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Caregivers: You Are Not Alone

A diagnosis of Alzheimer's disease or dementia is a jarring experience, but unfortunately, approximately one in three seniors suffers from some type of dementia or Alzheimer's disease. While this is a scary experience for the patient, his or her loved ones are also deeply affected by the disease.



Caring for someone who is suffering from dementia or Alzheimer's disease can feel lonely and isolating, but you are not alone. There are many resources including caregivers' support groups and educational materials available for families. Here are some of the resources available to provide assistance for those with dementia or Alzheimer's disease and their families:

1. **The Alzheimer's Association** – The association was founded in 1980 by a group of family caregivers who recognized the need for support, education, and research - <https://www.alz.org/help-support/caregiving>
 - a. The site has various educational materials including early warning signs, as well as information for support groups for patients and their families
2. **CaringKind – the Heart of Alzheimer's Caregiving** – this NYC organization has over 40 years of experience of developing tools and training to support individuals and families affected by dementia.
 - a. **CaringKind Helpline (646) 744-2900** – anyone can call to access counseling sessions with licensed social workers; a vast network of support groups; education seminars and training programs; early stage services and a wanderer's safety program
 - b. <https://www.caringkindnyc.org> – the site has information about estate planning, tips for caregivers, and other helpful information
 - c. The Minna and Jack M. Pollock Respite Fund – the fund is designed to offer financial assistance to families in need of respite or emergency care
3. **Alzheimer's Disease Assistance Center of Long Island** - The Center is funded by a New York State legislative grant to provide diagnostic, educational, community referral and care planning services to patients with Alzheimer's Disease or a related dementia and their families - <https://www.adrcinc.org>
4. **Long Island Alzheimer's & Dementia Center** – this non-profit was established in 1988 and offers a range of programs for Alzheimer's and dementia patients including day programs that are designed to keep participants engaged and stimulated. The organization also offers bi-weekly in-home respite care
 - a. <https://www.lidementia.org/> (516) 767-6856.

Part of the struggle in caring for someone with Alzheimer's or dementia is figuring out how to pay for the increasing amounts of custodial care the individual will need. Medicare is not designed to pay for these expenses and the cost of care is high. Symptoms of dementia or a diagnosis of Alzheimer's should prompt family members or friends to consult with an Elder Law attorney who can suggest a variety of options to finance the care without bankrupting those who are caring for the sick individual.

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