



*Better Caregiving for All -  
Caregivers and Persons  
Living with Dementia in  
Rural Communities*

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OU HEALTH MEMORY CARE CLINIC

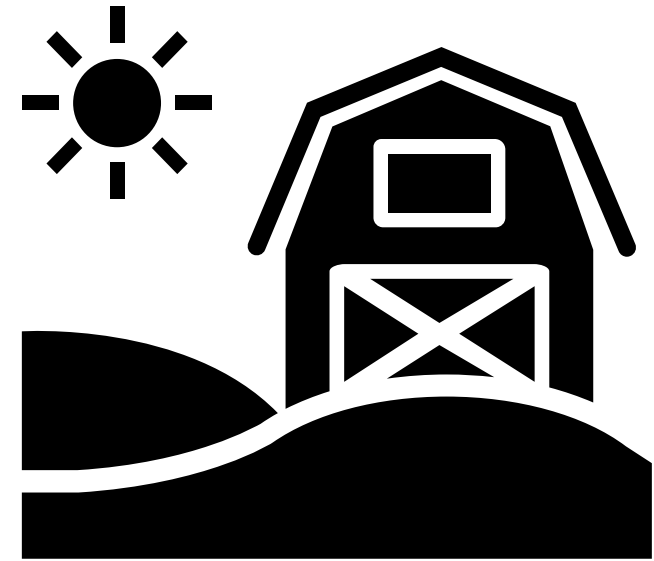
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# Advantages of rural communities

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- Lower cost of living
- Privacy and space
- Natural beauty
- Slower pace of life
- Strong sense of community



# Challenges in rural communities

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- Access to healthcare
- Transportation barriers
- Limited resources
- Technological barriers
- Social isolation



# Transportation barriers

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Medical care



Support



Socialization



# Limited Resources

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- Respite services
- Meal deliveries
- Caregiver education
- Support groups

# Technological Barriers

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- Limited internet activities
  - Difficult to use Telemedicine platform
  - Family unable to install cameras for closer supervision
  - Unable to access online resources
  - Some may have low digital literacy



# Social Isolation and Mental Health

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- Separated from extended family and friends, which can worsen feeling of loneliness and stress
- Decrease access to mental health services



# Access to Healthcare

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- May travel longer distances but will have specialist with experience to manage symptoms and concerns
- Offering telemedicine option
- Working closely with patient's PCP to manage care
- If available, referral to social worker to help with resources



# Alzheimer's Association

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- Local support groups
- Caregiver classes
- Educational materials
- 24/7 helpline
- Build an action plan (ALZNavigator)
- Connect to resources (Community Resource Finder)
- Online community (ALZConnect)

# Lewy Body Association

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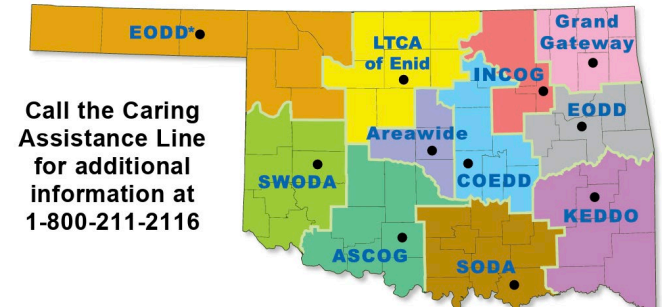
- Support services
  - Lewy Line
  - Support groups
  - Lewy Buddies: lived-experience volunteers who share their time and experience with families
  - Help identify information and community resources concerning the diagnosis and care of a person with LBD

# Area Agencies of Aging

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- Caregiver assistance
- Respite
- Long-Term Care Ombudsman program
- Congregate and home-delivered meals
- In-home assistance
- Legal assistance
- Transportation
- Health and Nutrition promotion
- AAAs also partner with other organizations to promote and provide other services to seniors such as eye glasses, dentures, help with utility costs, home modification and immunizations

**Oklahoma Area Agencies on Aging**  
Planning and Service Areas



# Respite

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- Contact local AAA for respite vouchers opportunities
- In-home care assistance
- Adult day programs
- VA benefits
- CMS Guiding an Improved Dementia Experience (GUIDE) Program
- ARCH National Respite Center (<https://archrespite.org/caregiver-resources/respitelocator/#Resources>)

# Meal Deliveries

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- Meals on Wheels
- Contact local AAA
- Look into local Senior Centers
- Connect with local churches
- Meal subscription
- Medicare Advantage Flex Cards

# Transportation Resources

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- Ride In Sight (<https://ridesinsight.org/>)
- Elder Care Locator (<https://eldercare.acl.gov/home>)
- Contact local AAA
- Medicaid transportation
- May contact insurance to see if any offer non-emergent rides
- Home care agencies may provide transportation

# Technological Barriers

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- Change internet plan and see if other alternatives are available
- Visit local library (internet access, digital literacy class)

# Financial and Legal Planning

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- Contact local AAA
- Alzheimer's Association community resource finder, specific to elder law
- PREPARE For Your Care (<https://prepareforyourcare.org>)
- Clarity (<https://planforclarity.org>)



# Social Isolation & Mental Health

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- Look into local Senior Centers
- Attend faith-based or cultural institutions
- Follow up with PCP, psychiatrist, therapist/counselor
- Psychology Today (<https://www.psychologytoday.com/us>)
- Attend support groups
- Join online support groups

# Additional Resources

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- AARP (<https://www.aarp.org/caregiving/>)
- Family Caregiver Alliance (<https://www.caregiver.org/>)
- USAging (<https://www.usaging.org/>)
- Eldercare Locator (<https://eldercare.acl.gov>)