

Weber/Morgan Dementia Resources

Utah Legal Forms

- Advance Healthcare Directive Forms - 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

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
- **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
 - 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

- **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 Aging Services** – In-Home Programs include Meals on Wheels, The RIDE, Caregiver Support, Veteran Directed Care, Access & Intervention Services, Medicaid Aging Waiver, the Alternatives Program, and Senior Companion Program. They also have a resource book available online and in print.
 - Phone: 801-625-3770
 - <https://www.weberhsaging.net/flip>
- **AMG Senior Medical Group** – Mobile medical care sent to wherever you call home to provide convenient health care, physical therapy, occupational therapy, speech therapy, imaging services, palliative care, durable medical equipment, and more.
 - Phone: (801) 716-7008
 - Website: www.amgseniormedical.com
- **Applegate Home Health & Hospice** – Offers a full range of in-home services, including assistance with bathing, rehabilitation from illness or surgery, and end-of-life comfort care.
 - Phone: (801) 479-4732
 - Website: www.applegatehomecare.com
- **Atlas Home Care** – Provide home health and hospice services.
 - Phone: (801) 771-9099
 - Website: www.atlashomecareandhospice.com
- **CNS Community Home Health & Hospice** – Offers home health care, hospice, home medical equipment, immunizations, infusion pharmacy, palliative care, and primary care.
 - Phone: (801) 476-0088
 - Website: www.cns-cares.org
- **Cornerstone Caregiving** – Veteran/HHA care, Alzheimer's & Dementia care, Hospice care, Palliative care, 24-hour care, hospital recovery care, respite care, personal care, transportation, health & nutrition, exercise, companionship, and housework.
 - Phone: (385) 600-6636
 - Website: www.cornerstonecaregiving.com
- **Forget Me Not Home Care** – Care Partner Support program supports families navigating aging, caregiving, health changes, cognitive changes, and care transitions. Services include personalized navigation & care planning, monthly check-ins & oversight, concierge family support, and registered nurse oversight & consulting.
 - Phone: (385) 481-6634
 - Website: www.fmnhomecare.com
- **Inspiration Home Health & Hospice** – Offers home health, Hospice, and Palliative care.
 - Phone: (801) 281-1314
 - Website: www.inspirationhospice.com
- **In-Home Care Assistance** – Offers assistance with personal care, unskilled respite, transportation, Companionship, chore services, and homemaking services.

- Phone: (801) 643-2847
- **Home Helpers**- Offers assistance with personal care, unskilled respite, respite overnight, companionship, chore services, and homemaking services.
 - Phone: (801) 845-2922
 - Website: www.homehelpershomecare.com/ogden
- **Rocky Mountain Personal Care** – Offers assistance with personal care, skilled respite, respite overnight, transportation, companionship, emergency response systems, and homemaking services.
 - Phone: (801) 397-4140
 - Website: www.rockymountaincare.com
- **Suzy's Senior Companionship Services** – Offers assistance with personal care, unskilled respite, nurse services, transportation, companionship, chore services, homemaking services, and personal budget assistance.
 - Phone: (801) 540-2077
 - Website: www.suzyseniorservices.org
- **Visiting Angels Homecare** – Offers assistance with personal care, unskilled respite, respite overnight, transportation, companionship, and homemaking services.
 - Phone: (801) 820-5874
 - Website: www.visitingangels.com
- **Weber Human Services Senior Companion Program** – Offers friendly visits, companionship, respite, and transportation.
 - Phone: (801) 625-3774 or 801-625-3828
 - Website: www.weberhs.net/volunteer-senior-companions

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

Resources to Help You Find Support:

- **AARP** offers tips and support for family caregiving.
 - Website: 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
- **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
- **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
- **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.
 - Phone: 801-538-3910
 - Website: 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
- **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
- **Weber/Morgan County Aging Services** (serves Weber and Morgan Counties)
 - Phone: (801) 625-3770
 - Website: 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
- **Five County Area Agency on Aging** (serves Beaver, Garfield, Iron, Kane, & Washington counties)
 - Phone: (435) 673-3548 ext. 108
 - 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

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
- **"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
- **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
- **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
- **Jewish Family Service** offers monthly, dementia-friendly activities, and supports for caregivers
 - Phone: (801) 746-4334
 - Website: 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
 - Stages and Behaviors
 - 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
- **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
- **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

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
- **ALZ Connected Caregiver Forum** by the Alzheimer's Association is a place to ask questions to other caregivers.
 - www.alzconnected.org
- **Dailycaring.com** gives information, suggestions, ideas, education, and support for caregivers.
 - 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

Caregiver Support Groups

- Online Support Groups
 - **University of Utah On-line Group** 2nd 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 1st Wednesday of each month from 2pm – 3:30pm
 - **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
- **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/

- **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
- **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
- **Medical ID bracelet** information provided by American Medical ID
 - www.americanmedical-id.com/dementia
- Senior Driving: A Caregiver's Guide published by Caring.com
 - 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

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
- Help Finding Lost Items: Apple.com/airtag
 - www.apple.com/airtag
- Simplified Clothing
 - www.silverts.com
- Organizing Medications
 - www.rehabmart.com/post/8-best-tools-to-make-medication-management-simple
- Sleep
 - www.sleepfoundation.org/sleep-hygiene/healthy-sleep-tips
- Mediterranean Diet
 - www.helpguide.org/wellness/nutrition/the-mediterranean-diet