

Weber/Morgan AAA Dementia Resources

Utah Legal Forms

Advance Healthcare Directive

[Advance Directives: ucoa.utah.edu](http://ucoa.utah.edu)

Power of Attorney

[Legacy.utcourts.gov/howto/family/power_of_attorney_general/docs/01 Power of Attorney.pdf](http://legacy.utcourts.gov/howto/family/power_of_attorney_general/docs/01_Power_of_Attorney.pdf)

Legal Services in Utah

https://www.weberhsaging.net/files/ugd/104b5b_2fcdc74954bd418b8ad3c938e6f15c33.pdf

Veteran's Administration

Andrew.Wittwer@va.gov, VA Coordinator for General Caregiver Support, 801-582-1565, ext. 2608

VA.gov/pension/aid-attendance-housebound/ - program that provides monthly payments to qualified Veterans and survivors who are housebound and need help with daily activities.

Agencies Who Can Provide In-Home Assistance

<https://www.weberhsaging.net/flip>

Applegate Home Health & Hospice 801-479-4732

Atlas Home Care 801-771-9099

CNS Community Home Health & Hospice 801-476-0088

Inspiration Home Health & Hospice 801-281-1314

In Home Care Assistance 801-643-2847

Home Helpers 801-845-2922

Rocky Mountain Personal Care 801-397-4140

Suzy's Senior Companion Services 801-540-2077

Visiting Angels Homecare 801-820-5874

Adult Day Centers

[Daybreak Adult Day Center](#): 801-823-0160 - Provides activity, socialization, and support for adults, and respite for care partners during the day.

Resources to Help You Find Support:

[AARP](#) – website for family caregiver resources

[Care Patrol](#) 801-717-9328. An agency who will meet with you for free to help find care services

[Seniors Blue Book](#) directory of care services throughout Utah

[Care.com](#) – website to search for the types of care you need

[Weber County Service Finder](#) - Find services in the county for individuals 55+

[Dementia.utah.gov](#) – Statewide resources in Utah

Your Local Adult & Aging Services

Programs for seniors including in-home resources, supports for caregivers, educational classes, volunteer opportunities, and activities.

[Salt Lake County Aging Services](#) 385-468-3200

[Daviscountyutah.gov/health/aging-and-adult-services](#) 801-525-5050

[Mountain Land Aging Services](#) (serves Utah, Summit, and Wasatch Counties) 801-229-3800

[Tooele County Aging Services](#) 435-277-2300

[BearRiverAging.org/Caregiver-Support-Program](#) (serves Box Elder, Cache, & Rich Counties) 435-752-7242

[Weber / Morgan County Aging Services](#) (serves Weber and Morgan Counties) 801-625-3770

[SEUALG.utah.gov/community-services/aging/](#) (serves Carbon, Emery, Grand, & San Juan counties) 435-613-0027

[Area Agency on Aging – Five County](#) – (serves Beaver, Garfield, Iron, Kane, & Washington counties) 435-673-3548

[Area Agency on Aging – Six County](#) – (serves Juab, Millard, Piute, Sanpete, Sevier and Wayne counties) 435-893-0700

Dementia Friendly Activities, Books, etc.

[Physical Activity Ideas: dailycaring.com](#) -physical activity ideas

["Chore"- Style Activities](#) - can help bring purpose and meaning for someone who wants to help

[50 Activity Ideas: alz.org](#) - things to do together with a person with dementia

[Relish-life.com/us](#) - dementia friendly activities and products

[Caregiver Creating Joy, Free Booklet from Salt Lake Co. Adult & Aging Services](#)

[JFSutah.org/our-programs/for-seniors](#), Jewish Family Services, 801-746-4334- offer monthly, dementia-friendly activities, and supports for caregivers

Dementia Education

[Dementia Education: alz.org](#)

[Behavior Strategies: alz.org](#)

[NIA Fact Sheet Alzheimer's Disease](#)

[Fact Sheet: Frontotemporal Degeneration](#)

[A Guide to Lewy Body Dementia](#)

[Understanding Lewy Body Dementia](#)

Helps for Caregivers

[Book: Creating-Moments-of Joy-Dementia](#)

[Podcasts: dementia-care-partner-talk-show](#)

[Youtube.com/@teepasnowvideos](#)

ALZconnected.org/categories/i-am-a-caregiver – Caregiver Forum. A place to ask questions to other caregivers

Dailycaring.com – Caregiver website site with lots of good suggestions, ideas, education, support

[Dailycaring.com/caregiver guilt](https://Dailycaring.com/caregiver-guilt) – Tips for caregiver guilt

[Caring for Yourself: caregiver.org](https://CaringforYourself.org)

[Apps to Help Caregivers Stay Organized: seasons.com](https://AppsToHelpCaregiversStayOrganized.com)

[Calendars to Build a Care Team, Share Tasks, and Coordinate: alz.org](https://CalendarsToBuildACareTeam.com)

Caregiver Support Groups

University of Utah On-line Group– Meets on the 2nd Tuesday of each month on Zoom. Its free, but registration is requested:

Action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1505&productId=80761549&groupRegistrationId=917ceb1d-2c21-4fa9-bfda-48ef274b6951&isAlreadyRegisteredForMyself=true

In-Person Support Groups

Weber Human Services– Meets on the 1st Wednesday of each month from 2pm – 3:30pm

Roy Senior Center – Meets on the 3rd Tuesday of each month from 10:30-11:30 am

For more information, contact Karla Fulton at karlaf@weberhs.org or call 801-625-3866

Golden Hours Senior Center – Meets on the 3rd Monday of each month from 1pm – 2:30pm

North View Senior Center Grief Support Group - Meets the 4th Thursday of each month @ 2:30p.m.

Safety

[Leaving A Person Home Alone: caregiver.com](https://LeavingAPersonHomeAlone.org)

[Creating a Safe Home: aarp.org](https://CreatingASafeHome.org)

[Wandering Guide safewise.com](https://WanderingGuide.org)

[Medical Alert Systems: care.com](https://MedicalAlertSystems.org)

[Medical ID bracelet Americanmedical-id.com/dementia](https://MedicalIDbracelet.com)

[Driving: care.com](https://Driving.org)

[Internet Safety: alzheimer.ca](https://InternetSafety.org)

Additional Helps

[Dementia Products: alzstore.com](https://DementiaProducts.com)

[Monitored Uber Rides: gogograndparent.com](https://MonitoredUberRides.com)

[Help Finding Lost Items: Apple.com/airtag](https://HelpFindingLostItems.com)

[Simplified Clothing: silverts.com](https://SimplifiedClothing.com)

[Organizing Medications: rehabmart.com](https://OrganizingMedications.com)

[Sleep: sleepfoundation.org](https://Sleep.org)

[Mediterranean Diet: helpguide.org](https://MediterraneanDiet.org)