



CAREGIVER RESOURCES

**“Kindness can transform someone’s dark moment with a blaze of light.
You’ll never know how much your caring matters.” -Amy Leigh Mercree’**

Understanding Alzheimer’s:

<https://www.alz.org/alzheimers-dementia/what-is-alzheimers>

TABLE OF CONTENTS:

Community Resources Pg 2
Educational Resources/Book Recommendations- Pg 5
Food/M meal Prep Delivery-Pg 7
Geriatric Care Management-Pg 7
In-Person and Zoom Support Groups-Pg 7
Legal and Financial Assistance-Pg 8
Rehabilitation Recommendations-Pg 8
Respite Programs and supplemental programs- Pg 8
Educational Resources and Information-Pg 9
Housing placement-Pg 10
Transportation Services-Pg 10
Website Resources-Pg 11
Technology Resource and Information Pg 12

****Hope Arbor does not receive financial or any other compensation for recommending these resources and shall not be held liable for any companies/organizations/individuals listed. Resources and suggestions listed do not take the place of any professional or medical advice.**

Updated 3/2026



COMMUNITY RESOURCES

Alzheimer's Association

Services:

- Telephone Support and Helpline from Local Dementia Experts: Call or connect with ACA today. They can answer basic questions about the disease and help guide you to local community resources.
- In-Person and Zoom Support Groups for Family Caregivers
- Tools to Reduce Boredom and Isolation
- Project Lifesaver Bracelets for People At Risk for Wandering
- Scholarships to Attend an Adult Day Care Center
- <https://www.alz.org/georgia>

Cognitive Aging Research and Education (CARE) Center:

<https://publichealth.uga.edu/research/research-institutes/institute-of-gerontology/care-center/>

A clinical, research, and outreach space through the University of Georgia. Educate on dementia risk reduction, conduct cutting-edge research and provide planning and support for persons with dementia and their care partners.

Allied Learning Center:

Driving evaluations: **CODE – Certified Older Driver Evaluations (for drivers 65+)**: At Allied Learning Center, They understand that driving is more than just a means of transportation—it's integral to how we live our lives. When individuals experience challenges or limitations in their driving abilities, it not only affects their basic transportation needs but also their sense of freedom and independence. Age-related



disorders can increase the risk of accidents among older drivers, highlighting the importance of addressing their unique needs.

CODE is specifically designed to assess the driving capabilities of elderly participants holistically. We aim to determine whether they can continue to drive safely, ensuring their well-being on the road.

<https://alliedlearningcenter.com/service/driver-evaluations-code-certified-older-certified-comprehensive-driver-evaluations-program/>

Edel Caregiver Institute: Jill Costello 912-629-1331 Email

Info@EdelCaregiverInstitute.org

This is a best kept secret in Savannah! The mission of the Edel Caregiver Institute is to support you, the caregiver, as you support your loved one. No matter the diagnosis or stage of the diagnosis, we are here to offer help with finding resources and provide emotional support throughout your caregiving journey.

Their support groups and individual consultations are designed to assist with your unique caregiving needs and concerns. There is no charge to be a part of our open groups offering opportunities to share and be heard, as well as to listen and support.

<https://www.hospicesavannah.org/what-services-are-available/caregiver-support/the-edel-caregiver-institute/>

Georgia Crisis & Access Line: (800) 715-4225

For immediate access to routine or crisis services, please call the Georgia Crisis and Access Line (GCAL) at **1-800-715-4225**. GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis.



Georgia's Aging and Disability Resource Connection:

Georgia's Aging and Disability Resource Connection (ADRC) is not a place or a program! It is a coordinated system of partnering organizations that are dedicated to:

- Providing accurate information about publicly and privately financed long-term supports and services.
- Offering a consumer-oriented approach to learning about the availability of services in the home and community.
- Alleviating the need for multiple calls and/or visits to receive services.
- Supporting individuals and family members who are aging or living with a disability.
- <https://www.georgiaadrc.com/>

Living Independence for Everyone (LIFE)

4811 Waters Ave Savannah, GA 31405
Phone: (912) 920-2414

Savannah Center for Blind and Low Vision (SVLV)

1141 Cornell Ave, Savannah, GA 31406
Phone: [\(912\) 236-4473](tel:9122364473)

Senior Citizens, Inc:

Provide for yourself or your loved one with services that range from nutritional meal delivery and private nursing care to lifelong learning opportunities, care navigation, and adult day health services.

<https://seniorcitizensinc.org/>



Social Security Disability:

The Social Security Administration (SSA) has added Younger/Early Onset Alzheimer's to the list of conditions under its Compassionate Allowances (CAL) initiative, giving those with the disease expedited access to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). The Alzheimer's Association, a longtime advocate for those with early-onset Alzheimer's, has played an integral role in this movement to reduce the length of disability decision process.

Social Security Disability (continued):

<https://www.alz.org/help-support/caregiving/financial-legal-planning/social-security-disability>

EDUCATIONAL RESOURCES

Book Recommendations:

Renee Harmon – www.reneeharmon.com – Author of *Surfing the Waves of Alzheimer's* INSTRUCTIONAL/PRACTICAL MEMOIR - HIGHLY RECOMMEND FOR FAMILY CAREGIVERS

Martin Schreiber - *My Two Elaines; Learning, coping and surviving as an Alzheimer's caregiver* INSTRUCTIONAL/PRACTICAL MEMOIR - HIGHLY RECOMMEND FOR FAMILY CAREGIVERS

The Rev. Katie Norris and Jennifer Brush – <https://www.revkatienorris.com/> and <http://recoursecoaching.com/> – Author of *Creative Connections in Dementia Care*

Lisa Genova – Author of *Still Alice* (warning: a tearjerker!) NOVEL

Daphne Johnston – Author of *Reclaiming Joy Together* (Chronicles the start of a respite program in Montgomery, Alabama)

Book Recommendations (cont)

Judith A. Levy – Author of *Activities to Do with Your Parent Who has Alzheimer's Dementia*

Nancy Mace – Author of *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer's Disease, OTher Dementias, and Memory Loss*

Richard L. Morgan, PhD and Daniel C. Potts, MD, FAAN – *Treasure for Alzheimer's*

Amy Newmark – Author of *Chicken Soup for the Soul: Navigating Eldercare & Dementia: 101 Stories for Family Caregivers*

Scott Rose – Author of *We Danced: Our Story of Love and Dementia* (warning: a tearjerker!)

Mary Moller– author of *Alzheimer's Through the Stages, A Caregivers Guide*

Jolene Brackey–author of *Creating Moments of Joy Along the Alzheimer's Journey*.

****Also, there is a long list of book recommendations on the Being in the Moment website: <https://beinginthemoment.org/resources/>**

Aging Savvy -www.agingsavvy.org 706-204-4468; mcaldwell@agingsavvy.org

FOOD AND MEAL PREP

What's For Dinner on Isle of Hope: 8509 Ferguson Ave (912)323-2023
<https://m.facebook.com/WhatsforDinnerSandfly>



Clean Eat: 6825 Waters Ave, Savannah, GA 31406 (912) 344-4710
cleaneatz.com

Rocky's: Preprepared meals. 7360 Skidaway Rd (912)J 354-2914

Cracker Barrel: Catered meals to go

Olive Garden: Catered meals to go

GERIATRIC CARE MANAGEMENT

Geriatrician

Dr. Cristina M. Negrea

Savannah Primary Care Associates LLC

1101 Lexington Ave, Savannah, GA

Neurologist

Dr. Jill Trumble: 912-819-4949

[St. Joseph's/Candler Physician Network - Neurology](#)

11706 Mercy Boulevard, Plaza A, Building 10

Savannah, GA 31419

IN-PERSON/ZOOM Support Groups

Hope Arbor's Caregiver Support Group

Tuesdays, 10:15-11:30.

Isle of Hope United Methodist Church, 412 Parkersburg Rd 31406

Hope Haven's Caregiver Support Group

3rd Tuesdays of the month at 10:45AM

St. John's Church in Cranmer Hall : 27 West Charlton St., 3rd Floor

Alzheimer's Association Support Group- (800) 272-3900

<https://www.alz.org/georgia>

Chatham County Caregiver Support Group |

Living Independence for Everyone (LIFE) | Savannah **24/7 Helpline:**
(800) 272-3900



Living Independence For Everyone: LIFE
4811 Waters Avenue
Savannah, GA 31404

Holding Hope

Meets Third Thursday Sept-May in Green House at 10:30

LEGAL AND FINANCIAL ADVICE

National Elder Law Foundation <https://nelf.org/>

This organization can help families locate elder law attorneys.

Special Needs Alliance

<https://www.specialneedsalliance.org/find-an-attorney/georgia/>

This organization can help families locate disability attorneys. This specific link will take you to the search results for attorneys in Georgia.

Lawyers:

Bouhan Falligant-Elder Care Lawyer

<https://www.bouhan.com/practice-areas/elder-law/>

REHABILITATION RECOMMENDATIONS from other caregivers following a hospital stay:

Acute Rehab: Encompass, Riverview, Pruitt

- If possible, take time when making decisions
- Recommend having a sitter while loved one is in rehab
- Remember that the caregiver is in charge of the choices of work to be done

RESPIRE PROGRAMS for Supplementing Hope Arbor

Ruth Byck Center-912-236-0363; 3025 Bull St Savannah, GA 31405,
Savannah questions@seniorcitizens-inc.org

Daybreak Respite on Skidaway Island Community Church operated through Senior Citizens Inc.

<https://seniorcitizensinc.org/daybreak> 912-236-036



The United Way Services: Information Services, Caregiver Access Assistance , Caregiver Education or Counseling Caregiver Respite , Caregivers Supplemental Services. Provides services such as meals, assistive technologies, emergency response systems, incontinence supplies and nutritional supplements, on a limited basis, for primary and family-member caregivers.

Hope Haven- (912) 231-7310 St. John's Anglican downtown Savannah. Open Tuesday and Thursday 10:30-2:30. savannahrespite@gmail.com

<https://stjohnssav.org/all-outreach-and-service-events-calendar/outreach-and-service-partners-and-programs/hope-haven-savannah-dementia-care/>

EDUCATIONAL RESOURCES

See websites below, but most of these organizations also have helpful social media posts. For example, going to YouTube.com and searching on any of these people/organizations will uncover a multitude of videos on topics related to caregiving. Also, most have email newsletters, and signing up keeps one abreast of all sorts of helpful tips and research related to caregiving.

Being in the Moment – <https://beinginthemoment.org/>

Being Patient – www.beingpatient.com

Careblazers with Dr Natali Edmonds - www.careblazers.com

Caregiver Connection – www.caregiverconnection.net

Caregiver Help with Elaine Sanchez – www.caregiverhelp.com

Caring -topics quick reference – www.caring.com

Positive Approach to Care with Teepa Snow – www.teepasnow.com

Roon (Educational Platform)–<https://www.roon.com/dementia/home>

Today's Caregiver – www.caregiver.com

The Alzheimer's Store - www.alzstore.com was recommended by several of you as a good source for many things you may need in caregiving, especially door alarms.

The Association for Frontotemporal Degeneration – <https://www.theaftd.org/>

Housing Assistance:



Care Patrol: (855) 980-2250 <https://carepatrol.com/states/georgia/>

As the nation's largest and most trusted senior care advisory organization, CarePatrol has been providing peace of mind to families for over 30 years. Our local Senior Care Advisors are honored to partner with families in Georgia to find senior care solutions for their loved ones when living at home alone is no longer a safe option following hospitalization, a change in health, or due to the natural aging process.

Oasis Senior Advisors of Savannah and Hilton Head (912) 482-1079.

Senior Living Advisor: Dr. Chris Rollwitz PhD in Counseling, Accredited Dementia instructor. CRollwitz@YourOasisAdvisor.com

Transportation Services:

NOTE: *There are not ample transportation services available in Savannah for adults with memory loss. With that being said, these are a few options that can be used despite the high costs or limitations. Please look into each resource before using—each circumstance and person with dementia is different and will react differently in new situations.*

Dementia and Driving Article: includes information on warning signs, how to approach the conversation to stop driving, and ways to cope with the lifestyle change of no longer driving.

<https://www.wvpersonalinjury.com/dementia-and-driving/>

Eldercare Locator: <https://www.nadtc.org/about/contact-us/> 800-677-1116

The National Aging and Disability Transportation Center is a technical assistance center focused on increasing transportation options for older adults, people with disabilities and caregivers, and to enhance their ability to live more independently within their communities. Go online to the website to locate additional transportation resources.

Home Health Agency List: In order to find Home Health agencies, go to [Medicare.gov](https://www.medicare.gov).

There is a tab along the lines of "Find a Provider" on the Home page. After clicking to find providers select home health services, and enter your zip code and radius you'd like to search. This will give you contact information.

Respite Programs: Socialization is the best medication. Someone likened socialization to sunshine. We all need it or we wither. Respite programs give you that outlet for connection and community.

Hope Arbor at Isle of Hope United Methodist Church

<https://www.iohumc.com/ministries/pages/hope-arbor>



Hope Haven at St. John's Anglican <https://savannahrespite.com/>

Day Break through Senior Citizens <https://seniorcitizensinc.org/daybreak>

Website Resources

- **Zinnia TV** <https://watch.zinniatv.com/videos/zinnia-tv-overview>
Has videos that support and uplift individuals with cognitive challenges and dementia. It has free options and additional videos to purchase through a subscription. Available in app stores to have on cell phone, tablet, or other device (in addition to smart tvs). It costs \$6.99 per month or \$69.99 per year to have full access to all of the videos.
-  **Dementia Friendly Activity Ideas**
- **Headspace-medications App:** <https://www.headspace.com/app>
- **Link for Caregiver apps on your phone:** <https://alabamarespite.org/caregiver-apps/>
- **Automatic medication dispenser:** <https://herohealth.com/>
- **Alzheimer's Society Dementia support forum:** <https://forum.alzheimers.org.uk/>
- On YouTube, check out these (and others) via the search function
 - ❖ **Dr. Steven Sabat**
 - ❖ **Dr. David Geldmacher**, Director at UAB Division of Memory Disorders and Behavioral Neurology
 - ❖ **UsAgainstAlzheimer's** – <https://www.usagainstalzheimer.org/>
 - ❖ **Teepa Snow**

Technology Resources and Information

- **Cell phone info:**
[A Guide To The Best Cell Phones For Seniors With Dementia](#)
- **Alternative cell phone option** [Senior Health & Wellness Apps | Services for Seniors | Lively](#) This resource is specifically for aging individuals, not necessarily individuals with memory loss. Many safety features
Cannot not be added to an existing cell phone plan, requires a new one through Lively.
- **Time limits on iPhones**
[Set up Screen Time on iPhone - Apple Support](#)



- **Calls from favorites**

[Allow Calls from Favorites on iPhone While Focus Is Active \(2023\)](#)

- **FBI report about elder fraud of all kinds**

<https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/elder-fraud>

Romance scams:

<https://www.fbi.gov/how-we-can-help-you/safety-resources/scams-and-safety/common-scams-and-crimes/romance-scams>

Tech support scams:

<https://consumer.ftc.gov/articles/how-spot-avoid-and-report-tech-support-scams#Spotting>

Grandparent scam:

<https://consumer.ftc.gov/articles/scammers-use-fake-emergencies-steal-your-money>

- **Tipline to report tech scams in Georgia to FBI:**

<https://gbi.georgia.gov/submit-tips-online>

- **Amazon Alexa & Google assistant**

Can read books, tell you the weather, tell funny jokes, have reminders set, and can be asked the same question 20 times and will answer every time.

[How can Amazon's Alexa or Google's Assistant help those with Alzheimer's or dementia? | Health/Fitness | theadvocate.com](#)

- **Home older adult monitoring systems**

- Most Comprehensive: [Livindi](#)
- Least Invasive: [EnvoyatHome](#)
- Best Professional Camera Monitoring: [Rest Assured](#)
- Faster Fall Detection: [Aloe Care Health](#)
- Best for In-Home Caregivers: [SMPL Alerts](#)

- **Airtags**

Information from Apple's website about airtags and their capabilities, cost, and custom options.

[AirTag - Apple](#)

- **Options to disguise Airtags**

Shoe insert:

[Amazon.com: Airtag Holder Insoles for Kids and Old People, Airtag Case to Track Your Steps and Shoes \(210mm\)](#)

Women's necklace:

[DEERLET Airtag Necklace for Adults, Metal Jewelry Badge airtag Necklace Kids, Airtag Watch Necklace for Kids Boys Women, 25in Adjustable Alloy Necklace with airtag Holder Compatible Apple air tag](#)

Men's necklace

https://www.amazon.com/DEERLET-Necklace-Titanium-Adjustable-Tracker/dp/B0BZQ6FMZ5/ref=sr_1_5?crid=2G8V3ZP8YU1YW&keywords=mens+airtag+necklace&qid=1701021837&srefix=mens+airtag+nec%2Caps%2C112&sr=8-5

"Watch" style bracelet

[Amazon.com: iZi Way \(2 Pack\) Kids / Adults Anti-Lost Bracelet for AirTag, Soft Silicone Wristband Watch Band Protective Case Cover Holder for Apple Air Tag Tracker - Black](#)

Wallet slim

[Elevation Lab TagVault Wallet - The Worlds Thinnest AirTag Wallet Holder Card Insert | Flexible, Stays Hidden, Patent Pending](#)

Leather Keychains

[Amazon.com: Q1T5 4 Pack Leather Airtag Holder Keychain, Compact Handmade Genuine Leather Air Tag Holder with Keyring Full Coverage Case Cover Compatible for AirTag \[4 Pack\]](#)

[https://www.amazon.com/dp/B0BZYTMT7R/ref=sspa_dk_detail_3?pd_rd_i=B0BZYTMT7R&pd_rd_w=kSfH3&content-id=amzn1.sym.f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_p=f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_r=K7H0S2S8WYR95HAPET6S&pd_rd_wg=yJlYl&pd_rd_r=5bb10e8b-1bb2-480b-bcb-d-da68bbb1ca65&s=wireless&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhWw&th=](https://www.amazon.com/dp/B0BZYTMT7R/ref=sspa_dk_detail_3?pd_rd_i=B0BZYTMT7R&pd_rd_w=kSfH3&content-id=amzn1.sym.f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_p=f734d1a2-0bf9-4a26-ad34-2e1b969a5a75&pf_rd_r=K7H0S2S8WYR95HAPET6S&pd_rd_wg=yJlYl&pd_rd_r=5bb10e8b-1bb2-480b-bcb-d-da68bbb1ca65&s=wireless&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhWw&th=1)