

Resources



*This part of
“My Guide for Living with Dementia”
will help you find and record
useful resources.*

This section provides a blank [Handy Contact List](#) for you to record the names and phone numbers of frequently used services and Partners in Care. Make as many copies as needed to keep as a convenient reference for you and your Partners.

Call your local Alzheimer Society or Community Care Access Centre (CCAC) to find out about community services in your area. These may include: day programs, in-home health care, transportation, and meals on wheels.

Information on the following resources can be found at www.dementianetworksc.org/myguide:

- Description of community resources.
- Links to resources.
- Recommended books and videos.
- Frequently needed phone numbers in Simcoe County and Muskoka.

Other sections of “My Guide for Living with Dementia”, can be found at www.dementianetworksc.org/myguide or your local Alzheimer Society office.



