**Alzheimer’s Association chapters focus on local programs**

If you are affected by Alzheimer’s disease – access to support, information and assistance can significantly improve your quality of life. In 2012, 15.4 million family and friends provided 17.5 billion hours of unpaid care to those with Alzheimer’s and other dementias. Although round the clock assistance is available through the Alzheimer’s Associations online resources and 24/7 helpline, in person help is also available in your community.

More than 75 local chapters across the United States offer support for individuals with Alzheimer’s disease and their families through programs and services including education workshops, support groups, care consultation, and volunteer opportunities. Whether you are a local caregiver or sending assistance from afar, chapters can assist you and your family members in finding the best solutions and resources in the immediate area.

Resources include:

* **Care consultation** — Dedicated professional staff help people navigate through the difficult decisions and uncertainties faced by people with Alzheimer’s and their families. Consultations are available by telephone or in-person and include assessment of needs, assistance with planning and problem solving, and the development of a customized action plan.
* **Caregiver Support groups** — Groups for caregivers and others dealing with Alzheimer’s disease are facilitated by trained individuals.
* **Early Stage Support Groups** – Groups designed specifically for persons in the early stages of Alzheimer’s or related dementia.
* **Safety services** — Chapters promote and encourage people with Alzheimer’s to enroll in [MedicAlert® + Alzheimer's Association Safe Return®](http://www.alz.org/care/dementia-medic-alert-safe-return.asp) (<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>). When a person with Alzheimer’s or a related dementia wanders or has a medical emergency, the chapter provides support to the family and assists law enforcement.
* **Volunteer opportunities** — Local chapters always need volunteers to help impact an even bigger community of those who need assistance. Whether it is special events, Walk to End Alzheimer's®, public education and awareness programs, office help or local advocacy efforts, you can get involved and help efforts across the nation.

For more information on your local chapter, please visit <http://www.alz.org/we_can_help_local_chapters_wch.asp>