



UTEP
GERIATRIC WORKFORCE ENHANCEMENT
PROGRAM IN THE BORDERLAND



Understanding Alzheimer's Disease

SCAN ME



Table of Contents



03	What to know about Alzheimer's and Dementia?
04	10 Early Signs of Alzheimer's
05	How is Alzheimer's Diagnosed
06	Stages of Alzheimer's Disease
07	What to do next?
10	Communicating With Your Loved One
12	Community Support

Note: External links to other sites are intended to be informational and do not have the endorsement of The University of Texas at El Paso, The Geriatric Workforce Enhancement Program in the Borderland, or the Health Resources and Services Administration (HRSA). These sites may also not be accessible to persons with disabilities. This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1Q53051 and was created on May 15, 2025.

WHAT TO KNOW ABOUT ALZHEIMER'S DISEASE AND DEMENTIA?

- Dementia is a group of symptoms caused by many conditions.
- Alzheimer's disease is the most common cause of dementia. Individuals with Alzheimer's have problems with memory, thinking and behavior.
- Alzheimer's accounts for 60% to 80% of dementia cases

TYPES OF DEMENTIA

Dementia is an umbrella term for loss of memory and other thinking abilities severe enough to interfere with daily life.

- Alzheimer's
- Vascular
- Lewy body
- Frontotemporal
- Other, including Huntington's
- ★ **Mixed dementia:** Dementia from more than one cause

Reference:

National Institute of Health (2025) <https://www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia>

10 Early Signs of Alzheimer's

1. Memory loss
2. Challenges in problem-solving
3. Difficulty completing familiar tasks
4. Confusion with time and place
5. Difficulty with vision
6. Difficulty with speaking or writing
7. Misplacing things
8. Poor judgment
9. Withdraw from social engagement
10. Changes in mood and personality



If you notice any of the following 10 early signs of Alzheimer's, contact your primary physician to schedule an appointment to explore further treatments.

Reference:

Alzheimer's Association. (2025). https://www.alz.org/alzheimers-dementia/10_signs



HOW IS ALZHEIMER'S DIAGNOSED?

An early diagnosis can be detected using a variety of tests such as:

- **Overall mental and physical health evaluation**
- **Analyzing biomarkers**
 - A measurable substance that indicates the presence of a disease, such as beta-amyloid and tau levels in cerebrospinal fluid.
- **Brain imaging**
 - Images of the structure or activity of the brain
- **Molecular imaging**
 - Detects biological clues of Alzheimer's before the disease changes the brain's structure or function.
- **Blood tests**
 - Researchers test blood levels for specific markers associated with Alzheimer's related changes.
- **Genetic risk profiling**
 - There are 3 genes that cause Alzheimer's and those genes can increase the risk but doesn't guarantee that a person will develop the disease.

Tip: Ask your insurance provider for a list of geriatricians or neurologist in your area to get more information on diagnosis

References:

Alzheimer's Association. (2025). https://www.alz.org/alzheimers-dementia/diagnosis/medical_tests
National Institute of Health (2025) <https://www.nia.nih.gov/health/alzheimers-symptoms-and-diagnosis/how-alzheimers-disease-diagnosed>

STAGES OF ALZHEIMER'S DISEASE



1 Early Stage

- Person may function independently
- Common difficulties include:
 - Remembering names of new people
 - Misplacing objects
 - Planning and organizing



2 Middle Stage

- Person requires greater level of care
- Common difficulties include:
 - Forgetful of personal history
 - Feeling moody or withdrawn
 - Confused on day and time
 - Wandering
 - Trouble controlling bladder & bowels



3 Late Stage

- Person requires extensive care
- Common difficulties include:
 - Lose awareness of their surroundings
 - Changes walking, sitting, & swallowing
 - Difficulty communicating

Reference:
Alzheimer's Association. (2025). <https://www.alz.org/alzheimers-dementia/stages>
National Institute of Health (2025) <https://www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia>

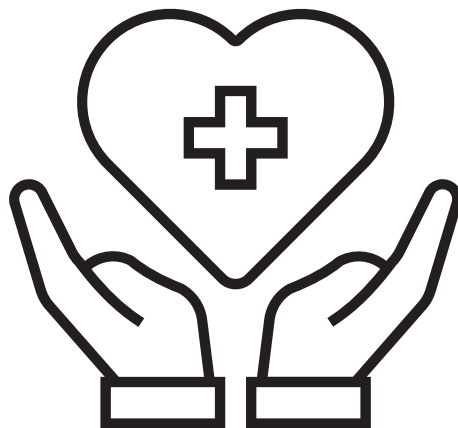
WHAT TO DO NEXT?

Verify or Seek Medical Coverage

Ask if your medical coverage includes care planning services such as:

- Evaluating cognition and function
- Measuring neuropsychiatric symptoms
- Medication reconciliation
- Evaluating safety
- Caregiver's needs
- At-home care provider services
- Planning for palliative care needs
- Referrals to community services for both the patient and caregiver

Helpful resources can be found on page 13

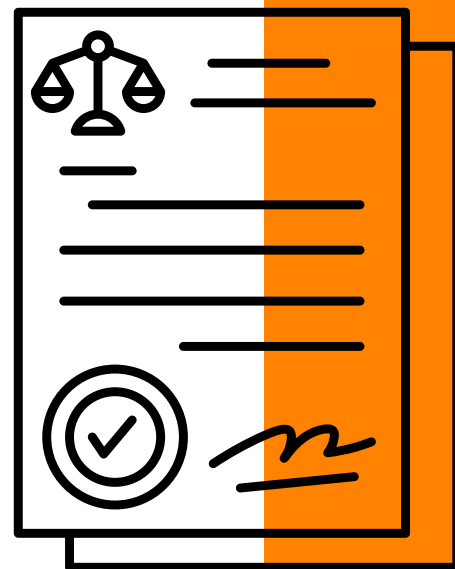


Legal Planning

Families with a member diagnosed with dementia are encouraged to begin planning the next steps regarding healthcare needs, legal matters, and financial arrangements.

- Legal Planning should include:
 - Preparing for long-term care
 - Deciding for finances and property
 - Declaring an individual to make decisions on behalf of the person with dementia
- Power of Attorney decides on:
 - Doctors and health care providers
 - Types of treatments
 - Care facilities
 - End-of-life care decisions
 - Do not resuscitate orders

Helpful resources can be found on page 14



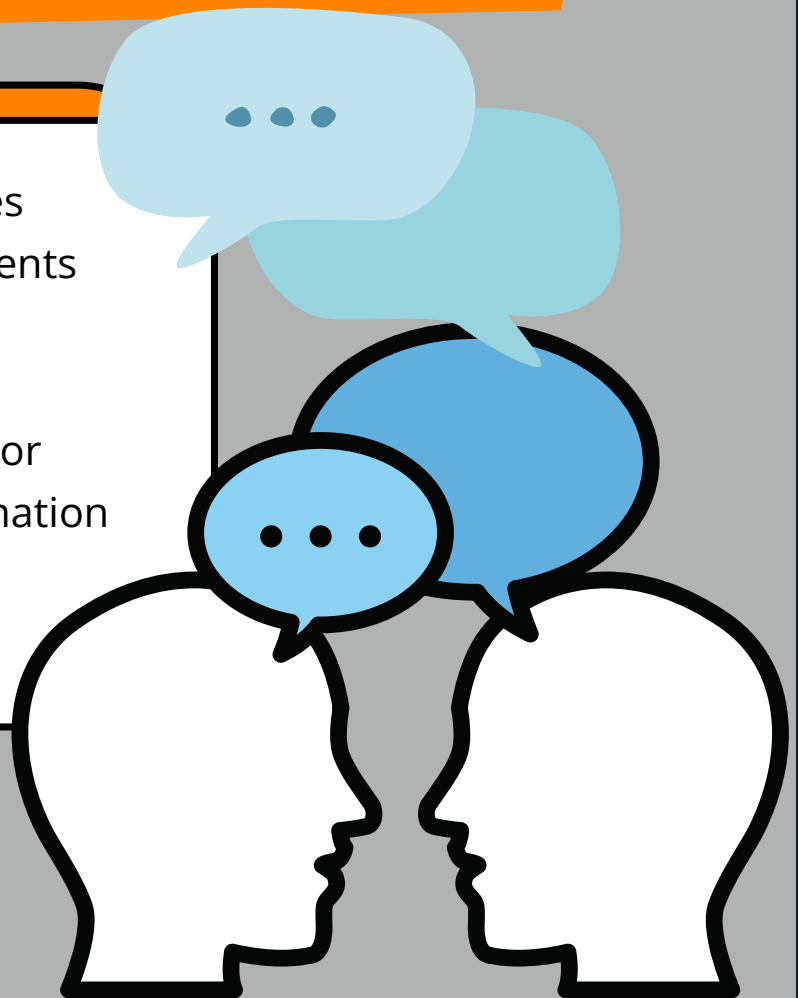
Reference:

Alzheimer's Association. (2025). <https://www.alz.org/help-support/caregiving/financial-legal-planning/planning-ahead-for-legal-matters>

END OF LIFE PLANNING

This topic is never easy to discuss but it is important to have the individual with Alzheimer's express their wishes with their family. These conversations should include:

- Expressing their wishes
- Life-sustaining treatments
- Do not resuscitate
- Hospice
- Talking with their doctor
- Brain autopsy and donation
- Funeral/burial plans



Reference:

Alzheimer's Association. (2025). https://www.alz.org/help-support/i-have-alz/plan-for-your-future/end_of_life_planning

COMMUNICATING WITH YOUR LOVED ONE

Alzheimer's disease can impact the person's way of communicating with others, so it is important to use simple language, be patient, and make an effort to understand his/her needs.

Simple language is communicating with clear and easy to understand sentences.

- Example: "Put your jacket on to stay warm"

Listening Tips:

- Listen to what the person is saying
- Use verbal and non-verbal responses
- Make eye contact
- Pay attention to the person's body language
- If you don't fully understand them try rephrasing the question or statement.
- Allow the person plenty of time to respond

Reference:

Alzheimer's Association. (2025). <https://www.alz.org/help-support/caregiving/daily-care/communications>



HOW TO USE NONVERBAL COMMUNICATION

Non-verbal communication is how people express themselves without using words. Some tips for non-verbal communication are:

- Use physical contact
- Sit or stand at eye level
- Use a calm tone of voice
- Show warm facial expressions like smiling
- Use visual cues like pointing at the object

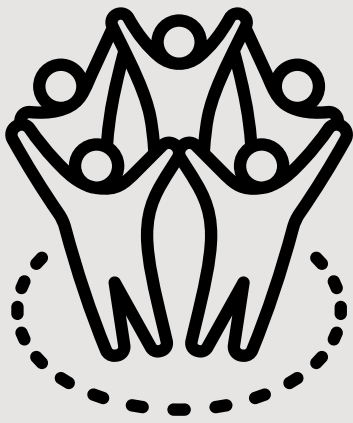
What not to do:

- Don't talk to the person as a child
- Don't interrupt them
- Don't ask complicated questions

Reference:

Alzheimer's Society. (2025). <https://www.alzheimers.org.uk>





Community Support

The Alzheimer's Association website offers resources available for the patient and caregivers across the country, such as virtual and in-person support groups, an online community, and a helpline.

Support Groups

- El Paso, Texas currently offers both virtual and in-person caregiver support groups hosted by the Alzheimer's Association, held at least once a month. For more information use the link below to find a support group near you.

Online Community

- The Alzheimer's Association offers the ALZConnected which is a community where individuals with Alzheimer's and family members can share ideas and their support.

Helpline

- Provides information, advice, support, referrals, and education
- Call at 1-800-272-3900 available 24/7
- <https://www.alz.org/>

Reference:

Alzheimer's Association. (2025).<https://www.alz.org/help-support/community>



Resources available through Health and Human Services (HHSC)

2-1-1 Assistance 24/7

- Housing
- Homelessness
- Utility bills
- Food assistance (EX: El Pasoans Fighting Hunger)
- Healthcare Coverage
- Transportation
- Food stamps
- Aging Services
- Website: <https://www.211texas.org/>



The Rio Grande Area Agency on Aging

- Information, referral, and assistance
- Care coordination
- Benefits counseling
- Caregiver support services such as respite care
- Long term care ombudsman
- Health and wellness programs
- (915) 533-0998
- 8037 Lockheed, Suite 100, El Paso, Tx 79925

What is Respite Care?

Temporary assistance provided to caregivers of individuals with chronic illnesses, disabilities, or other conditions that require ongoing support.

Aging and Disability Resource Center

- Amistad houses the Aging Disability Transportation Resource Center for Far West Texas
- Amistad-Aging Disability Transportation Resource Center (ADTRC)
- 915-298-7307 (opt 1, opt 1, zip code)
- 3210 Dyer, EPT, 79930
- www.projectamistad.org
- Accepts walk-ins, evening and weekend appointments available



Resources for Legal Support and Advance Directives

Legal Hotline for Texas offers free legal advice, self-help publications, and referrals for Texans over the age of 60 and Texans who receive Medicare. (800)622-2520/tlsc.org

Texas Health and Human Services Commission (HHSC) Advanced Directives provides information about legal, financial, and health directives and free forms. hhs.texas.gov/laws-regulations/forms/advance-directives

Texas Rio Grande Legal Aid (TRLA)-El Paso is a non-profit organization that provides free legal services to low-income residents in sixty-eight counties of Southwest Texas. (956)996-8752, 1331 Texas Ave. El Paso TX 79901

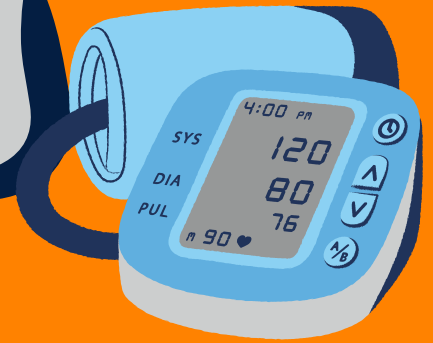
El Paso County Attorney's Office provides forms on Medical Directives, Medical Power of Attorney Designation of Health Care Agent, Texas Transfer Tool kit which contains the Transfer on Death Deed, Motor Vehicle Designation and Application for Texas Title and / or Registration and Payable on Death Bank Accounts instructions and also provides Protective Orders for older adults if needed. Ysleta Annex Office (915)273-3467 Northwest Office (915)273-3516 Downtown Office (915)273-3238

You can also look for Elder Law Attorneys in the El Paso Area.





MEDICAL EQUIPMENT OPTIONS



Project CARE (Community Access to Rehabilitation Equipment)

- Provides free medical equipment to UMC Hospital patients in need
- Wheelchairs, walkers, shower chairs, hospital beds
- Website:
<https://umcfoundationelpaso.org/programs/project-care>
- Contact Information:
 - Williams, Volunteer Corps Program Manager
 - (915) 531-7229

El Paso Medicine Shope

- Offers durable medical equipment and will bill Medicare and most insurance companies
- (915) 544-6605/(915) 564-5451

Volar Center for Independent Living

- Lends medical equipment with no charge or time limit for items
- Website:
<https://volarcil.org/lending-closet/>
- Contact Information:
 - Martha Chew, Executive Assistant
 - (915)-591-0800

Respmed

- Offers home health care supplies and durable medical equipment
- (915) 595-3356
- Website:
<https://www.resp-med.com/>

Amistad

3210 Dyer St, El Paso, TX 79930
915-298-7307

Available services:

- Alzheimer's & Dementia Caregiver Support groups and resources
- Guardianship Services
- Transportation Assistance
- Federal subsidy application assistance (SNAP, TANF, CHIP, Medicaid, Medicare Savings Programs)
- Financial Literacy/ Money Management
- Housing Navigation
- Respite (information and referral)
- General Assistance, Mental Health & Peer Support (Veterans & beneficiaries)
- Marketplace application assistance
- Diabetes prevention courses
- Job readiness and support services
- Monitored visitation & exchange services for families affected by domestic violence
- Rapid rehousing for chronically unhoused individuals
- 24/7 Street Outreach (for the unhoused population)
- Donations accepted & available to all (medical equipment and adult underwear)

Bienvivir

2300 McKinley Ave El Paso, TX, 79930
(915)-562-3444
940 N Carolina Dr. El Paso, TX 79915
(915) 599-8812

Available Services:

- Primary care services
- Social work services
- Meal services
- Prescription filling
- Transportation
- Recreational therapy
- OT/PT/Speech
- Dental care
- Outpatient services
- In-Home services
- Other services
- Durable medical equipment (DME)



Medication Delivery

UMC

- Offers local mail-order delivery from all UMC pharmacy locations
- (915) 544-1200/ (915) 790-5700

The Medicine Shoppe

- West El Paso delivered before noon
- East El Paso delivered after noon
- (915) 544-6605/ (915) 564-5451

CVS and Walgreens

- Prescription delivery for same day or 1-2-day delivery
- Contact closest CVS for further information

surecare Specialty Pharmacy

- Offers home delivery
- (915)532-2400





ADULT DAY CARE

Salubris Adult Day Care Activities & Health Services, Llc

- 8434 Dyer St, El Paso, TX 79904
- 915-626-5384

La Victoria Adult Day Care

- 560 N Yarbrough Dr, El Paso, TX, 79915
- 915-593-8489

Nuestra Vida Adult Day Care

- 8825 N Loop Dr, El Paso, TX 79907
- 915-301-1302

Sweet Home Adult Day Care

- 8615 San Juan Ln, El Paso, TX 79907
- 915-755-4440



When a loved one is diagnosed with Alzheimer's or a dementia-related condition, it's important to explore care options that best suit their needs. In-home care, assisted living facilities, nursing homes, and specialized memory care units are all viable choices to consider. For more information and to understand what services are covered, contact your insurance provider or reach out to care agencies directly.



National/State Resources



National Institute on Aging

- Provides information and resources on Alzheimer's and related dementias
 - 800-222-2225
 - <https://www.nia.nih.gov/>
-

Texas Health and Human Services

- Supports families and caregivers by increasing access to support services
 - <https://www.hhs.texas.gov/>
-

Aging and Disability Resource Center

- Helps individuals learn about services they may qualify for with Medicare and Medicaid
- <https://www.hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-centers>

RESOURCES FOR CAREGIVERS



Senior Adult Program at EPCC

(915)831-7801

9050 Viscount El Paso, Texas 79925

The Senior Adult Program provides and promotes educational and cultural opportunities and support services to improve the quality of life of senior adults. This program assists senior citizens 55 or older with personal enrichment classes or prepares them for employment if considering re-entering into workforce.

Senior Centers

(915)212-0092

Promote social interaction, physical activity, and overall well-being for seniors.

OSHER Lifelong Learning Institute

(915)747-6280

Memorial Gym, Room 102 500 W. University El Paso, Texas 79968

Provides opportunities under the umbrella of The University of Texas at El Paso to enhance the enjoyment, meaning, and direction of all adults over the age of 50 to stay connected and to support their good health and wellness in an aging community through diverse course offerings in education, social activities, volunteerism, intergenerational experiences, and any other special services.

Emergence Health Network

(915)779-1800

Provides trauma-informed care centered around the needs of individuals with intellectual/developmental disabilities, behavioral health and/or substance use treatment needs.

Thrive After 60

www.elpasothrive.com

(915) 598-0004

Supports the mental and physical well-being of individuals aged 60 and older and provides a variety of activities, events, workshops, life care planning, physical activity like dance and yoga, and community engagement



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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1Q53051.

Free Education & Training Modules

ALZHEIMER'S ASSOCIATION®

Training and certification, developed with evidence from the Dementia Care Practice Recommendations. Modules include:

- Basics of Alzheimer's and Dementia, Person-Centered Care
- Assessment and Care Planning
- Activities of Daily Living
- Communication Changes
- Dementia-Related Behavior.

- 3 Hour-Self-Paced-Online
- Disponible en Español
- 3 Hours of CEU's (nursing, psychologists, dieticians, social work, PT and OT)
- FREE with our access code (cost online \$59.99)



High impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change.

- 30 Minute Session
- In-Person
- Disponible en Español
- Conducted in groups of 4



Micro-learning courses designed for the modern learner. Change attitudes, actions, and care practices through cognitive and emotional engagement. Supports existing programs or as stand-alone courses for staff, students, and families. Available modules include:

- Foundations for Dementia Live
- Cultivating Empathy

- 1 Hour Each
- Online-Self-Paced
- FREE with our access code (cost online \$18 each)



Evidence-based educational and clinical training modules created in partnership with NYU Rory Meyers College of Nursing and the Hartford Institute for Geriatric Nursing.

Interdisciplinary Student Courses:

- Foundations of Care for Older Adults
- Integrating the 4Ms into the Care of Older Adults
- Depression, Delirium, and Dementia,
- Individualized Competence in Older Adults with Serious and Persistent Mental Illness
- Health Disparities

- 5 Hour-Self-Paced-Online
- 5 Nursing Continuing Professional Development (NCPD) Contact Hours Available
- FREE with our access code (cost online \$300.00)

Evidence-based educational and clinical training modules created in partnership with NYU Rory Meyers College of Nursing and the Hartford Institute for Geriatric Nursing.

Health Professional Courses include:

- Foundations of Care for Older Adults
- Integrating the 4Ms into the Care of Older Adults (What Matters, Medication, Mentation, and Mobility)
- Pain, Opioids, and Older Adults
- Mistreatment Detection in Older Adults
- Shared Decision Making with Depression, Delirium, and Dementia(This module will be conducted in-person but is not mandatory)

- 4 Hour-Self-Paced-Online
- 4 Nursing Continuing Professional Development (NCPD) Contact Hours Available
- FREE with our access code (cost online \$240.00)

Foundations of Practice for Interprofessional Age-Friendly Care

- This course is divided into an introduction, and three short sections: The Aging Population, Models of Care and the Interprofessional Team and Age-Friendly Care. By taking this course, you will be able to: describe trends among the aging population, describe different models of care, state the roles and responsibilities of the interprofessional care team, and discuss standards of practice that impact age-friendly care.

- 1 Hour-Self-Paced-Online
- 1 Nursing Continuing Professional Development (NCPD) Contact Hours Available
- FREE

Upcoming education for CNA's, preceptors, and caregivers.



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Connect
with
us!

Additional Resources:



Social Media:



Instagram



Facebook



LinkedIn

gwp@utep.edu/(915)747-7213

We would like to thank Mia Sifuentes and Natalia Jara for their invaluable contributions as research assistants. Their dedication and hard work were instrumental in the creation of this book.

I have Dementia.
My eyes do see, My ears do hear
I am still me, So let's be clear
My memory may fade,
My walk may slow
I am ME inside
Don't let me go.

www.keepinmindinc.com