

**Living at Home with Mental Illness and Dementia**  
*Lyn Hilgenberg, BA, CDCP, CSA, Daylily Consulting*

Sources and Websites for Additional Information

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**Aging with Dignity:** Every person has a right to age with dignity. This right is embedded in the heart and soul of every person regardless of their health, wealth, race, or creed.  
<https://agingwithdignity.org/>

**American Geriatrics Society:** [www.americangeriatrics.org](http://www.americangeriatrics.org)

**The Association for Frontotemporal Degeneration (AFTD):** You don't have to take this journey alone. AFTD is with you every step of the way, with reliable information, valuable resources, and support from others who understand. <https://www.theaftd.org/>

**ALZ Educate (Canada):** Online Learning. Great education <http://www.alzeducate.ca/>

**Alzheimer's Association:** The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. <https://www.alz.org/help-support>

**Alzheimer's Foundation of America (AFA):** The mission of the Alzheimer's Foundation of America (AFA) is to 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. [www.alzfdn.org](http://www.alzfdn.org)

**Alzheimer Society of UK:** We are Alzheimer's Society, and we are here to help. We produce a wide range of publications and factsheets designed to support and inform anyone affected by dementia. <https://www.alzheimers.org.uk/>

**Caregiving in the U.S. for 2020 National Alliance for Caregiving & AARP**  
AARP and National Alliance for Caregiving. *Caregiving in the United States 2020*. Washington, DC: AARP. May 2020. <https://doi.org/10.26419/ppi.00103.001>

**Eldercare Locator:** Support Services:  
[https://eldercare.acl.gov/Public/Resources/LearnMoreAbout/Support\\_Services.aspx](https://eldercare.acl.gov/Public/Resources/LearnMoreAbout/Support_Services.aspx)

**Empowering 8 Billion Minds: Enabling Better Mental Health in All via the Ethical Adoption of Technologies;** A National Academy of Medicine Discussion Paper (October 28, 2019):  
<https://nam.edu/empowering-8-billion-minds-enabling-better-mental-health-for-all-via-the-ethical-adoption-of-technologies/>

**Family Caregiver Alliance (FCA)** This fact sheet will help guide you through the process of hiring help at home: <https://www.caregiver.org/resource/hiring-home-help/>

**The HOME Project** (Helping Older adults Maintain independence) is an ongoing qualitative study that is documenting the experiences of older Californians with disabilities who depend on fragile arrangements of paid public programs and unpaid help to live safely and independently at home. <https://healthpolicy.ucla.edu/programs/health-disparities/elder-health/Pages/The-HOME-Project.aspx>

**National Adult Day Services Association (NADSA):** <https://www.nadsa.org/for-caregivers/consumers/>

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**National Center on Elder Abuse (NCEA):** The NCEA provides the latest information regarding research, training, best practices, news, and resources on elder abuse, neglect, and exploitation to professionals and the public. The NCEA is one of 27 Administration on Aging-funded Resource Centers. <https://ncea.acl.gov/>

**National Institute on Aging (NIH)** Talking with Older Patients About Sensitive Topics: <https://www.nia.nih.gov/health/talking-older-patients-about-sensitive-topics> Aging in Place: Growing older at Home, <https://www.nia.nih.gov/health/aging-place-growing-older-home>

**Scripps Gerontology Center: Miami University.** *Our Family Our Way (OFOW)* is a communication and care coordination process developed by Miami University's Scripps Gerontology Center to help caregiving families think and talk about caregiving. This is a free program that includes information for families and professionals at NO CHARGE. <https://miamioh.edu/cas/academics/centers/scripps/research/ofow/>

**US Aging:** For nearly 50 years they have represented and supported the national network of Area Agencies on Aging and, since 1988, we've advocated for the Title VI Native American Aging Programs. For nearly 50 years, our members—the local leaders on aging—have helped older adults and people with disabilities live with optimal health, well-being, independence, and dignity in their homes and communities. [www.n4a.org](http://www.n4a.org)

Source: **US Census, Demographic Turning Points** for the United States: Population Projections for 2020 to 2060: revised May 2021  
[https://acl.gov/sites/default/files/aging%20and%20Disability%20In%20America/2020Profileolderamericans.final\\_.pdf](https://acl.gov/sites/default/files/aging%20and%20Disability%20In%20America/2020Profileolderamericans.final_.pdf)