

Alzheimer's Disease – Diagnosis, Research, Support

By Linda Fodrini-Johnson, MA, MFT, CMC
Founder and Executive Director of Eldercare Services

The Approach of the “Silver Tsunami” Brings Vast Growth in the Anticipated Number of Alzheimer's Diagnoses. Senior Based Companies Such as Eldercare Services are Devoted to Finding a Cure Through Diagnosis, Research and Support.

SAN FRANCISCO, CA- With projections forecasting drastic increases in the number of people expected to have Alzheimer's, now more than ever is the time to become involved through diagnosis, research and support. The Alzheimer's Association states that an average of 11,000 Californians will develop Alzheimer's each year. In fact, the Alzheimer's Association's 2009 report indicates that by 2030 Californians of Hispanic, Asian and Pacific Islander descent with Alzheimer's Disease will triple and African Americans and Caucasians will double. Eldercare Services has the honor and privilege to guide and coach many families dealing with dementia. This is in part, why they are committed to the fight against Alzheimer's Disease.

Getting a good diagnosis is important, but where do families or individuals begin when they suspect something is wrong with their memory or that of a family member? The first step is to have a memory screening. The results of that will warrant either further diagnostic testing or reassure the individuals that he or she is in the “normal” range and need not worry. There are multiple reasons we have memory glitches – it's not always a progressive disease like Alzheimer's so screening is vitally important.

Eldercare Services will be participating in the Alzheimer's Foundation of America's National Memory Screening Day on Tuesday, November 17th. They will provide free confidential **memory screenings** at their Walnut Creek office located at 1808 Tice Valley Blvd., between 9:00 AM and 4:00 PM and their San Francisco office at 605 A Chenery Street, between 10:00 AM and 3:00 PM. Appointments are available and can be made by calling toll free at (866) 760-1808.

Finding a cure for the disease is something everyone hopes and prays for – however, those who conduct research require funding. Eldercare Services is proud to support the Bay Area's local Alzheimer's Association during the annual **Memory Walk** on Treasure Island on Saturday, October 10th. Those interested in joining the team on the walk or donating, can do so by visiting Eldercare Services' special Memory Walk website at <http://tinyurl.com/ECSMemoryWalk>.

Participating in **clinical research** trials is another way to help the scientific community find medications that can stop the disease or extend the functioning level of those with this diagnosis. Eldercare Services is partnering with CARE-PAC, a program helping elders participate in advancing research on Alzheimer's Disease. Currently, a pre-screening of potential candidates for clinical trials in Berkeley and San Francisco is under way. If interested in being considered for this research, contact Vivian Torres, RN,

LCSW, at Eldercare Services to inquire about a confidential phone screening to determine eligibility. .

Supporting Alzheimer's family caregivers is one of Eldercare Services' core values – the informed family means better care for everyone. Please note that Eldercare Services offers complimentary monthly **support groups** and a series of 3 classes specifically designed for those caring for someone with a dementia. These no-fee classes fill quickly, so call in advance to reserve space. To view their full listing of support groups, class topics and dates please call or visit our website at www.EldercareAnswers.com.

The next class, Dementia- Middle of the Road, will be held this Tuesday, October 13th from 6:00 PM to 8:00 PM at the Walnut Creek office. This class will cover the path of Alzheimer's Disease, skills to preserve dignity, understanding and managing stress and letting go of guilt and anxiety. Class participants will feel more prepared validated and free to find balance in their lives.

Alzheimer's disease is on the rise, but so is dedication to diagnosis, research and support. Please pass this information on to someone you care for, serve or love. **Together we can make a difference.**

About Eldercare Services:

Linda Fordini-Johnson, MA, MFT, CMC, is the Founder and Executive Director of Eldercare Services and President-Elect of the National Association of Professional Geriatric Care Managers. Eldercare Services is a pioneer in a unique delivery of services, providing counseling, geriatric care management, family support groups, classes and direct Caregiving with offices in Walnut Creek, Marin, Oakland and San Francisco, California.

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