



Resources for You

1. **Choice & Dignity**

Education, Resource and Referral

<https://www.choiceanddignity.org/>

Email: ChoiceandDignityInc@gmail.com

Phone: 800-811-4112

2. **Compassion & Choices**

Medical Aid in Dying & End of Life Planning Resources.

<https://www.compassionandchoices.org/>

3. **Final Exit Network**

Believes that mentally competent adults who suffer from a terminal illness, intractable physical pain, chronic or progressive physical disabilities, or who face loss of autonomy and selfhood through dementia, have a basic human right to choose to end their lives when they judge their quality of life to be unacceptable.

<https://finalexitnetwork.org/>

4. **The Hemlock Society of San Diego**

Great resources and webinars - Our mission is to provide the most recent, factual education about all end-of-life choices. This education empowers informed decisions in planning the final chapter of life. We are dedicated to Choice, Dignity and Control at the end of life.

<https://www.hemlocksocietysandiego.org/>

5. **Pima Council on Aging**

PCOA maintains an End-of-Life Information Line for older adults (520-548-2018) in addition to their general Helpline. Staff answer questions about end-of-life planning and provide resources. PCOA trains their staff and community members at both of their office locations to help people understand end-of-life decisions and familiarize them with the planning tools available.

<https://pcoa.org/>

6. Death Doulas of Arizona

End-of-life doulas provide a range of non-medical holistic support to the dying person and their loved ones, which may include education and guidance as well as emotional, spiritual, and practical care, from early diagnosis through bereavement.

<https://tucsonendoflifedoulas.com/>

7. The Conversation Project

Terrific resources for talking to friends, family & healthcare providers.

<https://theconversationproject.org/>

8. Advance Care Directives via video

Mideo CREATE YOUR VIDEO ADVANCE DIRECTIVE WITH MIDEO®

Video-Based Advance Healthcare Directive

Show doctors exactly what you want if you can't speak for yourself. MIDEO turns your wishes into a secure, QR-code video advance directive clinicians retrieve in seconds.

<https://mideohealth.com/>

9. Advance Care Directives and Dementia Debate

Click the link and then Scroll down to the bottom of the page to read the New York Times article: " My Father Didn't Want to Live if He Had Dementia. But Then He Had It"

<https://www.choiceanddignity.org/dementia--alzheimers.html>

10. Support Services

SYNERGY HomeCare of Tucson
1050 E River Road, Suite 100
Tucson, AZ 85718

<https://synergyhomecare.com/az-tucson-85718/memory-care/>

Rob recommended them highly as a general resource plus the availability of free but limited respite support through Original Medicare.



11. Medical/Fiduciary & Elder Law Resources

If you don't have anyone to be your Medical Power of Attorney Althea is a great choice. She is closer to Phoenix than Tucson but can easily work remotely

- **Ending Well! Patient Advocacy, LLC**

Althea Halchuck, EJD, CT, BCPA - Death Maven™

Call/Text: 978-618-7150

<https://endingwellpatientadvocacy.com/about-althea-1>

- **Solace** - <https://www.solace.health/>

- **Zack & Stirnitzke Law**

Ron and Veronica do Elder Law, Estate Planning and Fiduciary Services
TELEPHONE: (520) 999-3738

We are now located at

Address: **1 WEST WETMORE ROAD.**, Suite 107 | Tucson | AZ | 85705

- <https://ronaldzacklaw.com/>

- **Sterling Case Management & Fiduciaries of Arizona**

Case Management and Patient Advocacy, Consultation and Assessments,
Court Appointed Fiduciary Services, Guardianship, Conservatorship, Personal Representative,
Private Fiduciary Services, Health Care Power of Attorney, Financial Power of Attorney,
Trustee, Emergency Case Management, Money Management, VA Federal Fiduciary

<https://sterlingcasemanagement.com/>

12. Research Trials, Drug Treatments, & General Information

I can't emphasize enough how important it is for you to participate in these trials. If not for you, for your descendants and the rest of the human race.

Here are links for the trial finders:

Top Trial Matching Services

- [Alzheimers.gov Clinical Trials Finder](#): The official federal portal for finding trials related to Alzheimer's, mild cognitive impairment, and caregiving. Users can search by location, keywords, or areas of interest such as genetics or exercise.
- [Alzheimer's Association TrialMatch](#): A free, confidential service that matches individuals to hundreds of pharmacological (drug) and non-pharmacological studies. It provides email notifications when new trials matching your criteria become available.
- [ClinicalTrials.gov](#): A comprehensive global database of federally and privately supported clinical studies. You can filter results by study phase, recruitment status, and specific interventions.
- [Antidote / TrialX AI Trial Finder](#): An AI-powered tool that helps patients find relevant clinical trials based on their specific health profile and location.

Bright Focus.org

"Zoom In on Dementia & Alzheimer's" is a live, interactive monthly series presented by Alzheimer's Disease Research, a BrightFocus Foundation program. Whether you've been diagnosed with Alzheimer's, are a caregiver for someone with the disease, or are simply interested in learning more, Zoom In on Dementia & Alzheimer's offers essential information to help you navigate this challenging condition.

Here's a link to the session on APOE4 genes.

Understanding Your APOE Status: Genetics and Alzheimer's Risk

<https://www.brightfocus.org/resource/understanding-your-apoe-status-genetics-and-alzheimers-risk/>

Here's a link to a pdf file describing all the current drug treatments:

<https://www.brightfocus.org/wp-content/uploads/2025/11/FDA-Approved-Alzheimers-Therapies-WCAG-2025-For-Print.pdf>

Drug Treatments – Page 1 of 2



Alzheimer's
Disease
Research

FDA-Approved Alzheimer's Therapies

Although there is no cure for Alzheimer's disease, certain treatments can help control or delay its symptoms, particularly in the early stages of the disease. Talk to your physician to see if these medications are right for you.

Drug Name	Effective Stage of Alzheimer's Disease	How It Works	Delivery Method	FDA Approval Year
Leqembi (lecanemab)	mild moderate severe	Slows Alzheimer's-associated cognitive decline by clearing small clumps of beta-amyloid & larger beta-amyloid plaques from the brain.	Intravenous infusion or subcutaneous injection	2023
Kisunla (donanemab)	mild moderate severe	Removes large beta-amyloid plaques to slow cognitive decline in people with early signs of Alzheimer's disease.	Intravenous infusion	2024
Exelon (rivastigmine)	mild moderate severe	Helps with memory and daily function by keeping more acetylcholine in the brain (similar to Aricept).	Oral Medication or Transdermal Patch	2000
Razadyne (galantamine)	mild moderate severe	Improves thinking and memory by raising acetylcholine levels in the brain, making it easier for brain cells to communicate.	Oral Medication	2001
Zunveyl (benzgalantamine)	mild moderate severe	Supports memory and thinking by helping the brain retain more acetylcholine; designed to reduce stomach side effects compared to Razadyne.	Oral Medication	2024

Therapy Types



Anti-amyloid therapies may slow cognitive and functional decline in early-stage Alzheimer's but come with specific eligibility and monitoring requirements. Also known as disease-modifying medications, they target the potential cause of the disease, not just the symptoms.



Cognitive symptom-management treatments remain widely used and may be appropriate at different stages.



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Namenda (memantine)	 mild	 moderate	 severe	Reduces forgetfulness and confusion by protecting brain cells from excess glutamate, a chemical that can be harmful in large amounts.	 Oral Medication or Liquid	2003
Namzaric (memantine + donepezil)	 mild	 moderate	 severe	Improves cognition and overall daily function by combining Aricept and Namenda.	 Oral Medication	2014
Aricept (donepezil)	 mild	 moderate	 severe	Improves awareness, memory, and daily function by preventing the breakdown of an important brain chemical, acetylcholine.	 Oral Medication	1996
Belsomra (suvorexant)	 mild	 moderate	 severe	Improves sleep by blocking a brain chemical that keeps you awake.	 Oral Medication	2014
Rexulti (brexpiprazole)	 mild	 moderate	 severe	Helps reduce agitation and restlessness by balancing important chemicals in the brain.	 Oral Medication	2023

Hundreds of promising treatments are in development, but they're not the only path forward. Lifestyle changes—like regular exercise, a brain-healthy diet, and other healthy habits—may also help slow cognitive decline and lower Alzheimer's risk.



View more information about approved Alzheimer's treatments at brightfocus.org/AlzTreatments.

13. **End of Life Hastening**

There are several ways to hasten your life's end. We broached a few of them yesterday.

Here's a link to a very nice recording of Lowrey Brown, Final Exit Network's Director of the Exit Guide Program discussing pro's and con's with a focus on the Inert Gas (Nitrogen) method.

Scroll down towards the bottom of the page:

<https://www.choiceanddignity.org/inert-gas.html>

VSED – Voluntary Stopping of Eating & Drinking

One completely legal way to hasten your life's end is VSED, the Voluntary Stopping of Eating and Drinking. It's not necessarily quick nor easy but it is a possibility. Here's more information.

<https://compassionandchoices.org/vsed/>

<https://endoflifechoicesny.org/vsed-voluntarily-stopping-eating-drinking/>