



HEALTH RESOURCE NAVIGATORS

Aging & Health Advocacy

DEMENTIA RESOURCE CONSULTANT

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The Dementia Resource Consultant, in collaboration with staff of the **Kitsap County Division of Aging & Long Term Care** serves Kitsap County community members by providing individualized consultation and educational services to informal and formal support team members (caregivers, systems, etc.) dealing with the spectrum of dementia disorders.

No cost individual and caregiver consultations may include information about challenging behaviors, progression of disease, legal resources, and planning for future care needs.

Information is provided to:

- * educate about types of dementias and their associated disease progression,
- * promote better understanding of dementia spectrum behaviors,
- * discuss strategies to reduce caregivers stress, and
- * provide referrals about available resources.

Information is intended to provide options for self-directed care.

Consultation services are free and available for those 55 and older, and their caregivers. Services are intended to be brief and one-time. Consultation services may be provided to an individual, caregiver, family, friend, or a Care Team.

Upon request, community workshops are available for the general public to better understand dementia spectrum, community resources, caregiver support, and topics of interest.

**To schedule a consult with the Dementia Resource Consultant,
please call the Kitsap County Division of Aging and Long Term Care services and request a consultation.**

(360) 337-5700