This path can be challenging, but you don't have to walk it alone.
These resources are here to support you. Learn more at **memory.ucsf.edu/caregiving-support/roadmap/ftd**.



This guide is produced by the UCSF Fein Memory and Aging Center,
in collaboration with caregiver Emma Heming Willis, illustrator Carissa Potter,
and the Association for Frontotemporal Degeneration.

FTD Support Team

UCSF Weill Institute for Neurosciences
Fein Memory and Aging Center

Support Team

Family member/backup caregiver:	Phone:
Friend/neighbor:	Phone:
Legal proxy decision maker (for the person with FTD):	Phone:

AFTD Helpline
www.theaftd.org/aftd-helpline
Available Mon–Fri, 6 a.m.–2 p.m. Pacific Time
1.866.507.7222 or info@theaftd.org
www.theaftd.org/living-with-ftd/newly-diagnosed

- Call to learn more about types of FTD
- For guidance after a new diagnosis
- For help connecting with resources
- For emotional support

After-hours Help

Alzheimer's Association Helpline
www.alz.org/help-support/resources/helpline
Available 24/7 at 1.800.272.3900

For after-hours emotional support, help managing behavior or safety concerns, talking through caregiving challenges, and for learning about resources

Poison Control Helpline
www.poison.org
Available 24/7 at 1.800.222.1222

- Call for first aid for suspected poisonings
- Guidance on mistakes with medications

Call 911 for emergencies, for example:

- Chest pain and/or difficulty breathing
- Threats to your safety or the safety of others
- Sudden weakness, numbness, change in vision, or difficulty speaking
- Serious injury or severe pain
- For help getting up after a fall

Medical Providers

Call to report concerns or changes in condition. For example: more confusion, agitation, drowsiness, dizziness, falls, poor balance, upset stomach, change in appetite, cough or cold symptoms, bowel or bladder accidents, constipation, pain with urination, skin rash, headache, back or joint pain.

Primary care provider (for the person with FTD):	Office phone:
Specialist provider (for the person with FTD):	Office phone:
Pharmacy info:	Phone:
Insurance info:	Phone:
Legal proxy medical decision maker (for the person with FTD):	Relationship & contact info:
Caregiver's primary care provider:	Office phone:
Caregiver's legal proxy medical decision maker:	Relationship & contact info:

Support Service Providers

Care navigator, social worker, or care manager:	Phone:
Home health service:	Phone:
Physical therapy, occupational therapy, or speech therapy:	Phone:
Respite care/caregiver agency:	Phone:

Notes: