) Department of Health Care Finance Office of Health Care Ombudsman |
| 2) Legal Counsel for the Elderly | 8) National Legal Services Program |
| 3) DC Bar Advice and Referral Clinic | 9) Legal Counsel for the Elderly |
| 4) DC Bar Advice and Referral Clinic, Legal Counsel for the Elderly | 10) Legal Counsel for the Elderly |
| 5) National Legal Services Program | 11) National Legal Services Program |
| 6) Legal Counsel for the Elderly | 12) DC Bar Advice and Referral Clinic |
| | 13) Legal Counsel for the Elderly |

Advocacy, Legal Advice, and Concerns About Care: Healthcare Ombudsman Program

Organization: *Department of Health Care Finance - Healthcare Ombudsman Program*

Address: 441 4th Street, NW, Suite 250 North Washington, DC 20001

Website: <https://healthcareombudsman.dc.gov/>

Email: healthcareombudsman@dc.gov

Phone Number: 202-434-2190

Description of Services: Contact the Office of Health Care Ombudsman and Bill of Rights if you need help: Understanding your health care rights and responsibilities; Resolving problems with health care coverage, access to health care, or your health care bills; Appealing your health plan's decision; and finding other health care resources. The Office of Health Care Ombudsman and Bill Rights can help with: Medicaid, Medicare, Commercial Insurance, DC HealthCare Alliance, DC Healthy Families, Prescription Drug Coverage, Medical Billing Issues, Denials, Appeals/ Grievances.

Organization: *Legal Counsel for the Elderly – DC Long-Term Care Ombudsman Program*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/dc-long-term-care-ombudsman.htm>

Phone Number: 202-434-2190

Description of Services: The Office of the D.C. Long-Term Care Ombudsman is an important part of Legal Counsel for the Elderly. It is an advocate and resource for persons who reside in long-term care facilities such as nursing homes, assisted living and community residence facilities. The program also provides advocacy services to individuals receiving services through the Elderly and Persons with Physical Disabilities (EPD) Medicaid Waiver. The program advocates for older adults and persons with disabilities at both the individual and systems levels by receiving, investigating and resolving complaints made by or on behalf of residents, promoting the development of resident and family councils, and informing governmental agencies, providers and the general public about issues and concerns impacting recipients of long-term care services and supports.

Advocacy, Legal Advice, and Concerns About Care:

Advocacy Organizations & Legal Advice

Organization: *DC Bar - Pro Bono Center*

Address: 901 4th Street, NW Washington, DC 20001

Website: <https://www.dcbbar.org/for-the-public/help-for-individuals/advice.cfm>

Phone Number: 202-737-4700 (ext. 3294)

Additional Services may Include: Guardianship and Conservatorship, Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Services: Open to the general public, the clinic is sponsored by the D.C. Bar Pro Bono Center and held on the second Saturday of every month from 10 a.m. to 12 p.m. You do not need an appointment to meet with an attorney, but you must arrive by noon. Volunteer attorneys may help you identify legal issues that you may need to pursue further, help you fill out papers to file with the court, make a phone call to resolve a dispute, write a letter on your behalf, or give you general advice about your legal problem. If brief service is not enough to resolve your problem or if you require a different type of service than the Advice and Referral Clinic offers, clinic volunteers may be able to refer you to or provide you with information about a legal or social service provider appropriately suited to handle your case. However, the clinic does not guarantee that you will obtain representation through one of the referred agencies. The services at the clinic are provided free of charge. Please bring all of the documents concerning your legal problem to the clinic. The clinic provides individuals who do not have their own lawyer an opportunity to discuss with volunteer attorneys civil legal problems governed by D.C. law including: Bankruptcy and debt collection, Consumer law, Employment law, Family law, Health law, such as medical debt and denial of coverage, Housing law, such as landlord-tenant issues, Personal injury, Probate matters, such as medical directives, Public benefits, such as TANF/SNAP and SSI/SSDI, Tax law, The clinic does not assist with any criminal issues, including criminal record expungement or traffic issues. Clinic services are only available to individuals, not businesses, nonprofit organizations, tenants associations, or similar groups. Interpreter services are available if scheduled in advance.

Organization: *DC Office of Human Rights*

Address: 441 4th Street NW, Suite 570 North Washington, DC 20001

Website: <https://ohr.dc.gov/service/file-discrimination-complaint>

Email: ohr@dc.gov

Phone Number: 202-727-4559

Description of Services: You may file a discrimination complaint if you believe you have been discriminated against in employment, housing, public accommodations and educational institutions based on a protected trait in DC. You can also file a complaint based on language access services denied at a government agency, an employer who improperly asked about your criminal record during the application or interview process, or discrimination by a taxi or vehicle-for-hire.

Organization: *Legal Counsel for the Elderly - Self Help Office (SHO)*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/self-help-office.html>

Phone Number: 202-434-2094

Additional Services may Include: Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Services: LCE's Self Help Office (SHO) empowers seniors through advocacy and community partnerships. A legal associate and volunteers provide direct assistance, helping more than 300 seniors each year. Services include, but are not limited to: Providing information for requesting DC government services, Providing educational information on legal topics, Providing self-help guides, Conducting public benefits checkups, Helping with the preparation of applications for public benefits, Helping write consumer complaint letters, Providing referrals to social service agencies, Providing information on filing small claims cases, Providing information on small estate probate and recording deeds, Providing information on requests for vital records, Requesting and disputing credit report information. LCE believes there is no substitute for having staff "on the ground" in the community. There are six partnering locations: Downtown Cluster/ NW, Israel Baptist/NE, Capitol View Baptist/NE, IONA/NW, Bread for the City/SE, AARP DC State Office/SE.

Organization: *Legal Counsel for the Elderly – Legal Hotline*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/getting-help/?intcmp=AE-LCE- RH2>

Phone Number: 202-434-2120

Additional Services may Include: Helpline, Advocacy Organizations & Legal Advice, Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Services: Legal Counsel for the Elderly's Legal Hotline provides free legal advice, assistance, and referrals to: all D.C. residents 60 years of age or older; D.C. residents 55 years of age or older with Social Security and Supplemental Security Income disability issues; D.C. residents 18+ regarding D.C.'s home adaptation program, Safe at Home. Callers first speak to our intake specialists, who gather information including name, address, date of birth, marital status, household members, income and asset information, and a general description of the legal problem or question. Our intake team includes staff who are bilingual in Spanish and English. Intake specialists provide this information to the hotline attorneys who are authorized to practice law in the District of Columbia. Hotline attorneys return calls as promptly as workload permits. The Legal Hotline attorney gathers further information about the question or problem, and provides advice or assistance. If the problem requires further legal representation, the hotline attorney can refer the client to an LCE staff attorney or other programs depending upon the nature of the issue and program limitations on client income and assets.

Organization: *Legal Counsel for the Elderly - Project HELP*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/homebound-elderly-project.html?intcmp=AE-LCE-WWD-R1C1LL4>

Phone Number: 202-434-2120

Additional Services may Include: Resources for Homebound Seniors, please ask about other services

Description of Services: Project HELP provides critically important legal assistance and advocacy to some of the most vulnerable seniors living in our community. These older neighbors are unable to play an active role in society because of their homebound status, which results in them becoming "invisible" and, consequently, this all too often leads to situations in which they are taken advantage of because of their decreased mobility and limited support network. Project HELP utilizes a full-time staff attorney, para-professional support, volunteers, and a cadre of volunteer (pro bono) attorneys from private law firms and government organizations. Services may include: drafting or reviewing legal documents that seniors may need, such as powers of attorney or wills; administering a public-benefits checkup; assisting clients with securing and maintaining public benefits such as Social Security, Supplemental Security Income (SSI), Medicaid, Elderly and Persons with Physical Disabilities (EPD) Waiver, Medicare, Qualified Medicare Beneficiary (QMB) and Supplemental Nutrition Assistance Program (SNAP) benefits; assisting clients whose benefits or services have been threatened with termination, terminated, decreased or overpaid; analyzing their housing situation concerning any landlord problems or consumer problems or, in the case of homeowners, any problems with home repair, predatory lending or deed fraud and ensuring proper follow-up on the identified legal problems either directly or via LCE's other program initiatives.

Organization: *Legal Counsel for the Elderly – Senior Medicare Patrol (SMP)*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/senior-medicare-patrol.html?intcmp=AE-LCE-WWD-R1C2LL3>

Email: icesmp@aarp.org

Phone Number: 202-434-2099

Additional Services may Include: Insurance Education, please ask about other services

Description of Services: The SMP DC office empowers and assists Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. DC SMP is a grant-funded project of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL). Our work is in three main areas: conduct outreach and education, engage volunteers, and receive beneficiary complaints (when medicare beneficiaries, caregivers, and family members bring their complaints to - our office, we make- a determination about whether or not fraud, errors, or abuse is suspected. When fraud or abuse is suspected, we make referrals to the appropriate state and federal agencies for further investigation).

Organization: *Legal Counsel for the Elderly - Veterans Advocacy Project*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/veterans-advocacy.html?intcmp=AE-LCE-WWD-R1C2LL6>

Phone Number: 202-434-2120

Description of Services: To ensure we are best serving older veterans living in our Nation's capital, LCE launched its Veterans Advocacy Project in 2014. LCE's Veterans Advocacy Project ensures DC low-income older or disabled veterans with specific claims before the Department of Veteran Affairs (VA).

Organization: *Legal Counsel for the Elderly - Alternatives to Landlord/Tenant Court Project (Alternatives Project)*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/alternatives-to-court.html?intcmp=AE-LCE-WWD-R1C1LL2>

Phone Number: 202-434-2120

Description of Services: LCE's Alternatives to Landlord/Tenant Court Project (Alternatives Project) combines social work, legal and volunteer coordination to help prevent eviction of D.C. elders. Support referrals from individuals, community agencies, property managers and other community members, upon signs of eviction risks, including: lapse in payment of rent; unpaid utilities; housekeeping or hoarding concerns; and/or memory loss of the tenant that causes neglect of obligations that the tenant followed previously.

Organization: *National Legal Services*

Address: 64 New York Avenue NE, Suite 180 Washington, DC 20002

Website: <http://www.nlsp.org/services/public-benefits-income-maintenance-health-law>

Phone Number: 202-832-6577

Description of Services: Neighborhood Legal Services Program is a nonprofit law firm that provides free legal information, advice and representation to low-income District of Columbia residents. We serve clients who are residents of the District of Columbia and whose household income is at or below 125% of the federal poverty guidelines (FPG). In some cases, we may be able to serve people with a household income at or below 200% of the FPG. We help with problems involving housing, family, domestic violence, public benefits and barriers to employment. We also provide advice on some consumer issues and assist with preparing wills and advance directives. NLSP provides several different levels of assistance. We may provide advice and counsel, brief services, or more extended representation including in-court representation. The level of service we provide depends on what kind of assistance is likely to help you solve your problem and attorney availability. We may also refer you to other organizations for assistance (a referral from NLSP does not guarantee that the organization we refer you to will represent you). We will consider handling the following types of cases for clients that meet our income guidelines: Denial of benefits, Termination of benefits, Claims that you were overpaid. NLSP can help clients obtain and preserve the following public benefits:

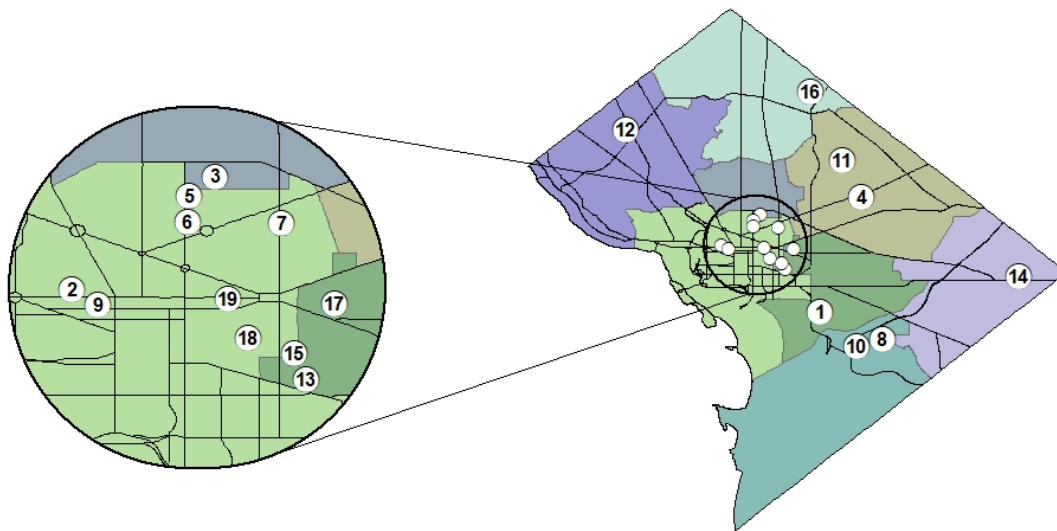
TANF, Food Stamps (SNAP), Unemployment, Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicaid, Medicare, Other health care benefits, Veterans benefits. If you believe you have been wrongfully denied access to income supports or health benefits please contact us. If we cannot assist you, we will help find an organization that can.

Advance Care Planning and Legal Preparations for Future Needs

These resources include local and online services to guide you in advance care planning conversations to document your health care preferences and select a health care proxy / health care power of attorney. Resources listed also include legal clinics and community resources that can give advice or help with guardianship, conservatorship, and estate documents (wills, trusts, estate planning).

Each of the following types of services are listed separately below.

- **Advance Care Planning (Health Care Power of Attorney / HCPOA and Advance Directives):** These resources help guide individuals in documenting future care wishes based on their values and preferences in the case that an individual is no longer able to make decisions or communicate. They help individuals appoint a health care surrogate to enact their wishes.
- **Guardianship and Conservatorship, Wills, Trusts, and Estate Planning (including non-medical powers of attorney):** These services assist individuals in organizing and documenting their wishes regarding estate and financial planning, and help assist individuals and their caregivers in designating a non-medical power of attorney in the case the individual is no longer able to make or communicate financial decisions or wishes. The resources included in this list are all specific to the needs of older adults. Some of these services can help caregivers or family members of individuals with dementia obtain guardianship or conservatorship once an individual with dementia is no longer able to make decisions independently.



Organizations

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|---|--|---|
| 1) Legal Counsel for the Elderly | 8) DC Bar Advice and Referral Clinic, Legal Counsel for the Elderly | 14) Legal Counsel for the Elderly |
| 2) The Elder and Disability Law Center | 9) Farr Law Firm Alzheimer's Attorney | 15) Legal Counsel for the Elderly |
| 3) Terrific, Inc. | 10) Whitman-Walker Health Legal Services | 16) Seabury Resources for Aging |
| 4) Legal Counsel for the Elderly | 11) Catholic University of America Columbus School of Law Legal Services | 17) DC Bar Advice and Referral Clinic and Family Law Assistance Network |
| 5) Whitman-Walker Health Legal Services | 12) Iona, Legal Counsel for the Elderly | 18) Catholic Charities DC Legal Network |
| 6) Whitman-Walker Health Legal Services | 13) DC Bar Family Law Assistance Network | 19) Legal Counsel for the Elderly |
| 7) DC Bar Advice and Referral Clinic | | |

Advance Care Planning and Legal Preparations for Future Needs:

Advance Care Planning

Organization: *Aging with Dignity - Five Wishes*

Website: <https://fivewishes.org/five-wishes/individuals-families>

Email: info@fivewishes.org

Phone Number: 850-681-2010

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

Description of Service: *The Five Wishes publication is America's most popular advance care planning tool that has helped countless families get the kind of end-of-life care they desire. This legal document is available in 29 languages and is distributed by thousands of organizations throughout the country, from large hospitals to tiny churches. Why do individuals and families choose Five Wishes? It's written in everyday language, making it easy to understand and complete. It covers personal, spiritual, medical and legal wishes all in one document. It allows your family or caregiver to know exactly what you want, relieving them from the difficult position of guessing your wishes. Five Wishes is legally valid in most states. The document includes all the instructions and information that you need to create a valid advance directive. We know from countless stories from families that have benefited from Five Wishes that it usually starts with one person who learns about the program, completes it, and then shares it with his or her entire family. Be the person who shares this gift with those you love.*

Organization: *Alzheimer's Association - E-learning Workshops*

Website: <https://training.alz.org/>

Phone Number: 800-272-3900

Additional Services may Include: *Financial Literacy, Planning for Long Term Care, Advance Care Planning (HCPOA and Advance Directives), Education for Caregivers, Education for Community, Education for Individuals with Dementia, please ask about other services*

Description of Service: *The Alzheimer's Association online Training and Education Center provides free, online courses to learn more about Alzheimer's disease and plan for the future. Courses are available for individuals living with dementia, care partners, as well as community members and health care professionals.*

Organization: *Compassion and Choices - Plan Your Care Resource Center*

Website: <https://compassionandchoices.org/end-of-life-planning/>

Phone Number: 800-247-7421

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

Description of Service: *Compassion & Choices is committed to empowering people to get the care they want during a serious illness or at the end of life. One way we do that is by helping people plan well and become good advocates for themselves and their loved ones. The Plan Your*

Care Resource Center offers an end-of-life planning guide and toolkit to help you navigate your end of life choices, as well as a tool called "Finish Strong," which includes the new "Dementia Values and Priorities Tool" and the "Dementia Decoder."

Organization: *Compassion and Support - Advanced Care Planning*

Website: <https://compassionandsupport.org/advance-care-planning/>

Email: contact-us@compassionandsupport.org

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

Description of Service: *Compassion and Support's Advanced Care Planning resource provides information on advanced care planning, palliative care, and planning for life-threatening and serious illness. People should plan ahead, know their choices, and share their wishes. This resource provides information on how to do these things.*

Organization: *My Directives*

Website: <https://mydirectives.com/en/>

Email: info@mydirectives.com

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

Description of Service: *MyDirectives makes it easy to create a state-of-the-art advance care plan. You can answer questions in your own words or pick from a selection of the most common answers. Add your thoughts with as much detail as you wish. You can even add your own video responses. You can share your emergency care plan with anyone at any time. Hospitals that link to MyDirectives can access your care plan when you are admitted. Want to change an answer or consider another option? With MyDirectives, you are always in control and confident that doctors can only access your most recently signed version.*

Organization: *The Conversation Project*

Website: <https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf>

Email: conversationproject@IHI.org

Phone Number: None

Additional Services may Include: Advance Care Planning (HCPOA and Advance Directives), please ask about other services

Description of Service: *The Conversation Project® is a public engagement initiative with a goal that is both simple and transformative: to have every person's wishes for end-of-life care expressed and respected. Too many people die in a manner they would not choose, and too many of their loved ones are left feeling bereaved, guilty, and uncertain. It's time to transform our culture so we shift from not talking about dying to talking about it. It's time to share the way we want to live at the end*

of our lives. And it's time to communicate about the kind of care we want and don't want for ourselves. This Starter Kit is specifically designed to help families and loved ones of people with Alzheimer's disease or another form of dementia who want guidance about "having the conversation." We appreciate the difficulty — and the importance — of having these conversations.

Organization: *PREPARE For Your Care*

Website: *<https://prepareforyourcare.org/entry>*

Email: *info@prepareforyourcare.org*

Phone Number: *None*

Additional Services may Include: *Advance Care Planning (HCPOA and Advance Directives), please ask about other services*

Description of Service: *PREPARE is a step-by-step program with video stories to help you: Have a voice in YOUR medical care, Talk with your doctors, Give your family and friends peace of mind, Fill out an advance directive form to put your wishes in writing.*

Advance Care Planning and Legal Preparations for Future Needs: Guardianship and Conservatorship, Wills, Trusts, and Estate Planning (Including Non-Medical Powers of Attorney)

Organization: *Catholic Charities – Catholic Charities Legal Network*

Address: 924 G Street, NW Washington, DC 20001

Website: <https://www.catholiccharitiesdc.org/legalnetwork/>

Phone Number: 202-350-4305

Additional Services may Include: Guardianship and Conservatorship, Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *The Catholic Charities Legal Network focuses on serving low-income families and individuals whose earnings are equal to or less than 200% of the U.S. Federal Poverty Guidelines. The Catholic Charities Legal Network offers its services to residents of the District of Columbia and surrounding Maryland counties of Montgomery, Prince George's, Calvert, Charles, and St. Mary's. Civil law subject areas this program addresses are: Consumer Debt/Bankruptcy, Employment, Family Law (including Child Custody and Domestic Violence), Landlord, Tenant/Housing Issues, Public Benefits (Social Security, Disability), Wills and Probate, Guardianship and Conservatorship.*

Organization: *Catholic University of America Columbus School of Law - Columbus Community Legal Services*

Address: 3602 John McCormack Road NE Washington, DC 20064

Website: <https://www.law.edu/academics/legal-externships-and-clinics/clinics/columbus-community-legal-services/ccls-practice-areas/index.html>

Phone Number: 202-319-6788

Additional Services may Include: Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Columbus Community Legal Services (CCLS) is dedicated to representing low-income clients in a wide variety of civil matters. CCLS does not handle criminal matters. You may call our office to determine if you are eligible for our services. If we are unable to assist you with your legal matter, we will provide you with information about other legal service providers in the area. Columbus Community Legal Services offers four distinct clinical courses: the Immigrant and Refugee Advocacy Clinic; the Families and the Law Clinic; the Veterans Advocacy and Estate Planning Clinic; and the Low Income Taxpayer Clinic. We will offer estate planning services to both veterans and non-veterans. Student attorneys will draft wills, trusts, health care directives, and powers of attorney.*

Organization: *DC Bar- Advice and Referral Clinic*

Address: 901 4th Street, NW Washington, DC 20001

Website: <https://www.dcbbar.org/for-the-public/help-for-individuals/advice.cfm>

Phone Number: 202-737-4700 (ext. 3294)

Additional Services may Include: Advocacy Organizations & Legal Advice, Guardianship and Conservatorship, Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Open to the general public, the clinic is sponsored by the D.C. Bar Pro Bono Center and held on the second Saturday of every month from 10 a.m. to 12 p.m. You do not need an appointment to meet with an attorney, but you must arrive by noon. Volunteer attorneys may help you identify legal issues that you may need to pursue further, help you fill out papers to file with the court, make a phone call to resolve a dispute, write a letter on your behalf, or give you general advice about your legal problem. If brief service is not enough to resolve your problem or if you require a different type of service than the Advice and Referral Clinic offers, clinic volunteers may be able to refer you to or provide you with information about a legal or social service provider appropriately suited to handle your case. However, the clinic does not guarantee that you will obtain representation through one of the referred agencies. The services at the clinic are provided free of charge. Please bring all of the documents concerning your legal problem to the clinic. The clinic provides individuals who do not have their own lawyer an opportunity to discuss with volunteer attorneys civil legal problems governed by D.C. law including: Bankruptcy and debt collection, Consumer law, Employment law, Family law, Health law, such as medical debt and denial of coverage, Housing law, such as landlord-tenant issues, Personal injury, Probate matters, such as medical directives, Public benefits, such as TANF/SNAP and SSI/SSDI, Tax law, The clinic does not assist with any criminal issues, including criminal record expungement or traffic issues. Clinic services are only available to individuals, not businesses, nonprofit organizations, tenants associations, or similar groups. Interpreter services are available if scheduled in advance.*

Organization: *The Elder and Disability Law Center- Guardianships & Conservatorships*

Address: *1020 19th Street NW Suite 510 Washington, DC 20036*

Website: *<https://www.edlc.com/guardianships-conservatorships/>*

Phone Number: *202-452-0000*

Additional Services may Include: Guardian and Conservatorship, please ask about other services

Description of Service: *At The Elder & Disability Law Center in Washington, D.C., our focus is on meeting the needs of those living in our own community. Our legal team works together to advocate for and advise individuals and families confronting the challenges of aging, disability, illness or planning for long-term care. At The Elder & Disability Law Center, our lawyers are highly skilled with advising and representing families in this area during intervention proceedings. Let us handle the legal details of this emotional situation so you can spend your time providing care to your loved ones. As your attorneys, we promise to: Answer your guardianship and conservatorship questions, Guide you through the petition and court process, Help you comply with court orders.*

Organization: *Farr Law Firm- Alzheimer's Planning Attorney*

Address: *1775 I Street, NW, Suite 1150 Washington, DC 20006*

Website: *<https://www.farrlawfirm.com/practice-areas/alzheimers-planning-attorney-fairfax-va/>*

Phone Number: *202-587-2797*

Additional Services may Include: Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Alzheimer's Planning is a subspecialty of Elder Law. It involves a unique and complex combination of estate planning, long-term care planning, asset protection, Medicaid planning, and nursing home planning, and requires a specialized knowledge of the legal and financial problems and issues that are unique to families dealing with this devastating illness.*

Organization: **Griboff Law- Elder Law**

Address: 751 Rockville Pike, Suite 7 Rockville, MD 20852

Website: <https://www.griboffestateplanning.com/elder-law/>

Email: Amy@GriboffEstatePlanning.com

Phone Number: 301-339-8725

Additional Services may Include: Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *If you're a senior citizen or someone who's making decisions on behalf of a senior, it's important that you work with an attorney who focuses on Elder Law to navigate the unique legal needs of your "golden years". Our aging population faces complex legal concerns that can affect your loved ones and possibly have unintended legal consequences. Elder Law encompasses many different fields of law. It was created to assist you or your loved ones reaching life's later years in the following ways: Preservation/transfer of assets seeking to avoid spousal impoverishment when a spouse enters a nursing home. Medicaid Pre-Planning and Medicaid Crisis Planning. Veterans Benefits – Aid and Attendance. Conservatorships and guardianships. Long-term care placements in nursing home and life care communities. Nursing home issues; and elder law abuse and fraud.*

Organization: **Legal Counsel for the Elderly- Legal Hotline**

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/getting-help/?intcmp=AE-LCE-RH2>

Phone Number: 202-434-2120

Additional Services may Include: Helpline, Advocacy Organizations & Legal Advice, Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Legal Counsel for the Elderly's Legal Hotline provides free legal advice, assistance, and referrals to: all D.C. residents 60 years of age or older; D.C. residents 55 years of age or older with Social Security and Supplemental Security Income disability issues; D.C. residents 18+ regarding D.C.'s home adaptation program, Safe at Home. Callers first speak to our intake specialists, who gather information including name, address, date of birth, marital status, household members, income and asset information, and a general description of the legal problem or question. Our intake team includes staff who are bilingual in Spanish and English. Intake specialists provide this information to the hotline attorneys who are authorized to practice law in the District of Columbia. The Legal Hotline attorney gathers further information about the question, and provides advice or assistance. If the problem requires further legal representation, the hotline attorney can refer the client to an LCE staff attorney or other programs depending upon the nature of the issue and program limitations on client income and assets.*

Organization: *Needham Mitnick & Pollack PLC- Elder Law*

Address: 400 S. Maple Avenue, Suite 210 Falls Church, VA22046

Website: <https://www.nmpattorneys.com/our-services-elder-law>

Phone Number: 703-536-7778

Additional Services may Include: Guardianship and Conservatorship, Advance Care Planning (HCPOA and Advance Directives), Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Elder Law is the practice of law pertaining to the elderly and disabled and their family members. In practicing Elder Law the attorneys of Needham Mitnick & Pollack draft all legal documents that might be required, provide advice on eligibility for various government benefit programs, and assist in obtaining appropriate services for our clients. When an individual has no one to help them handle their financial affairs or make medical decisions on their behalf should they become incapacitated, as part of Elder Law , the law firm of Needham Mitnick & Pollack can take on that responsibility if the client wishes. The attorneys of Needham Mitnick & Pollack's emphasis in practicing Elder Law is always on working to provide our clients with solutions that meet their individual needs, preferences and values.*

Organization: *Whitman-Walker Health- Legal Services*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/legal-services>

Email: contact-legal@whitman-walker.org

Phone Number: 202-939-7630

Additional Services may Include: Wills/Trusts/Estate Planning/Non-medical POA, please ask about other services

Description of Service: *Our legal team is here to help you break down barriers and achieve improved health and wellness. We work with patients, people living with HIV, and members of the Lesbian, Gay, Bisexual, Transgender, and Queer communities. We can help with health insurance issues, work disputes, discrimination, disability applications and appeals, public benefits appeals (ADAP, Medicaid, Medicare, SNAP/Food Stamps, TANF), immigration matters, powers of attorney and wills, elder issues, and identity documents for trans and gender expansive clients, among other problems. Our full offering of services include: Consumer/Debtor Rights; Disability Insurance; Discrimination; Immigration; Name and Gender Change; Insurance and Benefits; Wills and Powers of Attorney. We offer several free legal clinics each month. Please contact us for more information about becoming a client or volunteer.*

Advance Care Planning and Legal Preparations for Future Needs: Case Management Services

Case Management Services can also assist with referrals to resources to complete wills, trusts, advance directives and advise on guardianship or conservatorship.

Organization: *East River Family Strengthening Collaborative- Caregiver Case Management*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/case-management/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, Education for Caregivers, please ask about other services

Description of Service: *Case management is a collaborative process that assesses, plans, implements, coordinates, monitors and evaluates options and services required to meet your family's individual needs and desires. Caregiver case management services are provided by a supervisory social worker who evaluates caregivers for their needs including in home respite care (32 hours/year).*

Organization: *Iona- Subsidized Case Management Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/health/subsidized-case-management-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, Education for Caregivers, please ask about other services

Description of Service: *Through a grant from the D.C. Department of Aging and Community Living and the support of the community, Iona is able to provide subsidized case management services to DC residents aged 60 and over, who live in Ward 3 and parts of Wards 2 and 4. Services are provided regardless of your income and assets. There is no charge for services (donations are welcome, but not required). As there is oftentimes a waiting list for these services, we give priority to those most in need.*

Organization: *Iona - Iona Care Management*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/icm-meet-our-team/how-we-can-help/>

Email: info@iona.org

Phone Number: 202-895-9448

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, Education for Caregivers, please ask about other services

Description of Service: *Iona Care Management is comprised of a team of experienced, licensed social workers and nurse care managers who have a deep knowledge of local resources and issues related to aging. Working with your care manager, you will receive resource referrals, guidance, and hands-on coordination of services to support you or a relative. Our services are personalized, ongoing, and as-needed. They include consultations (see next page for more details), ongoing care management services (i.e. planning, coordinating, arranging, and overseeing services), navigation through health crisis, companion support, and medical escorts. We offer: healthcare advocacy during health crises or other emergencies; custom guidance and referrals to help you evaluate your housing options; local and long-distance family support; coordination and arrangement of home care services; escorts to medical appointments, social outings, and more; future-planning guidance for down-the-line need. Through a grant from the DC Office on Aging, we are also able to provide subsidized case management services.*

Organization: *Seabury Resources for Aging- Care Management*

Address: 6031 Kansas Avenue NW Washington, DC 20011

Website: <https://www.seaburyresources.org/caremanagement>

Email: info@seaburyresources.org

Phone Number: 202-364-0020

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA and Advance Directives), Planning for Long Term Care, Education for Caregivers, please ask about other services

Description of Service: *Families face new challenges as family members age. Life doesn't come with an event planner, so Seabury care managers are there for when you and your family need help. Seabury care managers guide older adults and their families through the process of planning for long-term needs. Seabury's Care Management team is dedicated to improving the quality of life as well as maintaining independence for their clients. Care Management provides counsel to families on key issues that could include elder law attorneys, home care providers, senior living communities, physicians, rehabilitation centers, mental health providers, financial planners, and others to promote a positive aging experience.*

Organization: *Terrific, Inc. Regional Senior Services - Case Management*

Address: 1222 T Street NW Washington, DC 20009

Website: <https://www.terrificinc.org/senior-services>

Email: info@terrificinc.org

Phone Number: 202-882-1160

Additional Services may Include: Bill Pay and Money Management, Planning for Long Term Care, Crisis/Problem Management, Connection and Referral, Advance Care Planning (HCPOA

and Advance Directives), Planning for Long Term Care, Education for Caregivers, please ask about other services

Description of Service: *The complex and ever-changing needs of more than 30,000 District seniors in Wards 1, 2, and 4 are met through a full range of services that include case management.*

Healthcare for Homebound Older Adults and End of Life Care

The resources listed here are organizations that provide in-home healthcare for homebound older adults and individuals with advanced illness in need of hospice services or home-based palliative care. Additional resources included in this section include community-based legal services that support homebound older adults. This type of resource may be necessary so that homebound older adults can complete legal documents to uphold their medical wishes and establish legal surrogates in the case of memory loss or dementia.

Each of the following types of services are listed separately below.

- **House Calls and Visiting Doctors:** These services provide in-home healthcare for individuals who are homebound or have difficulty leaving home. Healthcare services may include primary care, preventative care, urgent care, and/or support during end-of-life care. These services are not dementia-specific but do serve individuals with dementia.
- **Hospice and Palliative Care:** These services provide additional support to individuals with advanced serious illness and individuals approaching and at the end-of-life. These services are not dementia-specific but do serve individuals with dementia and are limited to outpatient or home-based services.
- **Legal Services for Homebound Older adults:** For District residents who are older adults and unable to leave their homes to complete advance directives, living wills, and other legal documentation, limited home-based services are available.

Healthcare for Homebound Older Adults and End of Life Care: House Calls and Visiting Doctors

Organization: *Capital Caring Health- Primary Care at Home*

Address: 3181 Fairview Park Drive Fairfax, VA 22042

Website: <https://www.capitalcaring.org/get-help/our-services/primary-care-at-home/>

Phone Number: 202-244-8300

Service available to: 20007, 20008, 20016, 20815, 20816, Age 65+, please ask for additional information

Description: House Calls: By doctors, nurse practitioners, and social workers who specialize in the care of older adults with advanced illness. Mobile Technology: We offer in-home diagnostic tests (blood work, X-rays, ultrasound) and an electronic portal for communication with our team. 24/7 Coordination of Care: Our team is available 24/7 by phone. We arrange primary and urgent care, specialists, hospital and support services needed to age at home with dignity. Family Time: We work closely with families so all understand the plan of care.

Organization: *Department of Veterans' Affairs- Home Based Primary Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Home_Based_Primary_Care.asp

Phone Number: 1-855-260-3274

Service available to: Veteran affiliated, please ask for additional information

Description: Home-Based Primary Care (HBPC) is a program designed to deliver routine health care services to your home when the Veteran you care for has medical issues that make it challenging for him or her to travel. Home-Based Primary Care is staffed with medical professionals who will come to your home. Some of their services are primary care and nursing, managing medication, and helping plan and put together nutritious and tasty meals. Home-Based Primary Care can also include physical rehabilitation, mental health care for your Veteran, social work and referrals to VA and community services. This program can help ease the worry and stress of having to bring a Veteran to and from a VA medical center for routine medical appointments.

Organization: *GWU Medical Faculty Associates- House Call Program*

Address: 2150 Pennsylvania Avenue, NW Washington, DC 20037

Website: <https://www.gwdocs.com/specialties/house-call-program/>

Phone Number: 202-741-3098

Service available to: 20007, 20008, 20015, 20016, 20037, Age 60+, please ask for additional information

Description: The House Call Program is a key component of the division of the GW Geriatrics and Palliative Medicine division. There are 6.1 million people over the age of 85 in the United States and their ranks are expected to double by 2030. About two-thirds of these older adults are homebound and do not receive routine healthcare, unless there is a program in their community like the House Call Program at The GW Medical Faculty Associates. The home-based services we provide include: Preventive health care, Diagnosis and treatment of medical conditions,

Prescription of medications with an emphasis on safety and affordability, Support to family members and other caregivers, Referrals for rehabilitation, Assistance with practical needs, including wheelchairs, Pain management, and Comprehensive, patient-centered end-of-life care for the terminally ill.

Organization: *MedStar Washington Hospital- House Call Program*

Address: 110 Irving Street NW Washington, DC 20010

Website: <https://www.medstarhousecall.org/>

Phone Number: 202-877-0570

Service available to: 20001, 20002, 20009, 20010, 20011, 20012, 20017, 20018, Age 65+, please ask for additional information

Description: The MedStar House Call Program is nationally recognized for quality and outcomes of our care. We care for patients at home, and also provide state-of-the-art hospital and specialty care. Our inpatient team directly cares for House Call patients who need emergency or acute hospital care. Our social services link patients and families to community resources, support caregivers through monthly support groups and weekly meditation calls. In DC, our social workers also provide case management services to eligible patients in the Medicaid Elderly and Persons with Disability waiver program. House calls are made by doctors and nurse practitioners for primary and urgent care. We offer a full range of diagnostic tests and treatments comparable to an urgent care center, home delivery of medications and equipment, coordination of home nursing, physical therapy, and hospice, on-call physicians 24 hours a day, seven days a week by phone, mobile electronic health record (EHR) and coordination of specialty care and procedures at MedStar Washington Hospital Center. We provide in-home counseling and caregiver support by social workers and other staff and coordination of in-home support services, such as home health aides, respite care, and financial assistance for individuals with the Medicaid Elderly and Persons with Disabilities (EPD) Waiver.

Organization: *Whitman-Walker Health- Care Navigation (MORE Program)*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/search-programs>

Phone Number: 202-745-7000

Service available to: Client or Enrollee, please ask for additional information

Description: Mobile Outreach Retention and Engagement (MORE) exists as an add-on to select services for eligible Whitman-Walker medical patients. MORE brings a limited amount of clinical services related to HIV care, including Care Navigation, labs, and medical follow-up visits. These services are provided outside the four walls of Whitman-Walker's health centers to meet patients in their homes, community, or wherever is most convenient for them. MORE operates to ease patient access to HIV care. MORE services are available to medical patients of Whitman-Walker via a referral from a medical team member.

Healthcare for Homebound Older Adults and End of Life Care: Hospice and Palliative Care

Organization: *Capital Caring Health- Advanced Illness Care*

Address: 3180 Fairview Park Drive Fairfax, VA 22042

Website: <https://www.capitalcaring.org/get-help/our-services/advanced-illness-care/>

Phone Number: 202-244-8300

Description: Anyone, of any age, suffering from a progressive illness can access advanced illness care at any point in their treatment. Progressive illnesses are illnesses that may get worse overtime, and include but are not limited to: Cancer, Dementia, Heart disease, Kidney disease, Liver disease, Lung disease, Neurologic disease (ALS/Lou Gehrig's Disease, Parkinson's Disease, stroke) Advanced Illness Care specialists will work with the patient's primary medical team to address your unique needs. For the convenience of patients and family members, advanced illness care is delivered in many different settings including homes, hospitals, clinics, long-term care facilities and other locations. The advanced illness care provider will assist with expert symptom management, help clarify information and your options, assist in finding needed resources, and address any of your concerns about the illness. How often a team member visits will depend on your needs. The advanced illness care team works with your doctors and other care providers to make sure everyone is aware of your needs and your plan of care.

Organization: *Capital Caring Health- Hospice Care*

Address: 50 F Street, NW, Suite 3300 Washington, DC 20001

Website: <https://www.capitalcaring.org/get-help/our-services/hospice/>

Phone Number: 800-869-2136

Description: At Capital Caring Health, the services you receive will be based on your unique needs, and may include: A specialized team to help you: nurses, home health aides, social workers, chaplains, supervising physicians, nurse practitioners and others, Around-the-clock, on-call support, Medical equipment and supplies, such as wheelchairs, hospital beds, oxygen and more, Medications to control symptoms and pain, Dietary counseling, physical, occupational or speech therapy, as needed, Short-term care in a specialized hospice facility for medically necessary reasons, Short-term respite care (up to five days) in a facility for those times when family is either unavailable to provide care or needs a break from caregiving, Counseling support and guidance for patients, families and caregivers through Capital Caring Health's Point of Hope team, and "Tuck-in" calls two to three times a week from trained Capital Caring Health volunteers to inquire about a patient's health status, and to help ensure they have sufficient medications, equipment and supplies.

Organization: *Department of Veterans' Affairs- Hospice Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Hospice_Care.asp

Phone Number: 1-855-260-3274

Service Available to: Veteran affiliated, please ask for additional information

Description: Hospice Care is comfort care provided to you and your family if you have serious illness, have limited life expectancy, and are no longer seeking treatment other than palliative care. Hospice Care can be provided at home, in an outpatient clinic or in an inpatient setting. Hospice is a benefit that the VA offers to qualified Veterans who are in the final phase of their lives, typically six months or less. This multi-disciplinary team approach helps Veterans live fully until they die. The VA also works very closely with community and home hospice agencies to provide care in the home.

Organization: *Department of Veterans' Affairs- Palliative Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Palliative_Care.asp

Phone Number: 1-855-260-3274

Service Available to: Veteran affiliated, please ask for additional information

Description: Palliative Care uses comfort care with a focus on relieving suffering and controlling symptoms so that you can carry out day-to-day activities and continue to do what is most important to you. Palliative care aims to improve your quality of life – in your mind, body and spirit. Palliative Care can be combined with treatment that is aimed at curing or controlling your illness. It can be started at the time of your diagnosis and may be provided throughout the course of the illness.

Organization: *GWU Medical Faculty Associates- Supportive and Palliative Care Clinic*

Address: 22nd & I Street, NW 3rd Floor Washington, DC 20037

Website: <https://www.gwdocs.com/specialties/geriatrics-palliative-medicine/>

Phone Number: 202-741-2870

Description: Our board-certified geriatric and palliative specialists at The GW Medical Faculty Associates provide comprehensive care for medically complex older adults. Our palliative medicine program provides specialized outpatient symptom management for persons living with serious or chronic illness and assistance with advance care planning through the Supportive and Palliative Care Clinic (SAPC). Our clinical team focuses on the person beyond the disease, with an emphasis on what matters to them and how their beliefs and values inform their preferences for care.

Organization: *MedStar Washington Hospital- Palliative Care*

Address: 110 Irving Street NW Washington, DC 20010

Website: <https://www.medstarwashington.org/our-services/palliative-care/>

Phone Number: 202-877-7445, extension 1

Description: Palliative care services at MedStar Washington Hospital Center provide hospitalized patients with serious illnesses ongoing relief from symptoms and stress during and after treatment. Our interdisciplinary palliative care team members are experts in this specialized field of medicine and deliver an important level of additional support to our patients. The team takes a holistic approach to care aimed at healing mind, body, and spirit. Members of the team work collaboratively with one another, and hand-in-hand with patients' other medical specialists and health care providers to help ease physical pain and other symptoms and promote patients' emotional, psycho- social and spiritual health at any stage of illness. The palliative plan of care

respects each individual's hopes, beliefs, values and traditions - and puts an emphasis on improving quality of life for patients and their families.

Organization: *National Hospice and Palliative Care Organization- National Hospice and Palliative Care Organization*

Address: 1731 King Street Alexandria, VA22314

Website: <https://www.nhpc.org/patients-and-caregivers/>

Phone Number: 703-837-1500

Description: As the leading organization representing hospice and palliative care providers, NHPCO works to expand access to a proven person-centered model for healthcare—one that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences. CaringInfo, a program of the National Hospice and Palliative Care Organization, provides free resources to help people make decisions about end-of-life care and services before a crisis. Depending on where you live there could be one or several hospice organizations serving your community. The National Hospice and Palliative Care Organization has developed some questions to help you identify factors that may be important to you and your family when selecting a hospice.

Organization: *Professional Healthcare Resources- Hospice Care*

Address: 501 School Street SW Suite 200 Washington, DC 20024

Website: <https://www.phri.com/hospice-care-in-annandale-va-baltimore-md-washington-dc/>

Email: customerservice@phri.com

Phone Number: 202-955-8355

Description: Hospice is a philosophy of care that offers comfort and compassion for those at the end of life's journey, providing care and support for the patient's physical, emotional, social and spiritual needs, while offering support for family members. The mission of hospice is to provide hope when an illness cannot be cured. Professional Healthcare Resources has a dedicated hospice team of physicians, nurses, social workers, certified hospice nurse aides, and volunteers, who work collectively to provide supportive care to the patient and their family.

Organization: *VITAS Healthcare- Hospice Care at Home*

Address: 1200 N.E. 1st Street, Suite 320 Washington, DC 20002

Website: <https://www.vitas.com/locations-search/virginia-and-washington-dc/washington-dc-hospice-office/>

Phone Number: 202-414-5400

Description: VITAS offers several key services that support patients and their families as they provide hospice care at home. Our Telecare clinicians are available via phone 24/7/365 to answer questions and dispatch someone to the bedside, if necessary. Medical equipment and medications are delivered to the home as well, and respite care provides up to 5 days of Medicare-certified inpatient care for a hospice patient so that family members can take a break from their caregiving duties to relax, unwind, recharge, travel, recover from an illness or attend other events.

Healthcare for Homebound Older Adults and End of Life Care: Legal Services for Homebound Older Adults

Organization: *Legal Counsel for the Elderly- Homebound Elderly Project (ProjectHELP)*

Address: 601 E Street NW Washington, DC 20049

Website: <https://www.aarp.org/legal-counsel-for-elderly/what-we-do/info-2017/homebound-elderly-project.html?intcmp=AE-LCE-WWD-R1C1LL4>

Phone Number: 202-434-2120

Service available to: Homebound senior, Age 60+ , please ask for additional information

Description: Project HELP provides critically important legal assistance and advocacy to some of the most vulnerable seniors living in our community. These older neighbors are unable to play an active role in society because of their homebound status, which results in them becoming "invisible" and, consequently, this all too often leads to situations in which they are taken advantage of because of their decreased mobility and limited support network. Project HELP utilizes a full-time staff attorney, para-professional support, volunteers, and a cadre of volunteer (pro bono) attorneys from private law firms and government organizations. Services may include: drafting or reviewing legal documents that seniors may need, such as powers of attorney or wills; administering a public-benefits checkup; assisting clients with securing and maintaining public benefits such as Social Security, Supplemental Security Income (SSI), Medicaid, Elderly and Persons with Physical Disabilities (EPD) Waiver, Medicare, Qualified Medicare Beneficiary (QMB) and Supplemental Nutrition Assistance Program (SNAP) benefits; assisting clients whose benefits or services have been threatened with termination, terminated, decreased or overpaid; analyzing their housing situation concerning any landlord problems or consumer problems or, in the case of homeowners, any problems with home repair, predatory lending or deed fraud; and ensuring proper follow-up on the identified legal problems either directly or via LCE's other program initiatives.

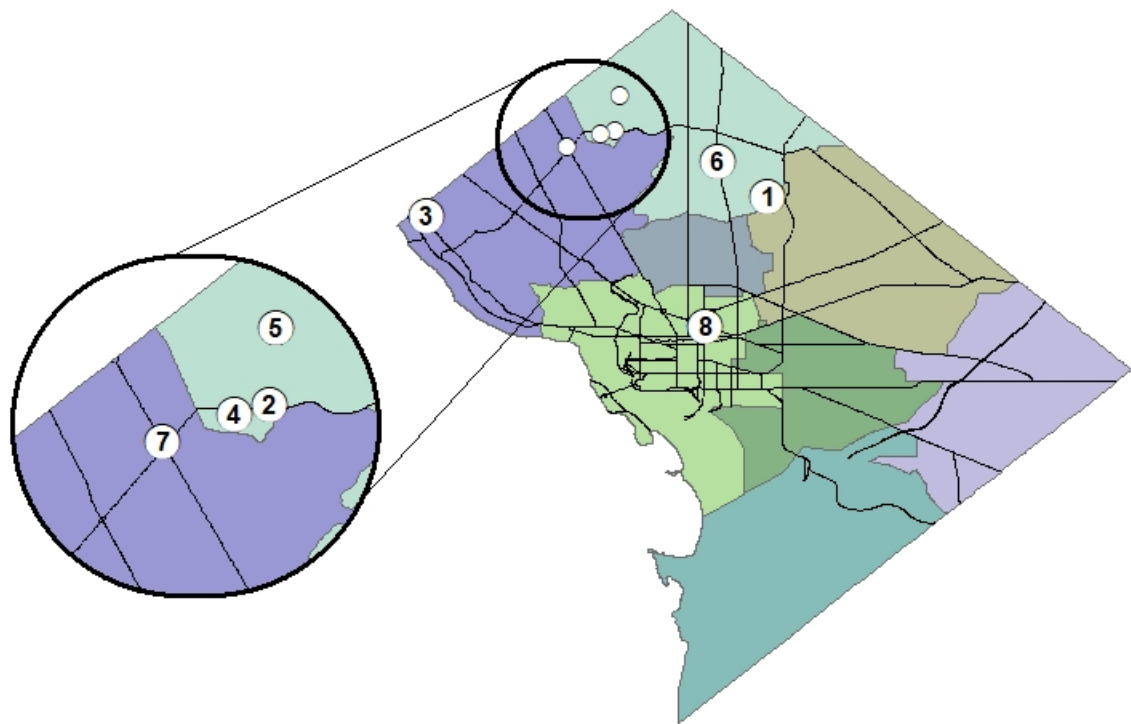
Residential Long Term Memory Care

These organizations provide residential living specifically for those with memory loss or dementia and who are not able to or do not wish to live at home. Residential memory care provides a safe, supervised setting with staff trained in dementia care. Individuals who need more support for activities of daily living and hands-on nursing care may be able to live in assisted living memory units depending on the level of service available. Alternatively, they may require more hands-on support that is provided in dedicated nursing home memory care units. Residential care for persons with dementia is paid out of personal funds or through long-term care insurance. For some individuals, Medicaid may cover the cost of long-term care in specific institutions.

The following living options are presented separately below:

- **Assisted Living Memory Care**
- **Nursing Homes**

Residential Long Term Memory Care: Assisted Living Memory Care



Organizations

- | | |
|----------------------------|------------------------------------|
| 1) Armed Forces Retirement | 5) Knollwood |
| 2) Forest Hills of DC | 6) Maple Heights Senior Living |
| 3) Grand Oaks | 7) Sunrise Senior Living |
| 4) Ingleside at Rock Creek | 8) The Residences at Thomas Circle |

Organization: *Armed Forces Retirement Home*

Address: 140 Rock Creek Church Road NW Washington, DC 20011

Website: <https://www.afrh.gov/wellness/care-levels>

Phone Number: 800-422-9988

Additional Notes: May have veteran-associated services, please ask for additional details

Organization: *Forest Hills of DC*

Address: 2701 Military Road, NW Washington, DC 20015

Website: <http://www.forestsidedc.life/care.html>

Phone Number: 202-696-1910

Organization: *Grand Oaks*

Address: 5901 MacArthur Boulevard NW Washington, DC 20016

Website: <https://www.grandoaksdc.org/services/memory-care/>

Phone Number: 202-349-3399

Organization: *Ingleside at Rock Creek*

Address: 3050 Military Road NW Washington, DC 20015

Website: <https://www.ircdc.org/memory-assistedliving.html>

Phone Number: 202-407-9672

Organization: *Knollwood*

Address: 6200 Oregon Avenue, NW Washington, DC 20015

Website: <https://knollwoodcommunity.org/memory-support/>

Email: marketing@KnollwoodCommunity.org

Phone Number: 202-790-5609

Organization: *Maple Heights Senior Living*

Address: 5100 Georgia Avenue NW Washington, DC 20011

Website: <https://mapleheightsliving.com/>

Email: info@mapleheightsliving.com

Phone Number: 202-774-8553

Organization: *Sunrise Senior Living*

Address: 5111 Connecticut Avenue, NW Washington, DC 20008

Website: <https://www.sunriseseniorliving.com/care-services/memory-care.aspx>

Phone Number: 202-844-3231

Organization: *The Residence at Thomas Circle Premier Washington Senior Living*

Address: 1330 Massachusetts Avenue NW Washington, DC 20005

Website: <https://www.seniorlifestyle.com/property/district-of%20columbia/the-residence-at-thomas-circle/>

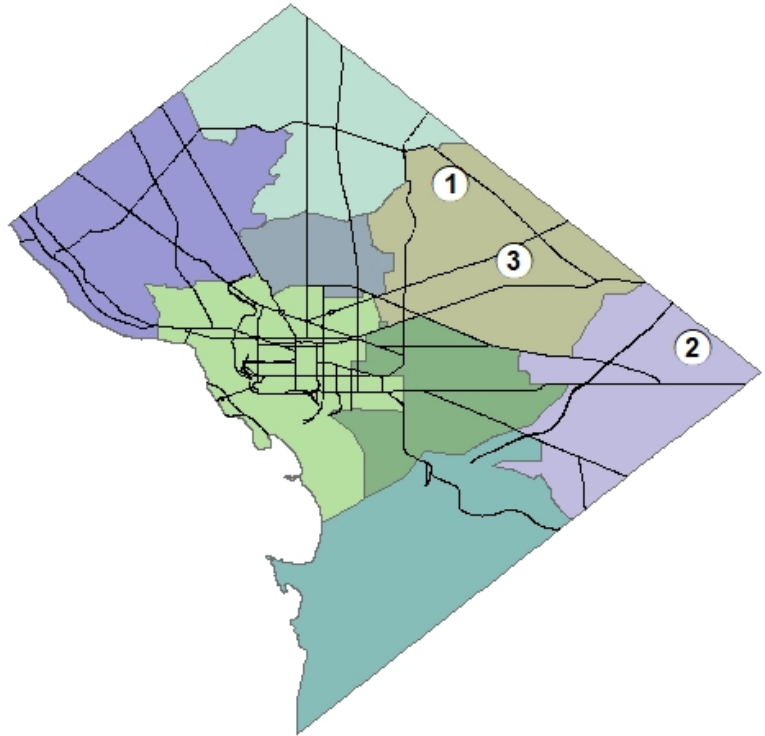
Phone Number: 202-918-7443

Residential Long Term Memory Care: Nursing Homes Reporting Memory Care Specialty

This is not a comprehensive list of nursing homes in the district and only includes nursing homes that reported expertise in memory care.

Organizations

- 1) Carroll Manor Nursing and Rehabilitation Center
- 2) Deanwood Rehab And Wellness Center
- 3) Stoddard Baptist Global Care



Organization: *Carroll Manor Nursing and Rehabilitation Center*

Address: 725 Buchanan Street NE Washington, DC 20017

Website: <https://ascensionliving.org/Find-a-Community/Carroll-Manor-Washington-DC>

Phone Number: 202-854-7100

Organization: *Deanwood Rehab And Wellness Center*

Address: 5000 Nannie Helen Burroughs Ave NE Washington, DC 20019

Website: <https://www.deanwoodrwc.com/helping>

Phone Number: 202-399-7504

Organization: *Stoddard Baptist Global Care*

Address: 2601 18th Street, NE Washington, DC 20018

Website: <https://www.stoddardbaptistglobal.org/our-services/long-term-skilled-nursing-services/>

Phone Number: 202-541-6271

Clinical Studies Finder

These resources allow individuals to search within organization-specific or national databases to find clinical trials related to the care or treatment of dementia. Clinical trials may be for individuals with cognitive impairment, dementia, or caregivers.

Organization: Alzheimer's Association: TrialMatch

Address: 225 N. Michigan Avenue Chicago, IL 60601

Website: https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials/about-clinical-trials

Email: TrialMatch@alz.org

Phone Number: 800-272-3900

Description of Service: *Alzheimer's Association TrialMatch® is a free, easy-to-use clinical studies matching service that generates customized lists of studies based on user-provided information. You can easily see what studies you may qualify for. Our continually updated database contains more than 250 studies, including both pharmacological (drug) and non-pharmacological (non-drug) studies being conducted at sites across the country and online.*

Organization: Family Caregiver Alliance: Research Registry

Address: 101 Montgomery Street San Francisco, CA 94104

Website: <https://www.caregiver.org/research-registry>

Phone Number: 800-445-8106

Description of Service: *FCA's Research Registry offers a professional listing of publicly and privately supported surveys, studies and clinical trials of interest to caregiving families dealing with chronic disabling health conditions, and health and service providers. Volunteers are often needed to determine whether experimental treatments or new ways of using known therapies are safe and effective under controlled environments or to gather data that can expand knowledge and ultimately improve the lives of caregivers. We encourage you to read our fact sheet, *Evaluating Medical Research Trials and Clinical Trials*, and discuss participation in any trials or research studies with your personal physician. Endorsement of studies by Family Caregiver Alliance is neither expressed nor implied.*

Organization: National Institute on Aging: NIH Clinical Trial Search

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/alzheimers/clinical-trials>

Email: adear@nia.nih.gov

Phone Number: 1-800-438-4380

Description of Service: *The National Institutes of Health clinical trials finder provides a central location to search for clinical trials and studies related to Alzheimer's, other dementias, mild cognitive impairment, and caregiving.*

Organization: *National Institute on Aging -- Alzheimer's Disease Education and Referral Center*

Address: Building 31, Room 5C27 31 Center Drive, MSC 2292 Bethesda, MD 20892

Website: <https://www.nia.nih.gov/health/about-adear-center>

Email: adear@nia.nih.gov

Phone Number: 1-800-438-4380

Description of Service: *The ADEAR Center has a staff of Information Specialists available to assist you with: Answers to your specific questions about AD, Free publications about Alzheimer's and related dementias symptoms, diagnosis, related disorders, risk factors, treatment, caregiving tips, home safety tips, and research, Referrals to local supportive services and Research Centers that specialize in research and diagnosis, Spanish language resources, Clinical trials information, Training materials, guidelines, and news updates.*

Section 4: Directory of Major Service Providers

This section lists several key organizations in the District that provide many of the local resources and services for memory or dementia care. The services listed in this section are:

- **Adult Day Programs**
- **DC Villages**
- **Healthcare for Homebound Older adults**
- **Homecare and Homemaker Service Providers**
- **Hospice and Palliative Care Providers**
- **Lead Agencies**
- **Residential Long Term Memory Care Facilities**
- **Senior Wellness Centers**

Directory of Major Service Providers: Adult Day Programs

Organization: *Brookland Senior Services*

Address: 6210 Chillum Place NW Washington, DC 20011

Email: information@brooklandseniorservices.com

Phone Number: 202-882-2089

Service Available to: Medicaid Related Program, please ask for additional information

Organization: *Department of Veterans' Affairs*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Adult_Day_Health_Care.asp

Phone Number: 1-855-260-3274

Service Available to: Veteran affiliated, please ask for additional information

Organization: *Downtown Cluster's Geriatric Day Care Center, Inc.*

Address: 926 11th Street, NW Washington, DC 20001

Website: <http://www.dcgeriatric.org/programs.html>

Email: Downtownclusters@gmail.com

Phone Number: 202-347-7527

Service Available to: Medicaid Related Program, please ask for additional information

Organization: *Forest Hills of DC - Forest Side Memory Care Day Program*

Address: 2701 Military Road, NW Washington, DC 20015

Website: <http://www.forestsidedc.life/day-program.html>

Phone Number: 202-696-1910

Service Available to: All, private pay, please ask for additional information

Organization: *Genevieve N. Johnson Senior Day Care Center*

Address: 4817 Blagden Avenue, NW Washington, DC 20011

Email: Rjohn9748@verizon.net

Phone Number: 202-723-8537

Service Available to: Medicaid Related Program, please ask for additional information

Organization: *Iona – Adult Day Health Services*

Address: 4125 Albemarle Street NW Washington, DC 20016

Website: <https://www.iona.org/services/adult-day-health-services/>

Email: info@iona.org

Phone Number: 202-895-9448

Service Available to: All

Service Cost: Medicaid, private pay, veteran benefits, fee adjustment based on income, please ask for additional information

Organization: *Life Stride, Inc. - Adult Day Program*

Address: 3005 Bladensburg Road NE Washington, DC 20018

Website: <https://www.life-stride.com/Adult-Program.aspx>

Email: info@life-stride.com

Phone Number: 202-635-2320

Service Available to: Medicaid Related Program, Age 55+, please ask for additional information

Service Cost: Medicaid, please ask for additional information

Organization: *Renaissance Adult Day Health Care*

Address: 5214 Foote Street NE Washington, DC 20019

Website: <http://www.renaissanceadhc.com/services>

Email: info@renaissanceADHC.com

Phone Number: 202-388-6747

Service Available to: Medicaid Related Program, Age 62+, please ask for additional information

Organization: *Washington Center for Aging Services - Center Care Geriatric Day Treatment*

Address: 2601 18th Street, NE Washington, DC 20018

Email: ehardee@wcasdc.org

Phone Number: 202-541-6150

Service Available to: Medicaid Related Program, please ask for additional information

Directory of Major Service Providers: DC Villages

Organization: *Capitol Hill Village*

Address: 725 8th Street SE, 2nd floor Washington, DC 20003

Website: <https://capitolhillvillage.org/membership/>

Email: info@capitolhillvillage.org

Phone Number: 202-543-1778

Organization: *Cleveland & Woodley Park Village*

Address: 3601 Connecticut Avenue NW, Ste L-04 Washington, DC 20008

Website: <https://www.clevelandwoodleyparkvillage.org/member-benefits/>

Email: info@clevelandwoodleyparkvillage.org

Phone Number: 202-615-5853

Organization: *DC Waterfront Village*

Address: 800 Maine Ave SW, Suite 200 Washington, DC 20024

Website: <https://www.dewaterfrontvillage.org/>

Email: info@dcwaterfrontvillage.org

Phone Number: 202-656-1834

Organization: *Dupont Circle Village*

Address: 2121 Decatur Place NW Washington, DC 20008

Website: <https://dcv.clubexpress.com/>

Email: admin@dupontcirclevillage.net

Phone Number: 202-436-5252

Organization: *East Rock Creek Village*

Address: 7707 13th Street NW Washington, DC 20012

Website: <https://www.eastrockcreekvillage.org/>

Email: info@eastrockcreekvillage.org

Phone Number: 202-656-7322

Organization: *Far Southeast Senior Village*

Address: 1010 Anderson Place, SE Washington, DC 20032

Website: www.eopow5.wix.com/eopow

Email: EOPOW@hotmail.com

Phone Number: 301-326-5460

Organization: *Foggy Bottom West End Village*

Address: 2430 K Street NW Washington, DC 20037

Website: <https://www.fbwevillage.org/>

Email: dsnyder@fbwevillage.org

Phone Number: 202-333-1327

Organization: *Georgetown Village*

Address: 1680 Wisconsin Avenue NW Washington, DC 20007

Website: <https://www.georgetown-village.org/>

Email: lynn@georgetown-village.org

Phone Number: 202-999-8988

Organization: *Glover Park Village*

Address: PO Box 32255 Washington, DC 20007

Website: <https://goldenglovers.clubexpress.com/>

Email: Info@GloverParkVillage.org

Phone Number: 202-436-5545

Organization: *Mount Pleasant Village*

Address: 1735 Lamont Street NW Washington, DC 20010

Website: <https://mountpleasant.helpfulvillage.com/>

Email: information@mountpleasantvillage.org

Phone Number: 202-573-7548

Organization: *Northwest Neighbors Village*

Address: 4901 Connecticut Avenue, NW Washington, DC 20008

Website: www.nwnv.org

Email: nnvillage@gmail.com

Phone Number: 202-777-3435

Organization: *Palisades Village*

Address: 5200 Cathedral Avenue, NW Washington, DC 20016

Website: <https://www.palisadesvillage.org/>

Email: info@palisadesvillage.com

Phone Number: 202-244-3310

Organization: *Pennsylvania Avenue Village East*

Address: 3130 Pennsylvania Avenue, SE Washington, DC 20020

Website: <https://pavillageeast.org/>

Phone Number: 202-581-6160

Directory of Major Service Providers: Healthcare Providers for Homebound Older Adults

Organization: *Capital Caring Health- Primary Care at Home*

Address: 3181 Fairview Park Drive Fairfax, VA 22042

Website: <https://www.capitalcaring.org/get-help/our-services/primary-care-at-home/>

Phone Number: 202-244-8300

Organization: *Department of Veterans' Affairs- Home Based PrimaryCare*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Home_Based_Primary_Care.asp

Phone Number: 1-855-260-3274

Organization: *GWU Medical Faculty Associates- House Call Program*

Address: 2150 Pennsylvania Avenue, NW Washington, DC 20037

Website: <https://www.gwdocs.com/specialties/house-call-program/>

Phone Number: 202-741-3098

Organization: *MedStar Washington Hospital- House Call Program*

Address: 110 Irving Street NW Washington, DC 20010

Website: <https://www.medstarhousecall.org/>

Phone Number: 202-877-0570

Organization: *Whitman-Walker Health- Care Navigation (MORE Program)*

Address: 1525 14th Street, NW Washington, DC 20005

Website: <https://www.whitman-walker.org/search-programs>

Phone Number: 202-745-7000

Directory of Major Service Providers: Home Care and Homemaker Service Providers

See Section 3 Category “Home-Based Services: Personal Care and Companionship Services”

Directory of Major Service Providers: Hospice and Palliative Care Providers

Organization: *Capital Caring Health- Advanced Illness Care*

Address: 3180 Fairview Park Drive Fairfax, VA 22042

Website: <https://www.capitalcaring.org/get-help/our-services/advanced-illness-care/>

Phone Number: 202-244-8300

Organization: *Capital Caring Health- Hospice Care*

Address: 50 F Street, NW, Suite 3300 Washington, DC 20001

Website: <https://www.capitalcaring.org/get-help/our-services/hospice/>

Phone Number: 800-869-2136

Organization: *Department of Veterans' Affairs- Hospice Care*

Address: 50 Irving Street, NW Washington, DC 20422

Website: https://www.va.gov/GERIATRICS/pages/Hospice_Care.asp

Phone Number: 1-855-260-3274

Organization: *VITAS Healthcare- Hospice Care at Home*

Address: 1200 N.E. 1st Street, Suite 320 Washington, DC 20002

Website: <https://www.vitas.com/locations-search/virginia-and-washington-dc/washington-dc-hospice-office/>

Phone Number: 202-414-5400

Directory of Major Service Providers: Lead Agencies

Organization: *Terrific, Inc. - Ward 1 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Terrific, Inc. - Ward 2 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Iona - Ward 3 Aging Services*
Address: 4125 Albemarle Street NW Washington, DC 20016
Website: <https://www.iona.org/>
Email: info@iona.org
Phone Number: 202-895-9448

Organization: *Terrific, Inc. - Ward 4 Aging Services*
Address: 1222 T Street NW Washington, DC 20009
Website: <https://www.terrificinc.org/senior-services>
Email: info@terrificinc.org
Phone Number: 202-882-1160

Organization: *Seabury Resources for Aging - Ward 5 Aging Services*
Address: 6031 Kansas Avenue NW Washington, DC 20011
Website: <https://www.seaburyresources.org/agingservices>
Email: info@seaburyresources.org
Phone Number: 202-529-8701

Organization: *Seabury Resources for Aging - Ward 6 Aging Services*
Address: 6031 Kansas Avenue NW Washington, DC 20011
Website: <https://www.seaburyresources.org/agingservices>
Email: info@seaburyresources.org
Phone Number: 202-397-1725

Organization: *East River Family Strengthening Collaborative - Ward 7 Aging Services*

Address: 3917 Minnesota Avenue, NE Washington, DC 20019

Website: <https://www.erfsc.org/>

Email: info@erfsc.org

Phone Number: 202-397-7300

Organization: *East River Family Strengthening Collaborative - Ward 8 Aging Services*

Address: 4301 9th Street SE Washington, DC 20032

Website: <https://www.erfsc.org/>

Email: Pferguson@erfsc.org

Phone Number: 202-562-6860

Directory of Major Service Providers: Residential Long Term Memory Care Facilities

See Section 3 Category “Residential Memory Care”

Directory of Major Service Providers: Senior Wellness Centers

Organization: *Around Town Satellite Wellness Program (Wards 2 and 3)*

Address: 4125 Georgia Avenue, NW Washington, DC 20016

Website: <https://www.iona.org/services/around-town-dc/>

Phone Number: 202-895-9634

Organization: *Congress Heights Senior Wellness Center (Ward 8)*

Address: 3500 Martin Luther King, Jr. Avenue, SE Washington, DC 20032

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-563-7225

Organization: *Hayes Senior Wellness Center (Ward 6)*

Address: 500 K Street, NE Washington, DC 20002

Website: <https://www.hayesswc.com/about>

Email: hayesswc@gmail.com

Phone Number: 202-727-0357

Organization: *Mary's Center - Hattie Holmes Senior Wellness Center (Ward 4)*

Address: 324 Kennedy Street NW Washington, DC 20011

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/hattie-holmes-senior-wellness-center/>

Phone Number: 202-291-6170

Organization: *Mary's Center - Bernice Fonteneau Senior Wellness Center (Ward 1)*

Address: 3531 Georgia Avenue NW Washington, DC 20010

Website: <https://maryscenter.org/contact-and-locations/senior-wellness-centers-2/bernice-fonteneau-senior-wellness-center/>

Phone Number: 202-727-0338

Organization: *Seabury - Model Cities Senior Wellness Center (Ward 5)*

Address: 1901 Evarts Street NE Washington, DC 20018

Website: <http://www.seaburyresources.org/model-cities-senior-wellness-center>

Phone Number: 202-635-1900

Organization: *Washington Seniors Wellness Center (Ward 7)*

Address: 3001 Alabama Avenue, SE Washington, DC 20020

Website: <https://dacl.dc.gov/service/senior-wellness-centers-0>

Phone Number: 202-581-9355

Section 5: Dementia Prevention - Risk Factors for Memory Loss or Dementia

Recommendations for Prevention of Cognitive Impairment or Dementia

There are many risk factors that can contribute to memory loss, cognitive impairment, and dementia. The best evidence for preventing dementia is by preventing health conditions that can be associated with these conditions.

Steps you can take to control risk factors associated with dementia:

1. Develop an individual care plan to address risk factors with your primary care clinician.
2. Explore organizations and programs to support your goals to improve and take control of these risk factors.
3. Inform your friends and family about your goals so that they can help support you.
4. Identify SMART goals to help you meet and achieve your goals.

What are SMART goals?

SMART goals are goals that are Specific, Measurable, Achievable, Relevant, and Time-bound. Work with your health care team to identify meaningful goals that you can be successful at, then develop the motivation, action plan and support needed to achieve them. For more information about SMART goals, read more at the Mayo Clinic website: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/setting-smart-goals>

Modifiable Risk Factors for Memory Loss or Dementia

Leading modifiable risk factors associated with cognitive impairment are diabetes, high cholesterol, hypertension or high blood pressure, obesity, smoking, and low physical activity. Other potential modifiable risk factors include unhealthy diet, excessive alcohol use, depression, and severe head injury. Interventions that may help with one of these risk factors may also help with overlapping risk factors.

Below, we describe each risk factor and provide resources to learn more about preventing or controlling these risk factors. Risk factors are categorized into three sections: 1) Vascular Risk factors 2) Psychosocial Factors and 3) Other Risk Factors. The DC Department of Health, DC Department of Aging and Community Living, your healthcare team, local senior centers, and other community partners offer additional resources worth exploring. These websites may help you locate local services:

DC Department of Health: <https://dchealth.dc.gov/>

DC Department of Aging and Community Living: <https://dacl.dc.gov/>

Modifiable Risk Factors for Memory Loss or Dementia

Vascular Risk Factors

Diabetes

Type II diabetes occurs when the body no longer produces insulin properly. To reduce your risk of Type II diabetes, it is recommended that you are physical activity, eat plenty of fiber and whole grains, lose extra weight, and skip fad diets.

American Diabetes Association

<https://www.diabetes.org/diabetes>

CDC: Living with Diabetes

<https://www.cdc.gov/diabetes/managing/index.html>

CDC: National Diabetes Prevention Lifestyle Change Program

<https://www.cdc.gov/diabetes/prevention/lcp-details.html>

Mayo Clinic: Diabetes Prevention: 5 Tips for Taking Control

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>

Hypertension

Hypertension occurs when the pressure of the blood pushing up against the walls of your arteries (blood pressure) is consistently higher than normal. Hypertension can increase the risk of heart disease, heart attack, and stroke. Hypertension can be controlled by working with your doctor to develop a plan, making lifestyle changes, checking blood pressure at home, and taking medication.

CDC: About High Blood Pressure

<https://www.cdc.gov/bloodpressure/about.htm>

American Heart Association: Five Simple Steps to Control your Blood Pressure

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/five-simple-steps-to-control-your-blood-pressure>

Mayo Clinic: High Blood Pressure (Hypertension): Symptoms and Causes

<https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>

American Heart Association: How High Blood Pressure is Diagnosed

<https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/how-high-blood-pressure-is-diagnosed>

American College of Cardiology: Living with High Blood Pressure

<https://www.cardiosmart.org/topics/high-blood-pressure/living-with-high-blood-pressure>

High Cholesterol

Cholesterol is not inherently “bad”, although too much cholesterol can be a problem. High cholesterol has no symptoms and can only be detected in a blood test. Nutrition, exercise, and medications can be important tools in improving or controlling high cholesterol

American Heart Association: What is Cholesterol?

<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

Mayo Clinic: High Cholesterol: Symptoms and Causes

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>

CDC: Managing High Cholesterol

<https://www.cdc.gov/cholesterol/managing-cholesterol.htm>

Obesity

The WHO defines overweight as a body mass index (BMI) greater than or equal to 25 and obesity as a BMI greater than or equal to 30 for adults. It is recommended that adults achieve and maintain a healthy weight by eating a healthy diet and getting enough physical activity.

CDC: Adult Obesity Causes and Consequences

<https://www.cdc.gov/obesity/adult/causes.html>

WHO: Obesity and Overweight Fact Sheets

<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>

CDC: Strategies to Prevent Obesity

<https://www.cdc.gov/obesity/strategies/index.html>

Mayo Clinic: Obesity: Diagnosis and Treatment

<https://www.mayoclinic.org/diseases-conditions/obesity/diagnosis-treatment/drc-20375749>

Lifestyle Factors

Smoking

It is never too late to quit smoking. There are resources to help you develop a plan to quit smoking at any stage.

SmokeFree.gov: Tools and Tips

<https://smokefree.gov>

Mayo Clinic: Healthy Lifestyle: Quit Smoking

<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/smoking-cessation/art-20045441>

American Cancer Society: Benefits of Quitting Smoking Over Time

<https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>

CDC: Smoking and Tobacco Use: Benefits of Quitting

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm

Physical Activity

The *Physical Activity Guidelines for Americans* recommends that children get 60 minutes of physical activity at least 5 days a week, adults get 30 minutes of physical activity, and older adults be as physically active as their health allows. Ideally, physical activity should include both aerobic exercise and muscle-strengthening activities. However, any physical activity is better than no physical activity. Choosing physical activities you enjoy may make them easier to do.

WHO: Physical Activity

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

CDC: Benefits of Physical Activity

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Health and Human Services (HHS): Ways to be Active

<https://www.hhs.gov/fitness/be-active/ways-to-be-active/index.html>

Healthy Diet

A healthy diet includes fruits, vegetables, whole grains, fat-free or low-fat milk, lean meats, poultry, fish, beans, eggs, and nuts. Eating a healthy diet may improve your overall health and lower your risk of many chronic diseases. There are many resources designed to improve your nutrition.

CDC: Healthy Eating for a Healthy Weight

https://www.cdc.gov/healthyweight/healthy_eating/index.html

Health and Human Services (HHS): How to Eat Healthy

<https://www.hhs.gov/fitness/eat-healthy/how-to-eat-healthy/index.html>

US Department of Agriculture: Choose MyPlate

<https://www.choosemyplate.gov/>

Health and Human Services (HHS): Importance of Good Nutrition

<https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html>

American College of Cardiology: My Plan for Heart Healthier Living

<https://www.cardiosmart.org/topics/healthy-living/assets/action-plan/my-plan-for-heart-healthier-living>

Alcohol Intake

The US Department of Health and Human Services and US Department of Agriculture define excessive drinking as greater than 4 drinks per day or greater than 7 drinks per week for women and greater than 5 drinks per day or 14 drinks per week for men. It is recommended that older adults drink less.

National Institute on Alcohol Abuse and Alcoholism: Drinking Levels Defined

<https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

CDC: Preventing Excessive Alcohol Use

<https://www.cdc.gov/alcohol/fact-sheets/prevention.htm>

CDC: Alcohol Use and Your Health

<https://www.cdc.gov/alcohol/fact-sheets/prevention.htm>

Psychosocial Factors

Depression

Individuals with depression may have feelings of sadness or anxiety for extended periods of time that can impact how the person behaves, thinks, and acts.

CDC: Depression is Not a Normal Part of Growing Older

<https://www.cdc.gov/aging/mentalhealth/depression.htm>

Mayo Clinic: Depression (Major Depressive Disorder)

<https://www.mayoclinic.org/diseases-conditions/depression/diagnosis-treatment/drc-20356013>

CDC: Coping with Stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Other Risk Factors

Severe Head Injury

Severe traumatic brain injury (TBI) occurs from an impact to the head that disrupts normal function of the brain. The leading causes of TBI are falls and motor vehicle crashes. Symptoms of TBI may appear immediately after the traumatic event or days or weeks later. It is recommended that older adults do strength and balance exercises, have their eyes checked, make their homes safe, use seat belts, and not drive after drinking alcohol to lower the risk of severe TBI.

Alzheimer's Association: Traumatic Brain Injury

https://www.alz.org/alzheimers-dementia/what-is-dementia/related_conditions/traumatic-brain-injury

CDC: TBI: Get the Facts

https://www.cdc.gov/traumaticbraininjury/get_the_facts.html

Mayo Clinic: Traumatic Brain Injury

<https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/symptoms-causes/syc-20378557>

CDC: Let's Prevent Traumatic Brain Injury

<https://www.cdc.gov/injury/features/traumatic-brain-injury/index.html>

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