



Where Support Starts

You are not alone on your Alzheimer's disease journey.

A diagnosis of Alzheimer's disease or a related dementia is life changing both for the person and for the people who care for them. If you care for someone who has Alzheimer's or a related dementia, you should know about these important resources available from our colleagues at the Alzheimer's Association.

Resources for Care Partners



24/7 HELPLINE (800) 272-3900

Care specialists and clinicians are here all day, every day to provide reliable information and support.



ONLINE WORKSHOP alz.org/elearning

This free *The Basics: Memory Loss, Dementia and Alzheimer's Disease* workshop is available online.



CARE PARTNER CENTER alz.org/carepartner

Visit the Care Partner Center to learn more about resources available to you and ways to take care of your own health.



CARE PARTNER SUPPORT GROUPS alz.org/communityresourcefinder

You are not alone. Visit the page above to locate a support group in your area.



LOCAL CHAPTER (800) 272-3900

alz.org/findus
The local chapter of the Alzheimer's Association may have other programs available. Visit online or give them a call to learn more.

Resources for Your Person with Dementia



24/7 HELPLINE (800) 272-3900

Care specialists and clinicians trained to help people with dementia are here all day, every day to provide reliable information and support.



I HAVE ALZHEIMER'S SITE alz.org/IHaveAlz

The I Have Alzheimer's site was developed with input from people living with Alzheimer's disease or a related dementia. The site helps people with Alzheimer's and related dementias start learning and planning to live their best life.



MESSAGE BOARD alzconnected.org

The Alzheimer's Association's *I Have Alzheimer's or Another Dementia* message boards are hosted at their online networking community.

In association with

**alzheimer's
association™**

The 24/7 Helpline—Available All Day, Every Day. (800) 272-3900.