



Making long-range plans for yourself and your loved one with dementia can be difficult and frustrating. It is, however, a critical task that must be undertaken as soon as possible. Do not wait until a crisis occurs, which could result in stress and family tensions, now is the time to talk to your loved one and family members. You are not alone, the NM Department of Aging and Long-Term Services, as well as New Mexico's network of Aging Service Providers, are available to help you with this challenge.

**The Aging & Disability Resource Center (ADRC)** helps elders, people with disabilities, and caregivers find services and resources across the state. The ADRC is available to assist in planning for future needs. ☎ **1-800-432-2080, TTY 505-476-4937**

🖥 <http://www.nmaging.state.nm.us/adrc.aspx>.

**The Alzheimer's Association® - Care Consultation** provides in-depth, personalized consultation at no cost. Care Consultation services aid families in recognizing current needs, developing plans, locating resources and services as well as problem-solving, education and training, and receiving on-going support and follow-up. Consultations are available by phone. ☎ **505-266-4473** or **1-800-272-3900**

🖥 <https://www.alz.org/wi/helping-you/care-consultation>

**AARP - Prepare to Care: A Planning Guide for Families** is designed to assist you and other family members in discussing and developing a caregiving plan. ☎ **1-888-687-2277**

🖥 <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>

**LongTermCare.gov** is a web-based service of the **U.S. Department of Health and Human Services (HHS)** providing a variety of resources and supports to meet your personal care needs as you age. ☎ **202-401-4634** 🖥 <https://acl.gov/ltc>

**The Legal Resources for the Elderly Program (LREP)** offers a statewide legal helpline, legal clinics, and workshops to New Mexicans, aged 55 and older, who are in need of free legal advice, regardless of their financial situation. Useful publications such as the **Senior Legal Handbook**, are available in both English and Spanish. ☎ **505-797-6000** or **1-800-876-6657**

🖥 <https://www.sbnm.org/For-Public/I-Need-a-Lawyer/Legal-Resources-for-the-Elderly/Publications>

Aging and Long-Term Services Department  
Office of Alzheimer's and Dementia Care  
PO Box 27118  
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<http://www.nmaging.state.nm.us/alzheimer-s-and-dementia-care.aspx>

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