



## 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](http://alz.org/elearning)

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



##### CARE PARTNER CENTER

[alz.org/carepartner](http://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](http://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](http://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](http://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](http://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



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

[info@GaMemoryNet.org](mailto:info@GaMemoryNet.org) // [GaMemoryNet.org](http://GaMemoryNet.org)