



**For All Ages**

Wayne Township's Age-Friendly Initiative

# Dementia Care Map:

A guide for patients and caregivers of Wayne, NJ

## Step #1: Memory Screening

### What is a memory screening?

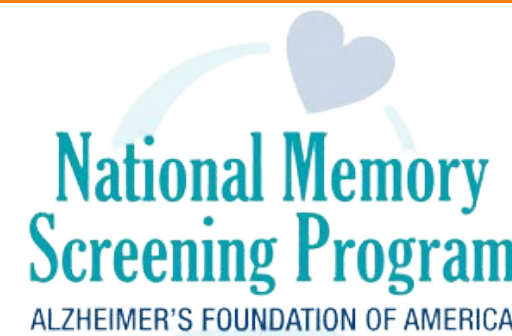
Memory screenings are simple, quick and noninvasive. They consist of a series of questions to test memory, language, thinking skills and other cognitive functions.



**Home Care Options**  
A Christian Health Service

Available for prescheduled, in-person memory screenings.

Phone: 973-523-1224  
www.homecareoptions.com



**National Memory Screening Program**  
ALZHEIMER'S FOUNDATION OF AMERICA

Free, confidential memory screenings that are done virtually.

Phone: 866-232-8484  
alzfdn.org/memory-screening

## Step #2: Contact Your Physician to Confirm Diagnosis with Testing



### Geriatrician

Primary care doctor that specializes in senior patients.



### Geriatric Psychiatrist

Prevention & treatment of neurodegenerative, cognitive impairment, and mental disorders in seniors.



### Neurologist

Diagnosing and treatment of disorders that affect the brain.



### Neuropsychologist

Evaluation of how brain disorders and cognitive impairment can effect behavior.

## Step #3: Build Your Care Team



### Rehabilitative Services

- Speech Therapist
- Physical Therapist
- Registered Dietitian
- Occupational Therapist



### Care Navigation

- Social Worker
- Physician Advocate



## Step #4: Find Support



**Home Care Options**  
A Christian Health Service

Empowers caregivers of patients with dementia-related illness. Services: personal care assistance, caregiver education & support, fall prevention, care navigation, & free memory screenings.

Phone: 973-523-1224  
www.homecareoptions.com



**Wayne**  
For All Ages

### Wayne Township Senior & Social Services

Contact the Director of Wayne Township Senior & Social Services to inquire about available local resources.

Phone: (973) 694-1800  
Ext. 3281

**alzheimer's association**

Organization offering a 24/7 free & confidential helpline, an interactive ALZConnected online support group for patients and caregivers, and more.

24/7 Helpline: 800-272-3900  
www.alz.org

# MORE INFORMATION

## Interested in a clinical trial?



Hackensack  
Meridian Health

Hackensack University Medical Center has New Jersey's best and only nationally ranked Neurology & Neurosurgery program and is conducting clinical trials for Alzheimer's Disease.

[www.hackensackmeridianhealth.org](http://www.hackensackmeridianhealth.org)

## Meet the Physicians



**Dr. Manisha Santosh Parulekar**  
Geriatrics-Center for Healthy Senior Living  
360 Essex Street Suite 401  
Hackensack, NJ 07601  
Phone: 551-996-1140



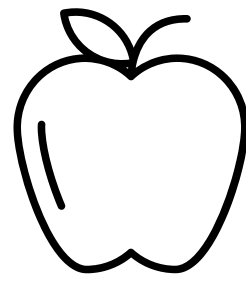
**Dr. Florian Thomas**  
Neuroscience Institute  
360 Essex Street Suite 303  
Hackensack, NJ 07601  
Phone: 551-996-8100



Alzheimer's Association TrialMatch® connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research.

Phone: 800-272-3900 • Email: [TrialMatch@alz.org](mailto:TrialMatch@alz.org)  
[Alz.org/TrialMatch](http://Alz.org/TrialMatch)

## How to Support Brain Health



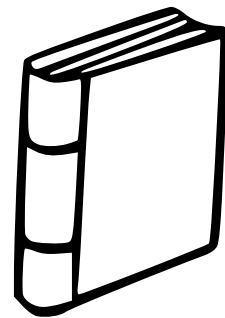
### Proper Nutrition

Eat a healthy and balanced diet, including fruits, vegetables, and low-fat food items. The Mediterranean diet is a great option to support cognitive health. For more ideas, consult with a dietician.



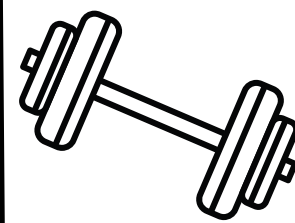
### Restorative Sleep

Ensure that your sleep is restful and that you are getting the recommended 7-9 hours of sleep per night.



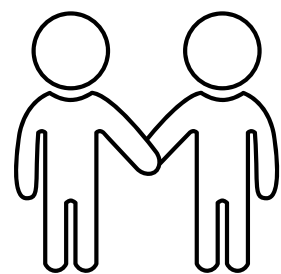
### Challenge Your Mind

Keep your brain active - take a class, solve a puzzle, paint a landscape, play card games, or build something.



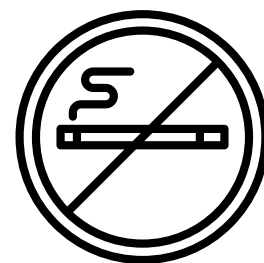
### Regular Exercise

Exercise improves cardiovascular health and increases blood flow to your brain. Go for a walk, do chair yoga, or light resistance training.



### Be Social

Spend time with friends or family, join a local club, volunteer, or connect online.



### Avoid Smoking

Smoking has been associated with increased risk of cognitive decline.



## PASSAIC COUNTY SENIOR SERVICES

Passaic County Department of Senior Services, Disability and Veterans Affairs is a no wrong door point of entry and provides assistance and enables access to programs and community resources to older adults (aged 60+), adults with disabilities and veterans of the United States Armed Forces living in Passaic County. To inquire about programs and services, call or visit our office.

930 Riverview Dr. Suite 200  
Totowa, NJ

Phone: 973-569-4060  
[www.PassaicCountyNJ.org](http://www.PassaicCountyNJ.org)

## ENJOY AN OUTING



Arden Courts Memory Cafe  
The Rustic Cafe (Inside Wayne YMCA)  
1 Pike Drive | Wayne, NJ 07470  
Meets Wednesdays, Twice Per Month  
Please Call to Register • Phone: 973-942-5600