Alzheimer’s Disease and Dementia Support Program

2019 Community Resource Guide
“You know what’s best for you and your loved-one—don’t let anyone else tell you different.”

–Traci Stroud
With funding from the Administration for Community Living and the Jewish Federation of Cleveland, JFSA is pleased to offer the Alzheimer’s and Dementia Support Program, a unique, person-centered approach to help individuals at risk for or diagnosed with dementia (including Alzheimer’s), their family members and their caregivers combat the increasing need for dementia support in the community.

Our innovative program helps you navigate the barriers and emotional, mental, physical, medical and financial challenges that are associated with dementia, challenges that exist for both the individual who is diagnosed and their caregiver(s).

Recognizing that “quality of life” is a central goal in the treatment of dementia, JFSA’s team of professionals has developed this resource guide to assist you in your journey. We welcome your comments and suggestions!
What is Dementia?
Contrary to popular belief, dementia is not a specific disease but rather a series of symptoms including the loss of cognitive functioning—thinking, remembering, and reasoning—and behavioral capabilities, when coupled together, interferes with a person’s daily life and activities.

Early symptoms may include trouble remembering recent events, increased confusion and reduced concentration, misplacing things, personality and behavior changes, depression and the loss of the ability to manage everyday tasks. More advanced symptoms can include further patterns of short term memory loss, loss of language or communication skills, changes in visual perception, an inability to problem solve, and an increased inability to focus and pay attention.
What are the different kinds of dementia?
There are many different types of dementia. There is no one test that determines what type of dementia a person has. Diagnosis is determined by a series of tests and the symptoms that are presented. These tests can include: cognitive and neurological evaluation, MRI, CT, or PET scans, laboratory testing, and psychiatric evaluation.
ALZHEIMER’S DISEASE is the most common form of dementia. While the cause is generally unknown, in most cases plaques and tangles form in the brain. These plaques and tangles gradually damage healthy brain tissue, blocking memory, impairing reason, judgment and language, eventually impacting the ability to carry out even simple tasks.

VASCULAR DEMENTIA is the second most common type of dementia. This type of dementia happens when the blood supply to the brain is cut off, starving the brain of the oxygen and nutrients it needs.

FRONTOTEMPORAL DEMENTIA is caused by the breakdown of the nerve cells and their connectors in the frontal and temporal lobes of the brain, often causing changes in personality and behavior.

LEWY BODY DEMENTIA is a progressive form of dementia caused by abnormal protein clumps that build in the brain. It can result in a decline in thinking and problem-solving, hallucinations, tremors, and uncontrolled slow movements similar to that of Parkinson’s disease.
**MIXED DEMENTIA** is a combination of multiple other dementias and has several causes. The symptoms of mixed dementia vary greatly depending on the dementias involved.

**ACQUIRED OR TRAUMATIC BRAIN INJURY (ACI/TBI)** are brain injuries that frequently result in a loss of oxygen or damage to the brain. Symptoms of dementia vary and can present as a result of these types of injuries, which may include chemical exposures, strokes, viruses, tumors, falls, car accidents, sports or any other type of head injury.

**ALCOHOL INDUCED DEMENTIA** (also known as “Korsakoff Syndrome”) is a form of dementia brought on by lifestyle choices, namely excessive alcohol consumption and subsequent intoxication. Intoxication depletes important nutrients and damages or kills brain cells. Over the long term, the damage caused by this behavior presents itself as symptoms of dementia.
Effective Interventions for Promoting Independence
The importance behind implementing interventions is to improve the quality of life for persons with dementia; in turn, this may empower and provide a reduction in caregiver stress, by creating an environment that fosters autonomy and normalcy. Interventions are aimed to increase and enhance one’s daily functioning through strategies that promote independence, which is important at all stages of dementia. To get the most out of interventions, it is beneficial to customize one’s goals according to their strengths and needs, keeping in mind one’s cognitive and physical ability in coordination with their level of dementia.¹

DAILY EXERCISE can help slow one’s loss of mobility and improve continence, as well as improve one’s balance, endurance and strength. Introducing physical and occupational therapy may enhance daily functioning, if needed. Physical activity not only helps reduce depression, it has been linked to lower aggression and agitation.

MEANINGFUL ACTIVITY PLANNING should include life histories, interests and preferences. Creating individualized activities helps bring a sense of purpose to the person with dementia.

NONVERBAL AND VERBAL COMMUNICATION needs to be adjusted to the level of communication understood by the one who has dementia. This includes changing vocabulary, employing positive body language and cues, and/or utilizing written or pictorial communication through the use of memory books. It is also important to have vision and hearing tests completed, to ensure appropriate aid is enacted, if needed.

ADAPTIVE EQUIPMENT AND ASSISTIVE AIDS promote safety and minimize physical, cognitive and sensory deficits. They include tools such as grab bars, ramps, walkers/rollators and shower chairs. Utilizing memory aids such as diaries, calendars, memory books and/or electronic devices, may be beneficial in helping to keep independence and a daily routine. This also promotes normalcy and competence.
PROMOTING SKILL TRAINING in activities of daily living (ADL), such as dressing, eating, and bathing has been shown to maintain independence. A clinical assessment should be used to gauge one’s ability to perform such tasks. This will help dictate the amount of assistance that is needed to complete each ADL.²

TELECARE AND ASSISTIVE TECHNOLOGY can support a person with dementia through the use of computers, telecommunication systems and other devices. These technologies can help a person with dementia to age in place.

CAREGIVER EDUCATION is imperative to create an empowering environment that enables the person with dementia to have a higher quality of life. In fact, interventions that use “behavior therapy, caregiver education, and environmental modification” have been shown to decrease behavioral disturbances and depression; in turn, increasing pleasurable outcomes.³


Additional caregiver techniques for interacting with the person with dementia include:

- Act with patience and understanding
- Keep a calm and positive environment
- Validate feelings
- Follow a familiar routine/schedule
- Maintain eye contact
- Hold hands and provide gentle touches
- Approach from the front
- Provide a healthy diet, limiting alcohol intake and introducing finger foods as needed
- Cue, remind and redirect
- Ask simple questions and provide simple instructions
- Introduce aromatherapy
When interacting with the person with dementia, it is important to keep them involved in activities they enjoy, while adapting their activities to fit their level of competence.
What is the Alzheimer’s Disease and Dementia Support Program?
The Alzheimer’s Disease and Dementia Support Program has been designed to exclusively address the needs associated with those who have dementia, or are at risk of developing dementia as well as the many challenges and obstacles caregivers endure. We offer a variety of services to help maintain independence, safety and dignity while also providing the much needed emotional support to those caring for someone with dementia.
Working with our care navigators, families are supported no matter what stage or type of dementia they may be challenged with. Our approach is designed to reduce the stress that caregivers experience as well as provide the tools and resources to promote a positive environment for the individual to thrive.
A JFSA care navigator is a masters degreed professional who works with caregivers and individuals who are at-risk for or diagnosed with dementia. Their job is to help improve one’s quality of life, as well as help reduce caregiver stress.

The care navigator helps alleviate the web of confusion that is often experienced by individuals and family members when seeking their next steps for support. They guide families to practical community services and dementia-related care solutions that uniquely fit their client’s needs. Moreover, the care navigator provides a range of on-going assistance, from routine check-ins to coordinating resources that stimulate one’s self-reliance.
SAVVY CAREGIVER
The Savvy Caregiver program is a free series of training workshops taught by professional instructors who have received accredited training authorized by the national Savvy Caregiver Program. The training is designed to help those involved in caring for individuals with dementia. Many clinicians and educators contributed to the creation of this program. Caregivers gain knowledge, strategies, and skills needed to manage their own stress and handle the challenges of caring for someone with dementia.

CAREGIVER RESPITE
For many caregivers, finding temporary caregiver support you trust can be challenging and costly. Now it is a little easier with the Caregiver Respite Program, which provides limited hours of free caregiving or companionship to individuals with Alzheimer’s disease or related disorders. Respite care is a great option when a primary caregiver falls ill or urgent business or family travel is needed.

CARING AT HOME
JFSA offers skilled and private duty home care. Skilled services are rehabilitative in nature with the goal of building strength and endurance. They are generally provided under physician order and are paid for by insurance, including Medicare or commercial insurance. Services under skilled
home care can include skilled nursing, physical therapy, occupational therapy, speech language pathology, skilled aide, and medical social worker.

For those who require ongoing assistance with their ADLs, JFSA also offers private duty home health care. Payer sources vary and can include self-pay, long-term care insurance and government subsidized programs. Services are delivered based on need and in accordance with a personalized plan of care. They can include assistance with activities of daily living, therapeutic exercise, light housekeeping, transportation and laundry assistance.

HOME CLEANING
JFSA offers affordable home cleaning services on a private pay basis.

HOME-DELIVERED MEALS
Our delicious fresh kosher meals are delivered by our trained staff and caring volunteers. All meals are prepared under the guidance of a certified dietitian and are delivered fully-cooked and ready to eat.

PHILIPS LIFELINE™ MEDICAL MOBILE ALERT
JFSA offers and supports Philips Lifeline products which are designed to keep people safe in their home. Lifeline services include Home Safe and GoSafe2 with added features such as auto fall detection, GPS enabling, 24/7 multilingual staff, and in-person system support and maintenance.
Glossary of Terms
Health care is a confusing and complex service industry, full of acronyms and legal implications. To assist you, refer to this glossary of frequently used terms.

**ACTIVITIES OF DAILY LIVING (ADLS)**
ADLs include daily living tasks such as eating, bathing, dressing, grooming, ambulating and toileting.

**ADULT DAY CARE**
Adult Day Care Centers are designed to provide care and companionship for older adults who need assistance or supervision during the day. Programs can be social, health care based or a combination of the two.

**ASSISTED LIVING/RESIDENTIAL CARE**
Assisted Living is licensed by the state of Ohio, combining housing, socialization, personalized services, and assistance with daily living tasks. Assisted Living generally provides a very social environment, designed to keep residents engaged and active.

**ASSISTED LIVING WAIVER PROGRAM**
The Assisted Living Waiver is a state-subsidized program that helps cover the costs of assisted living for eligible residents.

**COMPANIONSHIP SERVICE**
Companionship services generally are more problem-solving in nature and can include accompanying a person who needs assistance at medical appointments, shopping or banking.
CONTINUING CARE RETIREMENT COMMUNITY (CCRC) A CCRC offers multiple levels of living under one roof, including independent living, assisted living, memory care and nursing. Residents receive the services they need as they move through the continuum of care.

DO NOT RESUSCITATE FORM (DNR) A DNR is a medical order, signed under the direction of a physician, that instructs health care professionals not to perform CPR in case of one not breathing or one’s heart stopping.

DURABLE POWER OF ATTORNEY (POA) There are two types of durable power of attorney documents that can be used in the event a person does not have the ability or capacity to make decisions. A financial POA designates a person to make legal and financial decisions on the behalf of a person. A health care POA authorizes a person to make health care decisions.

ENTRY FEE Also referred to as Modified contracts, entry fees are typical of not-for-profit, continuing care retirement communities. The entry fee is an upfront sum of money paid in order to prepay for health care services and gain admittance to the continuum of care. Portions of the entry fee are often refundable and tax deductible as a prepaid medical expense.

GERIATRICIAN A geriatrician is a physician specialist that is well-grounded in internal medicine, and is experienced in treating older adults and their problems. They are also experienced in neurology, psychiatry and rehabilitation medicine.
GUARDIANSHIP/CONSERVATORSHIP
In the event a person can no longer make his or her own financial and/or health care decisions and has been legally determined to be incapacitated and there is no power of attorney, someone may be named legal guardian or conservator. A guardian or conservator is court-appointed and legally permitted to make decisions about the person’s care and property.

HOME CARE
Home care can be provided in a variety of settings and in a variety of ways. Home care is available wherever the person chooses to make their home. Individuals can choose from private duty services, which can include homemaking, personal care services or nursing, or may be eligible for skilled services, which are short-term and rehabilitative in nature.

INDEPENDENT LIVING
Independent living is a social, lifestyle-driven environment. Apartments or independent homes are complimented by a variety of conveniently located common spaces, hospitality services and lifestyle amenities including fitness centers, multiple dining venues, social programs, housekeeping, and transportation.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING
Instrumental activities of daily living are the skills and abilities needed to perform certain day-to-day tasks associated with an independent lifestyle. These activities are not considered to be essential for basic functioning, but are regarded as important for assessing day-to-day quality of life and relative independence: ability to use the phone; laundry; shopping; transportation; meal preparation; medication management; managing finances.
LIFE CARE CONTRACT
A financial agreement, life care contracts are another payment option for not-for-profit, continuing care retirement communities. Life Care agreements require an upfront financial payment that provides residents with lifetime access to health care services, including assisted living and nursing care, with little to no increase in monthly expenses.

LIVING TRUST
A living trust gives a designated person (trustee) the authority to hold and distribute property and funds for another person.

LIVING WILL
A living will outlines end-of-life health care decisions.

LONG TERM HEALTH CARE INSURANCE
Long term health care insurance is private, optional insurance that may help defray the costs of health care services including home health, assisted living, and nursing care.

MEDICARE/MEDICAID
Federal health insurance programs designed to help defray health care costs.

MEMORY CARE NEIGHBORHOODS
Memory care is designed for those who have dementia and are no longer able to live on independently and may not qualify for assisted living. Residents of memory care benefit from higher care ratios, specially-trained staff, and additional cueing, reminding and redirection 24 hours a day. Memory care neighborhoods are typically secured for those who may be a risk for wandering.
**MYCARE OHIO**
MyCare Ohio is a health insurance plan for those who are dually-eligible for Medicare and Medicaid, and includes health, behavioral and long-term care services in the home, in assisted living, in adult day care, or skilled nursing facilities.

**PACE**
The Program of All-Inclusive Care for the Elderly (PACE) is a special program that enables individuals who are 55 years of age and are eligible for Medicare and or Medicaid to safely remain at home rather than a nursing home. An interdisciplinary team of health professionals determines eligibility and provides PACE participants with coordinated care.

**PASSPORT**
Passport is a federally-subsidized program, providing financially eligible older persons alternatives to relocating to a nursing home. Several services are offered by Passport including home delivered meals, personal care assistance, emergency response system, adult day care, and respite care.

**RESPITE CARE**
Respite care is short-term, interim relief for primary caregivers. Respite care can be provided in a variety of settings including in the home, in a health care facility, or at an adult day center.

**RETIREMENT COMMUNITY**
A retirement community is a congregate living environment for seniors, offering one or a combination of care levels including independent living, assisted living, memory care or long-term/skilled care.
SELF-PAY
Also referred to as private pay, self-pay models use personal assets, including savings, investments, and monthly income, to cover the costs associated with delivered services.

SENIOR CENTER
Senior Centers are local facilities providing resources, socialization, and stimulation to seniors.

SKILLED NURSING FACILITY
Licensed by the state of Ohio, skilled nursing facilities (SNFs) or “nursing homes,” are designed for those individuals who require a higher level of medical care than can be safely delivered in assisted living facility or at home. Stays in nursing homes can be short-term and rehabilitative in nature or can be long-term due to complex medical needs.

WILL
A will is a legal documents which outline how a person’s assets and estate will be distributed among beneficiaries after his/her death.
Community Resources and Solutions
The following resources are available to individuals and families caring for someone with Alzheimer’s or other dementia and are part of JFSA Cleveland’s network of community providers.

### Geriatric Assessment and Medical Care

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<tr>
<th>NAME</th>
<th>CONTACT INFO</th>
<th>SERVICES OFFERED</th>
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<tbody>
<tr>
<td>Alyson’s Place Medical Clinic</td>
<td>(216) 755-1116</td>
<td>Primary care, geriatric support and case management, podiatry, dental, ophthalmology</td>
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<tr>
<td>JFSA Cleveland</td>
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<tr>
<td>29125 Chagrin Blvd Pepper Pike, Ohio 44122</td>
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<tr>
<td>Cleveland Clinic Geriatric Program</td>
<td>(866) 320-4573</td>
<td>Geriatric support and case management</td>
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<tr>
<td>Foley Center at University Hospital</td>
<td>(844) 312-5433</td>
<td>Geriatric support and case management</td>
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<tr>
<td>MetroHealth Medical Center</td>
<td>(216) 957-2100</td>
<td>Geriatric support and case management</td>
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### Legal

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<th>NAME</th>
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<tr>
<td>Buzney Law</td>
<td>(216) 283-0905</td>
<td>Private Pay</td>
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<td></td>
<td>buzneylaw.com</td>
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<tr>
<td>Kabb Law Firm</td>
<td>(216) 991-5222</td>
<td>Private Pay</td>
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<td></td>
<td>kabblaw.com</td>
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# Home Care (providing both skilled and private duty care)

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<tr>
<td><strong>Bridgewater</strong></td>
<td>1925 Pearl Rd, Suite 404A, Strongsville, OH 44136</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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<tr>
<td><strong>Family Tree</strong></td>
<td>889 N Aurora Rd, Suite 400, Aurora, OH 44202</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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<tr>
<td><strong>JFSA Cleveland</strong></td>
<td>29125 Chagrin Blvd, Pepper Pike, OH 44122</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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<tr>
<td><strong>Lily Home Care</strong></td>
<td>2295 W Market St, Akron, OH 44313</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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<td><strong>Menorah Park</strong></td>
<td>27100 Cedar Rd, Beachwood, OH 44122</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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<tr>
<td><strong>Montefiore</strong></td>
<td>1 David N. Myers Pkwy, Beachwood, OH 44122</td>
<td>☑️ Private Pay&lt;br&gt;☑️ Long Term Health Care Insurance&lt;br&gt;☑️ Medicare&lt;br&gt;☑️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;☑️ Other</td>
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## Continuing Care Retirement Communities

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<th>NAME</th>
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<tr>
<td>Anna Maria</td>
<td>(330) 562-6171 annamariaofaurora.com</td>
<td>✓ Private Pay&lt;br&gt;☐ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Judson Park</td>
<td>(216) 721-1234 judsonsmartliving.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Judson Manor</td>
<td>(216) 791-2555 judsonsmartliving.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Judson South Franklin Circle</td>
<td>(440) 247-1300 judsonsmartliving.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Jennings at Garfield Heights</td>
<td>(216) 581-2900 jenningscenter.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Jennings at Brecksville</td>
<td>jenningscenter.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;✓ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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<tr>
<td>Laurel Lake</td>
<td>(330) 650-0681 laurellake.org</td>
<td>✓ Private Pay&lt;br&gt;✓ Long Term Health Care Insurance&lt;br&gt;✓ Medicare&lt;br&gt;✓ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✓ Other</td>
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| Ohio Breckenridge Village  | (440) 942-4342 ohioiliving.org | ✓ Private Pay  
✓ Long Term Health Care Insurance  
✓ Medicare  
✓ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| Rockport Senior Living      | (440) 356-5444 rockportseniorliving.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
✓ Medicare  
✓ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| The Normandy                | (440) 333-5401 thenormandy.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
✓ Medicare  
✓ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| The Renaissance             | (440) 540-4700 renaissance.elizajennings.org | ✓ Private Pay  
✓ Long Term Health Care Insurance  
✓ Medicare  
✓ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
## Independent Living

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<tr>
<th>NAME</th>
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| **The Hamlet at Chagrin Falls**  
200 Hamlet Hills Dr  
Chagrin Falls, OH 44022 | (440) 247-4676  
hamletretirement.com  |
| Private Pay  
Long Term Health Care Insurance  
Medicare  
Medicaid  
Assisted Living Waiver  
Other |
| **Independence Village**  
505 S Chillicothe Rd  
Aurora, OH 44202 | (330) 562-1750  
independencevillages.com  |
| Private Pay  
Long Term Health Care Insurance  
Medicare  
Medicaid  
Assisted Living Waiver  
Other |
| **McGregor**  
14900 Private Dr  
Cleveland, Ohio 44112 | (216) 851-8200  
mcgregoramasa.org  |
| Private Pay  
Long Term Health Care Insurance  
Medicare  
Medicaid  
Assisted Living Waiver  
Other |
| **The Normandy**  
22701 Lake Rd  
Rocky River, OH 44116 | (440) 333-5401  
thenormandy.com  |
| Private Pay  
Long Term Health Care Insurance  
Medicare  
Medicaid  
Assisted Living Waiver  
Other |
| **R.H. Myers**  
27090 Cedar Rd  
Beachwood, OH 44122 | (216) 360-8202  |
| Private Pay  
Long Term Health Care Insurance  
Medicare  
Medicaid  
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Other |
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| Brookdale                     | (216) 291-8525 brookdale.com      | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
| Beachwood Commons             | (216) 295-1700 lifeservicesassistedliving.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
☐ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| Devon Oaks                    | (440) 540-4700 devonoaks.elizajennings.org | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
| Forest Hills Place            | (216) 321-6331 enlivant.com       | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
| The Fountains Assisted Living | (440) 485-1607 thegreensandfountains.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
☐ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| Gates Mills Club              | (440) 461-2010 gatesmillsclub.com  | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
| The Hamlet Chagrin Falls      | (440) 247-4201 hamletretirement.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
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<td>McGregor</td>
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<td>Maplewood Senior</td>
<td>(330) 840-7404 maplewoodseniorliving.com</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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<td>The Normandy</td>
<td>(440) 333-5401 thenormandy.com</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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<tr>
<td>Stone Gardens</td>
<td>(216) 360-8202 menorahpark.org</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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<td>The Stratford</td>
<td>(440) 485-1607 stratfordcare.com</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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<tr>
<td>The Weils</td>
<td>(440) 996-0504 theweils.org</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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<td>Wiggins Place</td>
<td>(216) 360-8202 menorahpark.org</td>
<td>- Private Pay&lt;br&gt;- Long Term Health Care Insurance&lt;br&gt;- Medicare&lt;br&gt;- Medicaid&lt;br&gt;- Other</td>
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### Assisted Living - Continued

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<tr>
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| The Woodlands                 | (216) 751-0930 capitalsenior.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |

### Memory Care

<table>
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<tr>
<th>NAME</th>
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| Arden Courts of Parma         | (216) 385-1610 arden-courts.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
☐ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| Arden Courts of Chagrin Falls | (440) 543-6766 arden-courts.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
☐ Medicaid  
☐ Assisted Living Waiver  
✓ Other |
| Brookdale                     | (216) 291-8525 brookdale.com | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
| Devon Oaks                    | (440)540-4700 devonoaks.elizajennings.org | ✓ Private Pay  
✓ Long Term Health Care Insurance  
☐ Medicare  
✓ Medicaid  
✓ Assisted Living Waiver  
✓ Other |
### Memory Care - Continued

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<td>Danbury Senior Living</td>
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<td>(440) 596-3047 danburyseniorliving.com</td>
<td>✓ Other</td>
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<td>Danbury Senior Living</td>
<td>3430 Brunswick Lake Parkway</td>
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<td></td>
<td>Brunswick, OH 44212</td>
<td>☑ Long Term Health Care Insurance</td>
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<td></td>
<td>(330) 460-4244 danburyseniorliving.com</td>
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<td>Danbury Senior Living</td>
<td>9150 Lakeshore Blvd. Mentor, OH 44060</td>
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<td>(440) 701-4560 danburyseniorliving.com</td>
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<td></td>
<td>(216) 321-6331 enlivant.com</td>
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<td>Helen’s Place</td>
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<td></td>
<td>(216) 360-8202 menorahpark.org</td>
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<td>Kemper House</td>
<td>407 Gold View Ln</td>
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<td>Highland Heights, OH 44143</td>
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<td>(440) 487-5365 kemperhouse.com</td>
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<td>The Lantern of Chagrin Valley</td>
<td>5277 Chillicothe Rd Chagrin Falls, OH 44022</td>
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<td></td>
<td>440-339-5135 lanternlifestyle.com</td>
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### Memory Care - Continued

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<tr>
<td>Maplewood Senior Living</td>
<td>(330) 840-7404 maplewoodseniorliving.com</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;☐ Medicare&lt;br&gt;☐ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<tr>
<td>The Weil’s</td>
<td>(440) 996-0504 theweils.org</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;☐ Medicare&lt;br&gt;☐ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<tr>
<td>Windsor Heights Assisted Living</td>
<td>(216) 324-8759 sunshineretirementliving.com</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;☐ Medicare&lt;br&gt;☐ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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### Skilled Nursing (short-term and long-term stays)

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<th>CONTACT INFO</th>
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<tr>
<td>Brookdale</td>
<td>(216) 291-8525 brookdale.com</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;✔️ Medicare&lt;br&gt;✔️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<tr>
<td>The Greens Care &amp; Rehabilitation</td>
<td>(440) 485-1607 thegreensandfountains.com</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;✔️ Medicare&lt;br&gt;✔️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<td>Landerbrook Transitional Care</td>
<td>(440) 443-0345</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;✔️ Medicare&lt;br&gt;✔️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<tr>
<td>McGregor</td>
<td>(216) 851-8200 mcgregoramasa.org</td>
<td>✔️ Private Pay&lt;br&gt;✔️ Long Term Health Care Insurance&lt;br&gt;✔️ Medicare&lt;br&gt;✔️ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔️ Other</td>
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<td><strong>Menorah Park</strong></td>
<td>(216) 595-7333 menorahpark.org</td>
<td>✔ Private Pay&lt;br&gt;✔ Long Term Health Care Insurance&lt;br&gt;✔ Medicare&lt;br&gt;✔ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔ Other</td>
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<td>27100 Cedar Rd</td>
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<td>Beachwood, OH 44122</td>
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<td><strong>Montefiore</strong></td>
<td>(216) 360-9080 montefiorecare.org</td>
<td>✔ Private Pay&lt;br&gt;✔ Long Term Health Care Insurance&lt;br&gt;✔ Medicare&lt;br&gt;✔ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔ Other</td>
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<tr>
<td>1 David N. Myers Pkwy</td>
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<td>Beachwood, OH 44122</td>
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<tr>
<td><strong>The Stratford</strong></td>
<td>(440) 485-1607 stratfordcare.com</td>
<td>✔ Private Pay&lt;br&gt;✔ Long Term Health Care Insurance&lt;br&gt;✔ Medicare&lt;br&gt;✔ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔ Other</td>
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<td>Solon, OH 44139</td>
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<td><strong>The Weil’s</strong></td>
<td>(440) 996-0504 theweils.org</td>
<td>✔ Private Pay&lt;br&gt;✔ Long Term Health Care Insurance&lt;br&gt;✔ Medicare&lt;br&gt;✔ Medicaid&lt;br&gt;☐ Assisted Living Waiver&lt;br&gt;✔ Other</td>
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## Adult Day Care

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<td><strong>Benjamin Rose</strong></td>
<td><strong>Margaret Wagner House</strong></td>
<td>☑️ Private Pay</td>
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<td>2373 Euclid Heights Blvd</td>
<td>☑️ Long Term Health Care Insurance</td>
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<td>Cleveland Heights, OH</td>
<td>☑️ Medicaid</td>
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<td>☐ Assisted Living Waiver</td>
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<td></td>
<td>(216) 791-8000 benrose.org</td>
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<td><strong>Kemper House Adult Day Care Program</strong></td>
<td>407 Gold View Ln</td>
<td>☑️ Private Pay</td>
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<td>Highland Heights, OH</td>
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<td>44133</td>
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<td>(440) 487-5365 kemperhouse.com</td>
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<td><strong>JFSA Arts &amp; Culture Program</strong></td>
<td>29125 Chagrin Blvd</td>
<td>☐ Private Pay</td>
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<td>Pepper Pike, Ohio 44122</td>
<td>☐ Long Term Health Care Insurance</td>
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<td>(216) 378.8660 jfsa-cleveland.org</td>
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<td><strong>Mandel Adult Day Center</strong></td>
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<td>(216) 839-6673 menorahpark.org</td>
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<td><strong>McGregor PACE</strong></td>
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<td>Warrensville Heights, OH</td>
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<td>(216) 791-3580 mcgregorpace.org</td>
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</table>
IF YOU NOTICE THESE BEHAVIORS:

- Sometimes misplacing items
- Forgetting to pay bills
- Forgetting names
- Calling people from time to time by the wrong name
- Failing to remember appointments
- Forgetting the reason individuals walked into a room
- Occasionally having issues with word recall.
- Activities that do not interfere with activities of daily living

MILD COGNITIVE IMPAIRMENT

- Becoming lost in familiar places
- Occasionally forgetting things
- Minor difficulty concentrating
- Trouble making plans or completing tasks
- Reduced impulse control
- Problem solving diminished
- Self-care diminished
- Loved ones often notice these changes

IT MIGHT BE:

NORMAL AGING

- Socialization
- Independent Living
- Continuing Care
- Physical Fitness

CONSIDER THESE SOLUTIONS:

- Case Management
- Family Counseling
- Socialization
- Personal Assistance
- Home Cleaning
- Driving Assessment
- Elder Law
- Independent Living
- Home Care

- Home Delivered Meals
- Home Care
- Driving Assessment
- Elder Law
- Home Care
- Adult Day Care
- Assisted Living
Early Stage Dementia

- Trouble applying words/names to appropriate people or objects
- Short-term memory loss
- Carrying out tasks with reduced proficiency
- Losing or misplacing a valuable object
- Having trouble staying organized
- Changes in mood/disorientation

Moderate Stage Dementia

- Limited or no capacity for communication
- Fading cognitive skill
- Loss of coordination
- Major personality changes
- Loss of appetite

- Short-term memory loss
- Diminished coordination
- Decreased vocabulary
- Delusions
- Hallucination
- Sundowning
- Incontinence
- Emotional outbursts
- Wandering

Late Stage Dementia

- Home Care
- Adult Day Care
- Assisted Living
- Memory Care
- Memory Care
- Skilled Services
- Hospice

- Limited or no capacity for communication
- Fading cognitive skill
- Loss of coordination
- Major personality changes
- Loss of appetite

Home Delivered Meals
- Home Cleaning
- Driving Assessment
- Elder Law
- Home Care
- Adult Day Care
- Assisted Living
- Memory Care
- Skilled Services
- Hospice
Additional Resources
Jewish Family Service Association of Cleveland
29125 Chagrin Blvd.
Pepper Pike, Ohio 44122

MAIN NUMBER
216.292.3999
jfsa-cleveland.org

JFSA is a 501(c)3 organization
Proud to serve all families regardless of religious affiliation.

Funding for JFSA Alzheimer’s Disease & Dementia Caregiver Support Program is made possible by the Jewish Federation of Cleveland and the US Department of Health and Human Services. Care Navigators work closely with Access Jewish Cleveland, Jewish Federation of Cleveland’s central information and referral service.

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