



## ASSISTANCE AND SUPPORT RECOMMENDATIONS

# Navigating Dementia or Mild Cognitive Impairment

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## 1. Getting Started

### THE MEMORY HUB

*Location: Seattle*

If you are living with brain changes and a possible diagnosis of MCI or dementia, check out the Memory Hub. Affiliated with the UW Memory and Brain Wellness Center, this is an excellent, free resource for support, education, and private consultation with memory loss and brain change experts.

[LEARN MORE](#)

### DEMENTIA ROADMAP

*Free Resource*

Download a free copy of the Dementia Roadmap, published by the WA State Dementia Action Collaborative. It's a great starting point for figuring out what's next.

[DOWNLOAD THE ROADMAP](#)

### HOPE DEMENTIA SUPPORT

*Location: SW Washington & Portland*

Located in Vancouver, they offer support to the SW Washington, Portland, and are familiar with other support resources in the region.

[LEARN MORE](#)

## 2. Legal Assistance

### THOMSON HOWIE VAUGHN

*Location: Seattle*

Thompson Howle Vaughn, specializes in complex and litigated matters that affect the elderly and people with disabilities. Their services include trusts, probates, guardianships, will contests, long-term care planning, vulnerable adult protection, Social Security, Medicaid and SSI benefits, DSHS Care assessments, and more.

[LEARN MORE](#)

### DEMENTIA LEGAL PLANNING TOOLKIT

*Free Resource*

Download a free copy of the Dementia Legal Planning Toolkit published by the WA State Dementia Action Collaborative. It's a comprehensive tool on navigating legal issues that impact families living with dementia.

[DOWNLOAD THE PLANNING TOOLKIT](#)

### ADVANCE DIRECTIVE FOR DEMENTIA

*Free Resource*

Learn about the Advance Directive for Dementia; you might wish to include in your legal paperwork.

[LEARN MORE](#)

## 3. Medical Resources

### UW MEMORY AND BRAIN WELLNESS CENTER

*Location: Seattle*

The UW Memory and Brain Wellness Center has a solid reputation.

[LEARN MORE](#)

### RIPPL CARE

*Location: Seattle, Various*

A specialty dementia care medical system that first started seeing patients in Seattle in January of 2023.

[LEARN MORE](#)

### PROVIDENCE

*Location: Portland*

Providence has both east and west centers focused on neurological specialties.

[LEARN MORE: EAST CENTER](#)

[LEARN MORE: WEST CENTER](#)

### NEUROLOGIST

*Location: Seattle & Portland*

Select a neurologist who really understands dementia — not all do. There are a number of excellent options in the Pacific Northwest. Those with whom Allyson Schrier has personal experience and can highly recommend are:

#### [Dr. Nancy Isenberg](#)

Neurologist  
Seattle, WA

#### [Dr. Kris Rhoads](#)

Neuropsychologist  
Seattle, WA

#### [Dr. Barak Gaster](#)

Primary Care  
Seattle, WA

#### [Dr. Nicholas T. Olney](#)

Neurologist  
Portland, OR

## 4. Getting Support

Caring for someone with a dementia diagnosis is hard work. We cannot overstate the importance of self-care, and that begins with finding support. [Trualta](#) is an online tool for caregiver education and support that is available for free throughout WA state. Support groups are available in [Seattle](#) and [Portland](#) through the Alzheimer's Association, and their 24-hour hotline is staffed with people who can help you with basic questions and guidance through moments of crisis: (800) 272-3900. The [Memory Hub](#) mentioned above is also a great place to find out about support programs, both for caregivers and those with a diagnosis.

### For the newly-diagnosed person...

who would like to become an advocate for themselves and others doing their best to live well with dementia, check out the [National Council of Dementia Minds](#) and the [Dementia Action Alliance](#).

### If there are children involved...

who would benefit from being part of a supportive community, reach out to [Lorenzo's House](#). They do an excellent job of providing programming to help kids struggling with a parent or grandparent who is experiencing brain changes.



## State Specific Resources

### WASHINGTON

[Caregiver Resources](#)  
[Adult Care](#)

### OREGON

[Caregiver Resources](#)  
[Aging and Disability Services \(DHS\)](#)

### ALASKA

[Adult Care](#)

### IDAHO

[Adult Protective Services](#)

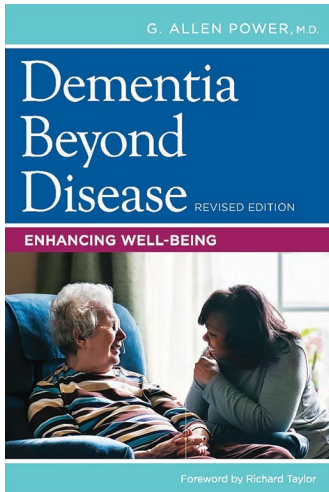
### CALIFORNIA

[Adult Care](#)

### NEW MEXICO

[Financial Exploitation](#)  
[Adult Care](#)

## 5. Books



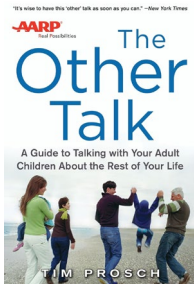
### DEMENTIA BEYOND DISEASE

by Dr. G. Allen Power

"If you are only going to read one book about Dementia, read Dementia Beyond Disease." -

Allyson Schrier

[LEARN MORE](#)

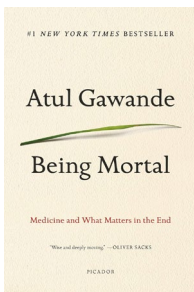


### THE OTHER TALK

by Tim Prosch

"The Other Talk is written in a clear, easy-to-understand style, about a topic most of us don't care to think about. It stresses the importance of pre-planning many aspects of aging, what needs to be done to lighten the responsibilities for others and ensure that our last years of our lives are experienced in dignity and according to our personal wishes. I wish that I had read it years ago."

[LEARN MORE](#)

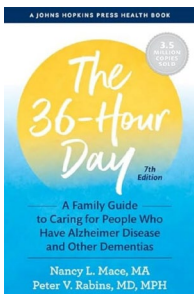


### BEING MORTAL

by Atul Gawande

"Being Mortal is one of the best books I have ever read. It considers two significant gaps in how our society copes with aging and dying today: 1) the inadequacy of appropriate living options for the aged and infirm and 2) the medical profession's ability to counsel patients with life-ending illnesses. These two problems have similar solutions: to empower the old and infirm to make choices about what's important to them." - Kim Rosenberg

[LEARN MORE](#)



### THE 36-HOUR DAY:

by Nancy L. Mace and Peter V. Rabins

"The 36-Hour Day is a resource for families caring for loved ones with dementia. It offers comprehensive guidance on managing the challenges associated with Alzheimer's and other dementias. It provides practical advice on daily care routines, understanding behavioral changes, and navigating the healthcare system. It includes information on medical treatments, legal considerations, and support resources, making it an invaluable tool for caregivers seeking to enhance the quality of life for both themselves and their loved ones." - Alisoune Lee

[LEARN MORE](#)

## Articles

### PROTECTING OUR AGING POPULATION

Article by Coldstream

[READ ARTICLE](#)

### PROTECTING AND GUIDING CLIENTS WITH DIMINISHING MENTAL CAPACITY

Article by Kitces

[READ ARTICLE](#)

## 6. Diagnosis Specific Assistance

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While the [Alzheimer's Association](#) provides education and support for a cross section of dementia types, it can be helpful to find support and education that is specific to your diagnosis:

### FRONTOTEMPORAL DEMENTIA

The Association for Frontotemporal Degeneration

[LEARN MORE](#)

### PARKINSON'S DISEASE

Parkinson's Foundation  
(Pacific Northwest Chapter)

[LEARN MORE](#)

### LEWY BODY DEMENTIA

The Lewy Body Dementia Association

[LEARN MORE](#)

### YOUNGER ONSET OF ANY TYPE

Lorenzo's House

[LEARN MORE](#)

### TRAUMATIC BRAIN INJURY

Brain Injury Alliance of WA

[LEARN MORE](#)

## 7. Additional Resources

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### MOMENTIA

*Location: Seattle*

Momentia is a wonderful calendar of dementia-friendly events in the greater Seattle area. From zoo walks to art tours to ballroom dancing—these events are a fantastic opportunity for families to continue being social and active despite a dementia diagnosis.

[LEARN MORE](#)

### DEMENTIA CAREBLAZERS

*Online Resource*

A terrific resource for free educational videos with a paid option for more personalized support.

[LEARN MORE](#)

### TEEPA SNOW'S POSITIVE APPROACH TO CARE

*Online Resource*

An organization is filled with options for education and support for both those giving care and those who are living with a diagnosis.

[LEARN MORE](#)

### AGING WISDOM

*Location: Seattle*

Aging Wisdom offers dementia handholding, with care navigators and people who can provide assessments and offer support.

[LEARN MORE](#)