

# Kansas Dementia Roadmap Resources



## NATIONAL ORGANIZATIONS

**Alzheimer's Association** A worldwide voluntary health organization dedicated to Alzheimer's care, support, and research.  
[www.alz.org](http://www.alz.org) 1-800-272-3900

**Alzheimers.gov** Connects people to the many federal resources available to educate and support people whose lives are touched by Alzheimer's disease and related dementia. [www.alzheimers.gov](http://www.alzheimers.gov) 1-800-438-4380

**Eldercare Locator** Connecting to services for older adults and their families. [www.eldercare.acl.gov/Public/Index.aspx](http://www.eldercare.acl.gov/Public/Index.aspx)  
1-800-677-1116

**National Institute on Aging** Find accurate information on dementia and Alzheimer's disease.  
[www.nia.nih.gov/health/alzheimers-and-dementia](http://www.nia.nih.gov/health/alzheimers-and-dementia) 1-800-222-2225

**Social Security Administration** Provides information on disability. [www.ssa.gov](http://www.ssa.gov) 1-800-772-1213

**VA Caregiver Support Program** Promotes the health and well-being of family caregivers who care for our Nation's Veterans, through education, resources, support, and services. [www.caregiver.va.gov](http://www.caregiver.va.gov) 1-855-260-3274

## KANSAS ORGANIZATIONS

**Alzheimer's Association Central & Western Chapter** (Wichita- covering Central & Western Kansas) [www.alz.org/cwkansas](http://www.alz.org/cwkansas)  
1-316-267-7333

**Alzheimer's Association Heart of America Chapter** (Overland Park- covering Eastern Kansas) [www.alz.org/kansascity](http://www.alz.org/kansascity)  
1-913-831-3888

**Area Agencies on Aging (AAA)** A trusted source of information who can help you find local resources, make care plans, and connect you with publicly funded service programs. [k4ad.org/aaa-statewide-map](http://k4ad.org/aaa-statewide-map) 1-855-200-2372

**Kansas Department of Aging and Disability Service (KDADS)** [kdads.ks.gov](http://kdads.ks.gov) 1-800-432-3535

**Kansas Department of Health and Environment (KDHE)** [www.kdhe.ks.gov](http://www.kdhe.ks.gov) 1-785-296-1500

**KU Alzheimer's Disease Research Center (ADRC)** Access to groundbreaking studies, exceptional care, valuable information, and supportive. [www.kumc.edu/research/alzheimers-disease-research-center.html](http://www.kumc.edu/research/alzheimers-disease-research-center.html) 1-913-588-0555

**OCCK** Supporting people with Alzheimer's and their families in North Central Kansas.  
[occk.com/service/alzheimers-dementia](http://occk.com/service/alzheimers-dementia) 1-800-526-9731

**Trualta** Free online caregiver training and support to all caregivers across Kansas. [ks-caregivers.com](http://ks-caregivers.com)

## GENERAL KANSAS CAREGIVER RESOURCES

**AARP** Resources for family caregivers. [www.aarp.org/caregiving](http://www.aarp.org/caregiving) 1-866-448-3619

**Adult Protective Services** Elder Abuse Prevention and Protections Services.  
[www.dcf.ks.gov/services/PPS/Pages/APS/AdultProtectiveServices.aspx](http://www.dcf.ks.gov/services/PPS/Pages/APS/AdultProtectiveServices.aspx) 1-800-922-5330

**Kansas 211** United Way - Kansas Resource Directory [211kansas.myresourcedirectory.com](http://211kansas.myresourcedirectory.com) 211

**Kansas Advocates for Better Care** Advocating for quality long term care. [www.kabc.org](http://www.kabc.org) 1-800-525-1785

**Kansas Behavior Health Services** KS mental health authority. [kdads.ks.gov/kdads-commissions/behavioral-health](http://kdads.ks.gov/kdads-commissions/behavioral-health)  
1-888-582-3759

**KanCare Medicaid in Kansas** Medicaid authority in Kansas. [kancare.ks.gov](http://kancare.ks.gov) 1-800-792-4884

**Kansas Senior Nutrition Programs** Reduce hunger, food insecurity and malnutrition while promoting health, and well-being of older adults. [kdads.ks.gov/kdads-commissions/aging-services/kansas-senior-nutrition-program](http://kdads.ks.gov/kdads-commissions/aging-services/kansas-senior-nutrition-program) 1-855-200-2372

**Kansas Senior Farmers Market Nutrition Program** Provides annual benefits for purchasing fruits, vegetables, and more from Farmers Markets in Kansas. [kdhe.ks.gov/ksfmnp](http://kdhe.ks.gov/ksfmnp) 1-785-291-3742

**Long Term Care Ombudsman Program** Advocating for rights of those who live in long-term care settings.  
[ombudsman.ks.gov](http://ombudsman.ks.gov) 1-877-662-8362

**PACE (Program of All-Inclusive Care for the Elderly)**  
[kdads.ks.gov/kdads-commissions/aging-services/program-of-all-inclusive-care-for-the-elderly-\(pace\)](http://kdads.ks.gov/kdads-commissions/aging-services/program-of-all-inclusive-care-for-the-elderly-(pace)) 1-785-296-8288

**Senior Health Insurance Counseling for Kansas (SHICK)** Talk with trained community volunteers to get answers about Medicare and other insurance issues. [kdads.ks.gov/kdads-commissions/aging-services/medicare-programs/shick](http://kdads.ks.gov/kdads-commissions/aging-services/medicare-programs/shick)  
1-800-860-5260

## INFORMATION AND DOCUMENTS

**At the Crossroads: Family Conversations about Alzheimer's, Dementia and Driving** Discussion and tips on when and how to discontinue driving. [ewcstatic.thehartford.com/thehartford/the\\_hartford/files/CMME/cmme-crossroads.pdf](http://ewcstatic.thehartford.com/thehartford/the_hartford/files/CMME/cmme-crossroads.pdf)

**Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide** Learn caregiving tips, safety information, common medical problems, and how to care for yourself. [order.nia.nih.gov/publication/caring-for-a-person-with-alzheimers-disease](http://order.nia.nih.gov/publication/caring-for-a-person-with-alzheimers-disease)

**Caregiving Tips** Find helpful caregiving tips. [www.alz.org/help-support/caregiving](http://www.alz.org/help-support/caregiving)

**Dementia and Driving Issues** Discussion and tips on when and how to discontinue driving. [www.alz.org/help-support/caregiving/safety/dementia-driving](http://www.alz.org/help-support/caregiving/safety/dementia-driving)

**Home Safety** Checklist for home safety. [www.nia.nih.gov/health/safety/home-safety-checklist-alzheimers-disease](http://www.nia.nih.gov/health/safety/home-safety-checklist-alzheimers-disease)

**Living Well - MCI or Early Dementia** Learn more. [actonalz.org/sites/default/files/2023-01/Living-Well.pdf](http://actonalz.org/sites/default/files/2023-01/Living-Well.pdf)

**Living with Alzheimer's—Workbook** What to do if you are diagnosed. [www.actonalz.org/pdf/Taking-Action.pdf](http://www.actonalz.org/pdf/Taking-Action.pdf)

**Visiting Your Doctor** Prepare for your visit. [www.alz.org/alzheimers-dementia/diagnosis/visiting-your-doctor](http://www.alz.org/alzheimers-dementia/diagnosis/visiting-your-doctor)

**Young-Onset Alzheimer's Disease** Information. [www.alz.org/help-support/i-have-alz/younger-onset](http://www.alz.org/help-support/i-have-alz/younger-onset)

## RESOURCES ON OTHER DEMENTIAS

**National Institute on Aging** Find accurate information on dementia and Alzheimer's disease.

[www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia](http://www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia) 1-800-222-2255

**Lewy Body Dementia Association** For accurate information about Lewy Body dementia. [www.lbda.org](http://www.lbda.org) 1-800-539-9767

**The Association for Frontotemporal Degeneration** Accurate information about FTD. [www.theaftd.org](http://www.theaftd.org) 1-866-507-7222

## RESOURCES FOR LEGAL AND ADVANCE CARE PLANNING

**Conversation Starter Kit for Families and Loved Ones of People with Alzheimer's Disease or Other Forms of Dementia** How to have conversations with family members about how they want to live at the end of their lives—about the care they want or don't want. It is designed to be used in the early stages of dementia.

[www.theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf](http://www.theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf)

**Planning after a Diagnosis** Tips for health, financial, long-term care, and end of life planning after a dementia diagnosis.

[www.alzheimers.gov/life-with-dementia/planning-after-diagnosis](http://www.alzheimers.gov/life-with-dementia/planning-after-diagnosis)

**Kansas Advance Directives** Learn about advance directive documents and their use.

[www.wichitamedicalresearch.org/info-for-advance-directives](http://www.wichitamedicalresearch.org/info-for-advance-directives)

**Kansas Legal Services & Elder Law** A non-profit law firm and community education organization.

[www.kansaslegalservices.org](http://www.kansaslegalservices.org) 1-888-353-5337

## DEMENTIA AND INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

**Alzheimer's Disease & Down Syndrome: A practical Guidebook for Caregivers**

[ndss.org/resources/alzheimers-disease-down-syndrome-practical-guidebook-caregivers](http://ndss.org/resources/alzheimers-disease-down-syndrome-practical-guidebook-caregivers)

**Being Proactive** Recognizing and addressing early dementia detection in individuals with intellectual and developmental disability. [www.kumc.edu/documents/alzheimers/2023\\_KU\\_ADRC\\_Being%20Proactive\\_FLYERS\\_r4\\_01.pdf](http://www.kumc.edu/documents/alzheimers/2023_KU_ADRC_Being%20Proactive_FLYERS_r4_01.pdf)

**Kansas Council on Developmental Disabilities** Empower individuals with I/DD and their families. [kcdd.org](http://kcdd.org) 1-877-431-4604

**National Task Group Intellectual Disabilities & Dementia Practices** Non-profit advocating for services and supports for people with I/DD who are affected by Alzheimer's disease and dementia. [www.the-ntg.org](http://www.the-ntg.org)

The information on this tipsheet is taken from **Kansas Dementia Road Map: A Guide for People Impacted by Dementia.**

Download your copy of the Road Map by scanning the QR code or visit [kdads.ks.gov/dementia-roadmap](http://kdads.ks.gov/dementia-roadmap)

