

# Lake Houston Caregiver Resources

## Dementia Caregiver Support Groups (FREE)

Support groups can help by letting caregivers know they are not alone, and by having an opportunity to hear others' stories and to share their own.

**Evening "Lake Houston" group** meets second Monday nights, 7:00-8:30 pm at Good Shepherd Episcopal Church (Barbara Hemphill, [Barbara@synapsesite.net](mailto:Barbara@synapsesite.net), 281-851-7504).

**Daytime group** meets second Friday mornings, 10:30-11:30 am at First Presbyterian Church ([lisa@firstpreskingwood.org](mailto:lisa@firstpreskingwood.org), 281-360-5555).

## Memory Café (FREE)

Kingwood Memory Café offers a safe, comfortable, engaging environment where people with early stage memory loss and their care partners can laugh, learn, and remain socially engaged with others traveling the same journey. It is a time and place where people can interact, find support, share concerns and celebrate without feeling embarrassed or misunderstood. We have dinner, play games with prizes, sing, and more. We love to make you smile!

For more information: **Donna Composto**, 281-682-3727 or [donna.composto@momscareplan.com](mailto:donna.composto@momscareplan.com)

## The Gathering Place (FREE)

The Gathering Place offers Alzheimer's and dementia caregivers respite for a few hours, usually around lunch time. Gathering Place meetings combine physical movement, socialization, music, and other memory-stimulating activity in a safe and comfortable 3.5-hour time block, enabling caregivers to leave their loved ones and attend to their personal needs without worry. A professional staff member from **CarePartners** attends each Gathering Place to provide expert support and assistance to the volunteers. There are two Gathering Places in the Lake Houston area. For more information:

<https://carepartnerstexas.org/find-help/gathering-place/> or 713-682-5995

## Mom's Care Plan (FREE)

See [www.momscareplan.com](http://www.momscareplan.com).

Mom's Care Plan is a free elder care service that educates you and provides living and care options that are best suited to your loved one.

Donna Composto, the owner of Mom's Care Plan, is a wonderful resource for all kinds of information regarding care options - whether you are selecting an appropriate care facility or in-home care agency or trying to decide what kind of care you need to fit your budget. She knows which facilities have openings, how much they charge, which personal care homes can handle people with dementia, and more.

For more information: **Donna Composto**  
[donna.composto@momscareplan.com](mailto:donna.composto@momscareplan.com)  
or 281-682-3727

## First Friday Friends (FREE)

**First Friday Friends (FFF)** Like the Gathering Place, FFF offers people with dementia fellowship, fun, entertainment, and more, giving the caregiver a break for a few hours. But FFF also welcomes anyone who would enjoy this social time – bored, retired, lonely, looking for a place to help out. First Friday Friends begins with a social hour followed by entertainment such as musical groups, guest speakers, games, etc. Lunch is served at noon followed by a sing-along.

First Friday of each month, 10 am - 1 pm  
Holy Comforter Lutheran Church, Kingwood  
For more information: **Beth Moseman**  
281-615-1131 or [txhusker@pobox.com](mailto:txhusker@pobox.com)

## GriefShare (FREE)

Several churches in the Kingwood area offer this program. GriefShare is for people grieving the death of a family member or friend. Each GriefShare session has three distinct elements: a video seminar, support group discussion, and personal study and reflection. For more information or to find a local group: [GriefShare.org](http://GriefShare.org).

## Care Connection (FREE)

Care Connection ([CareConnection.org](http://CareConnection.org)) is a kind of clearing house for a group of city, state and federal agencies that offer support and benefits to caregivers who qualify. For the most part these benefits are for low-income, limited-asset situations. However, their Lifespan Respite Care Program pays for some respite care for any carevier for someone who is disabled (including dementia-type disability), regardless of income.

See this page for details -- <https://www.careconnection.org/care-connection-lifespan-respite-care-program>

They offer FREE benefits counseling. Just call them and find out if you qualify. 1-855-937-2372

## Adult Day Care

The lowest cost professional care option is adult day care. We have an excellent adult day care facility in Kingwood - SarahCare Adult Day Care, <https://sarahcare.com/affiliate-home-kingwood-tx/> Lisa Suarez owns and operates this facility, as well as one in The Woodlands.

For more information: 800-472-5544 or [info@sarahcare.com](mailto:info@sarahcare.com)

## Caregiver Conferences (FREE)

These are offered in Kingwood and in other areas around Houston. They feature skill-building and informative workshops on topics related to caregiving and provide opportunities to network with professionals (attorneys, social workers, chaplains, benefits specialists, etc.). Everything is free, including food and respite care during the conference. The Kingwood conference is usually on a Saturday in September or October.

For more information: **CarePartners**, 713-682-5995 or [CarePartnersTexas.org](http://CarePartnersTexas.org)

## Care Facilities

Eventually most caregivers just cannot do it any longer. It's a 24/7 high-stress job, and unless the person with dementia has a health event that shortens the disease process, caregiving just gets to be too much for one human being. There are some excellent dementia-care facilities in this area.

There are also a few personal care homes that specialize in dementia care. These homes care for fewer people, and they are typically less expensive than the larger facilities.

For more information: **Donna Composto**, 281-682-3727 or [donna.composto@momscareplan.com](mailto:donna.composto@momscareplan.com)

## In-home Care Agencies

We have very good agencies that offer in-home care. Usually these agencies require a minimum of 3-4 hours. In addition, there are many home health agencies and hospice companies that can assist your loved one in your home.

For more information: **Donna Composto**, [donna.composto@momscareplan.com](mailto:donna.composto@momscareplan.com), or 281-682-3727

## SynapseSite.net Web Site

There is a web site ([www.synapsesite.net](http://www.synapsesite.net)) and Facebook page ([www.Facebook.com/synapsesitegroup](https://www.Facebook.com/synapsesitegroup)) for the Lake Houston Alzheimer's & Dementia Caregiver Support Group and for others interested in dementia. The web site has a **mailing list**, so if you want to keep up with local events and offerings and receive reminders of group activities, just click the mailing list link on the web site. Those on the list typically receive 3-5 emails each month. The Facebook page also has local events information and articles that may be of interest to people dealing with dementia.

For more information: **Barbara Hemphill**, 281-851-7504 or [barbara@synapsesite.net](mailto:barbara@synapsesite.net)