

MEMORY CARE

While there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help delay or prevent the onset:

- **Get plenty of physical activity** – Exercise increases blood flow to your whole body, including your brain. This may help keep your memory sharp.
- **Stay mentally active** – Do crossword puzzles, play cards or other games, volunteer with a local organization, or participate in lifelong learning classes.
- **Socialize regularly** – Social interaction helps ward off depression and stress, both of which can contribute to memory loss.
- **Keep yourself organized** – Try to limit distractions and multi-tasking. If you focus on the information that you're trying to retain, you're more likely to recall it later.
- **Get enough sleep** – Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road.
- **Choose a healthy diet** – Healthy foods are as good for your brain as they are for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. Limit alcohol and drug use.
- **Manage chronic conditions** – The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory.

If you're worried about memory loss — especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse — talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills.

mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518

Local Memory Care Resources

TMH Memory Disorder Clinic tmh.org/services/neuroscience/memory-disorders **850-431-1155**

The Memory Disorder Clinic provides a variety of services to assist those experiencing memory loss and their caregivers. Referrals may be made on an individual basis or through physicians or family members. Third-party insurance, Medicare and Medicaid are accepted. You may also need a referral from your insurance provider.

Services include:

- Support groups
- Referral to community resources
- Educational library
- Training and educational opportunities for caregivers and professionals
- The opportunity to participate in research studies
- Caregiver counseling

Diagnostics:

- Neurological evaluation
- Blood work and other testing (CT, MRI, EEG)
- Medication review
- Neuropsychological testing
- Psychosocial assessment
- Summary evaluation conference
- Creation of a suggested plan of care

Alzheimer's Project alzheimersproject.org **850-386-2778**

The Alzheimer's Project works to support caregivers as they care for their loved one, and to provide a comfortable, dignified existence for people living with dementia, often allowing caregivers to keep their loved ones in the comfort of their own home. Additionally, **support groups are offered for caregivers** which provide a place to share with each other important knowledge, strategies and techniques on caring for a loved one with memory disorder.

Additional Resources

Alzheimer's Association Central & North Florida Chapter	alz.org/cnfl?set=1	800-272-3900 850-408-9984
Education and support for those facing dementia throughout our community, including those living with the disease, caregivers, health care professionals and families. The Alzheimer's Association's Connection Café offers a local support group located at Bagel Market & Bistro, 6267 Old Water Oak Rd , 2:00 – 4:00 PM, on the 1st Thursday of each month (currently meeting virtually). Contact 850-583-8758 for more information.		
Dementia Friendly America	dfamerica.org	
National network of communities, organizations and individuals ensuring communities are equipped to support people living with dementia and their caregivers. Resources and toolkits are available at the website above.		
Alzheimer's Foundation of America	alzfdn.org	866-232-8484
Provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and fund research for better treatment and a cure.		
U.S. Department of Veteran Affairs	va.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp	800-698-2411
Care for Veterans with Alzheimer's or dementia is provided throughout the full range of VA health care services.		
HealthStreet	healthstreet.program.ufl.edu/	
HealthStreet, is a community engagement program at the University of Florida and provides free health assessments/memory screenings online and via phone for adults 60 years or older in Florida. Interested individuals can call 352-294-4880 or visit to schedule a memory screening.		
Resources & Education for Aging, Community and Health (REACH)	reach.med.fsu.edu/	850-644-1506
Provides education about aging-related healthcare and social topics, highlighting available programs and services.		

Assisted Living Facilities

The Tallahassee area has several Assisted Living facilities with specialized memory care programming including: guided activities, assistance with activities of daily living, skilled nursing, support groups and structured schedules and routines designed to minimize frustration.

Tallahassee Area Assisted Living Facilities include:

- Azalea Gardens Assisted Living | sunshineretirementliving.com | 850-583-4909
- Brookdale Centre Point Boulevard | brookdale.com | 850-296-0633
- Canterfield of Tallahassee | canterfieldoftallahassee.com | 850-900-5500
- Your Life of Tallahassee | yourlifefl.com | 850-347-0993
- Consulate Health Care of Tallahassee | centers.consulatehealthcare.com | 850-942-9868
- HarborChase of Tallahassee | harborchase.com | 850-753-0453
- Pacifica Senior Living Woodmont | pacificaseniorliving.com | 850-462-5728
- St. Augustine Plantation | elegance-living.com | 561-303-0088
- Tallahassee Memory Care | elmcroft.com | 850-816-0817
- Tapestry Senior Living Tallahassee | tapestry senior.com | 850-536-8600
- Tapestry Walden | tapestry senior.com | 850-688-1234
- Westminster Oaks | westminsteroaksfl.org | 850-878-1136
- The Grove at Canopy | starlingliving.com | 850-219-2196
- Villas at Killlearn Lakes | villasatkilllearnlakes.com | 850-391-1754

For caregivers who prefer online interactions or those who don't have the time or ability to attend in-person meetings, [ALZConnected](#) and [Caregiver Nation](#) are online support communities available 24/7.