



RESOURCE MANUAL

Prepared by the
Alzheimer's and Dementia Resource Center of NYC

Introduction

This manual is designed for Alzheimer's Caregivers. Our goal is to provide you with a list of the resources available in NYC to aid you through the difficult process of caregiving. We assume you already have a medical provider, so we are not listing any medical providers or hospital based medical programs.

Multi-Service Organizations

In this section are organizations that provide a range of programs and services for both those living with Alzheimer's and other dementias and their caregivers. They are organizations you should contact early as they can help you in several ways. They offer support groups as well as programs, live and by Zoom, for all family members.

Note: *Except where noted all of the programs listed in this brochure are free.*

Alzheimer's Foundation

<https://alzfdn.org/>

322 Eighth Avenue, 16th Floor

New York, NY 10001

National Toll-Free Helpline: 866-232-8484

Alzheimer's Association

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

24-hour Toll-free Helpline: 800-272-3900

CaringKind

<https://www.Caringkindnyc.org/>

360 Lexington Ave

New York, NY 10017

Helpline 646-744-2900

NYU Langone Alzheimer's Disease & Related Dementias Family Support Program

<https://nyulangone.org/locations/alzheimers-disease-related-dementias-family-support-program>

[646-754-2277](tel:646-754-2277)

New York Memory Center

<https://www.nymemorycenter.org/>

199 14th St

Brooklyn, NY 11215

718-499-7701

Museums

A number of NYC museum's run programs for Alzheimer's patients and their caregivers. All of the programs are pretty similar... we look at art, we discuss art, and in some programs, we do art. All of the programs are led by docents trained to work with the cognitively impaired and they are very well done. We have listed the museums with programs in the following section along with their contact information. It is good to get on their mailing list so that you can stay current with their programs.

Rubin Museum

150 W 17th St

New York, NY 10011

212-620-5000

<https://rubinmuseum.org/>.

MOMA

11 West 53rd Street

New York, NY 10019

212-708-1900

<https://www.moma.org/visit/accessibility/meetme/>.

Metropolitan Museum of Art

1000 5th Ave
New York, NY 10028
212-535-7710

<https://www.metmuseum.org/events/programs/met-tours/met-tours-disabilities/met-escapes>.

Brooklyn Museum

200 Eastern Pkwy
Brooklyn, NY 11238
718-638-5000

<https://www.brooklynmuseum.org/search?q=Access#gsc.tab=0&gsc.q=Access#gsc.page=1>

Intrepid Museum

Pier 86, W 46th St
New York, NY 10036
212-245-0072

<https://www.intrepidmuseum.org/education/stories-within>.

Jewish Museum

1109 5th Ave &, E 92nd St
New York, NY 10128
212-423-3200

<https://thejewishmuseum.org/search?keywords=JM+journeys>.

Folk Art Museum

2 Lincoln Square
New York, NY 10023
212-595-9533

www.folkartmuseum.org

Additional Local Programs

These are organizations, all in NYC, which provide a variety of specialized programs.

Unforgettables Chorus	A chorus for people with memory loss. Contact Tania at 347-351-1247 unforgettables.chorus@gmail.com
Sweet readers	A very different program that brings together trained middle school students and adults with Alzheimer's in arts-based programs. 110 W 42nd St New York, NY 10036 917-828-2970 https://www.sweetreaders.org/ .
Lincoln Center Moments	Conducts programs with performers drawn from the Lincoln Center Community. To get on the mailing list contact: access@lincolncenter.org or call 212-875-5375.
Rhythm Break Cares	Our mission is to provide the restorative power of music, movement, and touch to older adults with dementia All current programs are being conducted cooperatively with the Intrepid Museum. 646-742-9014
Arts and Minds	Committed to improving quality of life for all people living with Alzheimer's disease and other dementias through engagement with art. https://artsandminds.org/ .
JCC Manhattan West Side	Ask for the Memory Project . 344 Amsterdam Ave at 76 street New York, NY 10023 646-505-4444 To register for programs please contact: boxoffice@mmjccm.org
JCC of Staten Island	Staten Island residents. Check for the Social Adult Day Program . 1297 Arthur Kill Road Staten Island, NY 10312 718.508.388 www.sijcc.org

<p>92NY</p>	<p>Is offering a multi-week program called the Program for Cognitive Strength and Ability (PCSA). 1395 Lexington Ave New York, NY 10128 212-415-5500 https://www.92ny.org/himan-brown/program-for-cognitive-strength-and-ability. <u>Note:</u> There is a fee for this program.</p>
<p>Brooklyn Botanical Gardens</p>	<p>Seasonal drop-in memory program. 990 Washington Ave, Brooklyn, NY 11225 https://www.bbg.org/search?keywords=dementia.</p>
<p>Lenox Hill Neighborhood House</p>	<p>CARE is the Lenox Neighborhood House’s award-winning arts-based day program for adults living with Alzheimer’s disease and other forms of dementia. To enroll, clients must be 60 years or older, unable to function independently because of a mental impairment, and need support. A dementia diagnosis is required to participate in the program. Olivia Felibrico is the director of the CARE program. 343 E 70th St, New York, NY 10021 212-218-0447</p>

Other Web Sites and Organizations

In this section, we list websites around the country that provide helpful information and resources.

Being Patient

A great information resource.

<https://www.beingpatient.com/>

Penn Memory Center

Good information plus various zoom programs.

<https://pennmemorycenter.org/>

Dementia Action Alliance

Another very useful website with a variety of Zoom Based Pograms.

<https://daanow.org/>

National Institute on Ageing

Sponsored by the Federal Government, this site is a valuable information resource.

<https://www.alzheimers.gov/>

U.S Department of Health and Human Services (HHS)

Another good Government website.

[National Institutes of Health https://www.alzheimers.gov/](https://www.alzheimers.gov/)

NYS Department of Ageing

<https://aging.ny.gov/get-assistance>

Dementia Spring

An interesting website focused on the arts and dementia.

<https://dementiaspring.org/>

Positive Approach to Care

This is the Teepa Snow website. They have a wide variety of both free and fee-based programs.

<https://teepasnow.com/>

Reading2Connect

Centered around age/dementia friendly books, provides multiple programs. One of our programs is designed for individuals (e.g., family members, companions) who wish to enrich their one-to-one social experiences with adults living with dementia, using accessible booklets. There is a fee.

Susan Ostrowski

860-235-4348

<http://www.Reading2Connect.com>

Alzheimer's and Dementia Resource Center of NYC

Our organization maintains a comprehensive on-line directory of resources for patients and caregivers in the greater NYC area.

We also distribute a newsletter highlighting current events and offering insights for caregivers and families of Alzheimer's and dementia patients. Subscribe on our website.

Contact Ira Asherman at 212-243-0386

Visit us at www.adrcnyc.org