

# Weber/Morgan Dementia Resources

## Utah Legal Forms

- Advance Healthcare Directive Forms - [https://ucoa.utah.edu/\\_resources/documents/directives/printable.pdf](https://ucoa.utah.edu/_resources/documents/directives/printable.pdf)
- Estate Plan information - <https://www.utahlegalservices.org/topics/12/estate-plans-senior>
- Power of Attorney Forms - [https://legacy.utcourts.gov/howto/family/power\\_of\\_attorney\\_general/docs/01\\_Power\\_of\\_Attorney.pdf](https://legacy.utcourts.gov/howto/family/power_of_attorney_general/docs/01_Power_of_Attorney.pdf)

## Legal Services in Utah

- Weber/Morgan County Aging Department has a compiled list of Legal Services in Utah - [https://www.weberhsaging.net/\\_files/ugd/104b5b\\_2fcdc74954bd418b8ad3c938e6f15c33.pdf](https://www.weberhsaging.net/_files/ugd/104b5b_2fcdc74954bd418b8ad3c938e6f15c33.pdf)
- Utah Legal Services
  - Phone: (801) 328-8891
  - Website: <https://www.utahlegalservices.org/>
- Disability Law Center
  - Phone: (800) 662-9080
  - Website: <https://disabilitylawcenter.org/>
- Utah@EASE is a referral program that has partnered with the Utah Department of Veterans and Military Affairs to connect eligible Veterans and current service members with pro bono (free) legal services.
  - Website: <https://veterans.utah.gov/legal-assistance/>
- Nonprofit Legal Services of Utah
  - Website: <https://www.nonprofitlegalservices.com/>
- Utah Courts Self-Help/Self-Represented Parties
  - Website: <https://www.utcourts.gov/en/self-help.html>
- Family Mediation Program (Utah Dispute Resolution)
  - Phone: (801) 532-4841
  - Website: <https://www.utahdisputeresolution.org/family-mediation>
- Utah Legal Help
  - Pro Bono (Free) Legal Resources
    - Legal Help Hotline: (801) 649-8895
    - Email: [TLCinfo@timplegal.org](mailto:TLCinfo@timplegal.org)
    - Website: <https://www.utahlegalhelp.org/free-legal-resources.html>
  - Virtual Legal Clinic
    - Website: <https://www.utahlegalhelp.org/vlc.html>

## Veteran's Administration

- Andrew Wittwer, VA Coordinator for General Caregiver Support
  - Phone: (801) 582-1565, ext. 2608
  - Email: [Andrew.Wittwer@va.gov](mailto:Andrew.Wittwer@va.gov)
- Aid and Attendance program provides monthly payments to qualified Veterans and survivors who are housebound and need help with daily activities.
  - <https://www.va.gov/pension/aid-attendance-housebound/>

## Agencies Who Can Provide In-Home Assistance

- Weber Human Services has a resource book available online and in print.
  - <https://www.weberhsaging.net/flip>
- Applegate Home Health & Hospice
  - Phone: (801) 479-4732
- Atlas Home Care
  - Phone: (801) 771-9099
- CNS Community Home Health & Hospice
  - Phone: (801) 476-0088
- Inspiration Home Health & Hospice
  - Phone: (801) 281-1314
- In Home Care Assistance
  - Phone: (801) 643-2847
- Home Helpers
  - Phone: (801) 845-2922
- Rocky Mountain Personal Care
  - Phone: (801) 397-4140
- Suzy's Senior Companionship Services
  - Phone: (801) 540-2077
- Visiting Angels Homecare
  - Phone: (801) 820-5874

## Adult Day Centers

- **Daybreak Adult Day Center** provides activity, socialization, and support for adults, and respite for care partners during the day.
  - Phone: (801) 823-0160
  - Website: [www.daybreakseniorservices.com](http://www.daybreakseniorservices.com)

## Resources to Help You Find Support:

- **AARP** offers tips and support for family caregiving.
  - Website: [www.aarp.org/caregiving/](http://www.aarp.org/caregiving/)
- **Care Patrol** is an agency that meets with individuals for free to help find care services
  - Phone: (801) 717-9328

- Website: [www.carepatrol.com](http://www.carepatrol.com)
- **Seniors Blue Book** is a directory of care services throughout Utah. Printed versions of the book are available at senior centers and Weber Human Services.
  - Website: <https://seniorsbluebook.com/printed-editions/utah-utah>
- **Care.com** is a website to search for local caregiver services including childcare, senior care, adult care, housekeeping, pet care, and tutoring.
  - Website: [www.care.com](http://www.care.com)
- **Weber/Morgan County Programs** for individuals age 55+ including; Meals on Wheels, Senior Centers, Virtual Senior Center, the RIDE/transportation, In-Home Care, Caregiver Support, Veteran Directed Care, Medicaid Waiver programs, Long-Term Care Ombudsman/Advocacy, Medicare Counseling, and Senior Volunteer programs.
  - Phone: (801) 625-3770
  - Website: [www.weberhsaging.net](http://www.weberhsaging.net)
- **Aging & Adult Services: Alzheimer's Disease and Related Dementias** is a statewide resource that helps provide information about caregiver support/resources, resources for professionals, Support for people living with dementia, risk reduction, information on the CMS GUIDE Program, and a calendar of educational events.
  - Website: [www.dementia.utah.gov](http://www.dementia.utah.gov)

## Your Local Adult & Aging Services

Programs for seniors including in-home resources, supports for caregivers, educational classes, volunteer opportunities, and activities.

- Salt Lake County Aging Services
  - Phone: (385) 468-3200
- Davis County Aging and Adult Services
  - Phone: (801) 525-5050
  - Website: [www.Daviscountyutah.gov/health/aging-and-adult-services](http://www.Daviscountyutah.gov/health/aging-and-adult-services)
- Mountain Land Aging Services (serves Utah, Summit, and Wasatch Counties)
  - Phone: (801) 229-3800
- Tooele County Aging Services
  - Phone: (435) 277-2300
- Bear River Association Aging Services (serves Box Elder, Cache, & Rich Counties)
  - Phone: 435752-7242
  - Website: [www.bearriveraging.org/aging-services](http://www.bearriveraging.org/aging-services)
- Weber/Morgan County Aging Services (serves Weber and Morgan Counties)
  - Phone: (801) 625-3770
  - Website: [www.weberhsaging.net](http://www.weberhsaging.net)
- Southeastern Utah Area Agency on Aging (serves Carbon, Emery, Grand, & San Juan counties)
  - Phone: (435) 637-5444
  - Website: [www.serda.utah.gov/aging](http://www.serda.utah.gov/aging)

- Five County Area Agency on Aging (serves Beaver, Garfield, Iron, Kane, & Washington counties)
  - Phone: (435) 673-3548 ext. 108
  - [www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)
- Six County Area Agency on Aging (serves Juab, Millard, Piute, Sanpete, Sevier and Wayne counties)
  - Phone: (435) 893-0700
  - Website: [www.r6.utah.gov/progam\\_services/aging\\_volunteer\\_services/index.php](http://www.r6.utah.gov/progam_services/aging_volunteer_services/index.php)

## Dementia Friendly Activities, Books, etc.

- **Physical Activities for Seniors with Dementia: 12 Exercise Ideas** published by DailyCaring.com discusses the benefits of physical activity, how to encourage exercise, safety with exercising and actual physical activities for individuals with dementia.
  - [www.dailycaring.com/12-ideas-for-exercise-and-physical-activities-for-seniors-with-dementia](http://www.dailycaring.com/12-ideas-for-exercise-and-physical-activities-for-seniors-with-dementia)
- **"Chore"- Style Activities for Dementia** published by KeepingBusy.com discusses how these types of activities can help bring purpose and meaning for someone who wants to help.
  - [www.keepingbusy.com/blogs/learning-center/chore-style-activities-for-dementia](http://www.keepingbusy.com/blogs/learning-center/chore-style-activities-for-dementia)
- **Activities to Enjoy With Someone Who Has Alzheimer's or Dementia** published by the Alzheimer's Association provides a list of many different activities including outdoor activities, indoor activities, and activities that revolve around family and holiday traditions.
  - [www.alz.org/help-support/caregiving/kids/family-activities](http://www.alz.org/help-support/caregiving/kids/family-activities)
- **Relish-life.com** offers dementia friendly activities and products including clocks, music, digital photo frames, jigsaw puzzles, arts and crafts, games, sensory toys and gift ideas.
  - [www.relish-life.com](http://www.relish-life.com)
- **Jewish Family Service** offers monthly, dementia-friendly activities, and supports for caregivers
  - Phone: (801) 746-4334
  - Website: [www.jfsutah.org/get-help/older-adults/](http://www.jfsutah.org/get-help/older-adults/)

## Dementia Education

- **The Alzheimer's Association**
  - Education and Training Center
    - [www.alz.org/help-support/resources/education-training-center](http://www.alz.org/help-support/resources/education-training-center)
  - Stages and Behaviors
    - [www.alz.org/help-support/caregiving/stages-behaviors](http://www.alz.org/help-support/caregiving/stages-behaviors)
- **Alzheimer's Disease Fact Sheet** published by National Institute on Aging (NIA)
  - [www.nia.nih.gov/health/alzheimers-and-dementia/alzheimers-disease-fact-sheet](http://www.nia.nih.gov/health/alzheimers-and-dementia/alzheimers-disease-fact-sheet)
- **Frontotemporal Degeneration Fact Sheet** published by The Association for Frontotemporal Degeneration (AFTD)

- [www.theaftd.org/wp-content/uploads/2022/09/FTD-Fact-Sheet-1.pdf](http://www.theaftd.org/wp-content/uploads/2022/09/FTD-Fact-Sheet-1.pdf)
- **A Guide to Lewy Body Dementia** published by The Lewy Body Society
  - [www.lewybody.org/wp-content/uploads/2019/11/A-guide-to-Lewy-body-dementia-2019-edition-final.pdf](http://www.lewybody.org/wp-content/uploads/2019/11/A-guide-to-Lewy-body-dementia-2019-edition-final.pdf)

## Helps for Caregivers

- Books
  - Creating Moments of Joy for the Person With Alzheimer's or Dementia by Jolene Brackey
  - Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers by Jolene Brackey (Newest edition)
  - Being Mortal by Atul Gawande
  - The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss by Peter V. Rabins and Nancy L. Mace
- Podcasts
  - Dementia Care Partner Podcast with Teepa Snow
    - <https://podcasts.apple.com/us/podcast/dementia-care-partner-podcast-with-teepa-snow/id1398127252>
- YouTube Videos
  - Teepa Snow's Positive Approach to Care Videos
    - [www.youtube.com/@teepasnowvideos](http://www.youtube.com/@teepasnowvideos)
- **ALZ Connected Caregiver Forum** by the Alzheimer's Association is a place to ask questions to other caregivers.
  - [www.alzconnected.org](http://www.alzconnected.org)
- **Dailycaring.com** gives information, suggestions, ideas, education, and support for caregivers.
  - [www.dailycaring.com](http://www.dailycaring.com)
- **Caring for Yourself** published by Family Caregiver Alliance provides strategies and support for the well-being of a caregiver.
  - [www.caregiver.org/caregiver-resources/caring-for-yourself](http://www.caregiver.org/caregiver-resources/caring-for-yourself)

## Caregiver Support Groups

- Online Support Groups
  - **University of Utah On-line Group** 2<sup>nd</sup> Tuesday of each month via Zoom. Its free, but registration is requested. Register by phone or online
    - Phone: (800) 272-3900
    - Online registration:
   
<https://action.alz.org/personifyebusiness/Events/ALZ/ExistingRegistration/productId/80761549/groupRegistrationId/917ceb1d-2c21-4fa9-bfda-48ef274b6951/isAlreadyRegisteredForMyself>true>
- In-Person Support Groups

- **Weber Human Services**– Meets on the 1<sup>st</sup> Wednesday of each month from 2pm – 3:30pm
- **Roy Senior Center** – Meets on the 3<sup>rd</sup> Tuesday of each month from 10:30-11:30 am
- **Golden Hours Senior Center** – Meets on the 3rd Monday of each month from 1pm – 2:30pm
- **North View Senior Center Grief Support Group** - Meets the 4th Thursday of each month @ 2:30p.m.

## Safety

- **Leaving A Person Home Alone** published by Today's Caregiver
  - [www.caregiver.com/articles/home-alone](http://www.caregiver.com/articles/home-alone)
- **50 Tips to Help Keep Dementia and Alzheimer's Patients Safe in Your Home** published by AARP discusses how to make your house easier to navigate for loved ones at risk.
  - [www.aarp.org/caregiving/home-care/dementia-home-safety/](http://www.aarp.org/caregiving/home-care/dementia-home-safety/)
- **The Ultimate Safety Guide for Dementia Caregivers** by Cathy Habas published by SafeWise.com is a guide specifically addressing wandering
  - [www.safewise.com/senior-safety/learn/dementia-guide](http://www.safewise.com/senior-safety/learn/dementia-guide)
- **The Best Medical Alert Systems of 2026** is published by Caring.com is a review of multiple medical alert systems to help caregivers know which options may work best for them.
  - [www.caring.com/senior-products/best-medical-alert-systems](http://www.caring.com/senior-products/best-medical-alert-systems)
- **Medical ID bracelet** information provided by American Medical ID
  - [www.americanmedical-id.com/dementia](http://www.americanmedical-id.com/dementia)
- Senior Driving: A Caregiver's Guide published by Caring.com
  - [www.caring.com/resources/senior-driving](http://www.caring.com/resources/senior-driving)
- **Online Safety** published by the Alzheimer Society discusses caregiver tips on internet safety.
  - [www.alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/online-safety](http://www.alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/online-safety)

## Additional Helps

- The Alzheimer's Store offers dementia friendly products
  - <https://www.alzstore.com/>
- Go Go Grandparent offers on-demand services for seniors and people with disabilities to promote independence.
  - [www.gogograndparent.com](http://www.gogograndparent.com)
- Help Finding Lost Items: Apple.com/airtag
  - [www.apple.com/airtag](http://www.apple.com/airtag)
- Simplified Clothing
  - [www.silverts.com](http://www.silverts.com)

- Organizing Medications
  - [www.rehabmart.com/post/8-best-tools-to-make-medication-management-simple](http://www.rehabmart.com/post/8-best-tools-to-make-medication-management-simple)
- Sleep
  - [www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips](http://www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips)
- Mediterranean Diet
  - [www.helpguide.org/wellness/nutrition/the-mediterranean-diet](http://www.helpguide.org/wellness/nutrition/the-mediterranean-diet)