

# CAREGIVER RESOURCES DURING COVID-19

alzheimer's  association®

Southeastern Virginia Chapter

Caring for a loved one during the COVID-19 (Coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit [alz.org/COVID19](http://alz.org/COVID19) to learn how you and your loved one with dementia can stay healthy.



**Alzheimer's Association 24/7 Helpline (800.272.3900):** The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with constituents in more than 200 different languages.



**Support Groups:** The Alzheimer's Association has a network of caregiver and early-stage support groups that meet throughout the chapter's region. This network is a lifeline and source of support plus education for many. We have provided each Alzheimer's Association support group facilitator with a unique, confidential conference call line specifically assigned to their group. Support group facilitators have reached out to their existing constituents. To find a support group to join, please visit [alz.org/seva](http://alz.org/seva) or call our 24/7 Helpline at 800.272.3900 for options and to obtain calling information.



**ALZConnected:** This online support group is available 24/7 at [alzconnected.org](http://alzconnected.org).



**Webinars:** We offer free live webinars on a variety of topics. Visit [alz.org/seva](http://alz.org/seva) to learn more and to register.

**On Demand Training:** You can start and stop our on demand training. They are available in English and Spanish [here](#).



**Staff Training:** If your company is looking for staff training on Alzheimer's, please contact our 24/7 Helpline at 800.272.3900 or go to [alz.org/training](http://alz.org/training).

*The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.*