

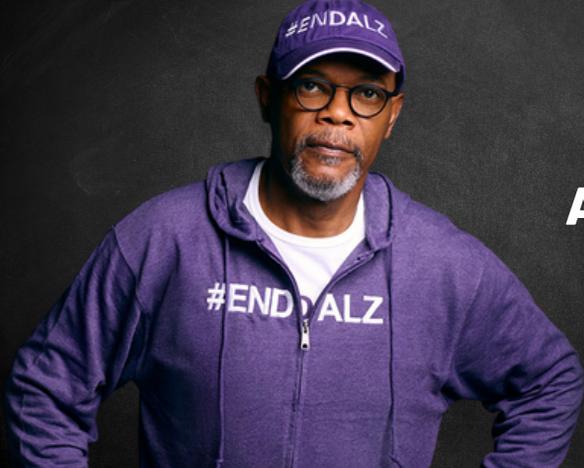
CARE & SUPPORT CATALOG

presented by the Alzheimer's Association®

THIRD EDITION

ALZHEIMER'S
ASSOCIATION





June is Alzheimer's & Brain Awareness Month

Worldwide, 50 million people are living with Alzheimer's and other dementias.

Join the us in going purple and raising awareness this June. The more people know about Alzheimer's and dementia, the more action we inspire, together.

Ways you can get involved

- Start an online-learning challenge among friends or colleagues at training.alz.org.
- Share your story at alz.org/abam
- Fundraise with an activity of choice by joining The Longest Day at alz.org/tld
- Get the most recent facts at alz.org/facts
- Become a volunteer and make a difference at alz.org/volunteer
- Schedule an in-person or virtual education program for your work place, school, or community organization - call 800.272.3900 today!
- Make Alzheimer's a national priority - become an advocate at alz.org/advocacy.



Our Vision: A world without Alzheimer's and all other dementia.

It is not uncommon for our staff to be asked the question, "What is the difference between Alzheimer's and dementia?" or to hear the statement, "My mother does not have Alzheimer's disease, she has dementia." In actuality, Alzheimer's disease is dementia, but not all dementia is Alzheimer's disease.

Did you know that the official name of the Alzheimer's Association is actually the "Alzheimer's Disease and Related Disorders Association, Inc."? While we may have Alzheimer's in our name, our vision and mission reflect our commitment to supporting individuals living with all forms of dementia and their care partners – and bringing an end to all dementia.

We are also committed to delivering education about risk-reduction and the value of early detection. Everyone with a brain is at risk, so learning about steps you can take today to improve your brain health is critical. Talking to your doctor about any changes you may be experiencing in your memory or thinking is vital.

This catalog contains valuable resources for caregivers, professionals, and the general public. While this is far from an exhaustive compilation, it is a solid representation of the quality programming and services we offer. Our 24/7 Helpline is another great place to turn for any questions or needs you may have, day or night, 365-days a year – 800.272.3900.

Everything at the Alzheimer's Association begins with our vision:
A world without Alzheimer's and all other dementia.

Sincerely,

Mark Denzin, Executive Director

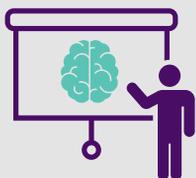


24/7 Helpline 800.272.3900

This free service is available around the clock, 365 days a year.

Contact the Helpline day or night to:

- Speak confidentially with master's-level specialists for decision-making support, crisis assistance and education
- Learn about symptoms of Alzheimer's and other dementias
- Find local programs and services
- Receive referral information to local agencies and services
- Get general information about legal, financial and care decisions, as well as treatment options for managing symptoms
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages



Free Education Presentations *available in-person or via webinar*

Contact us to schedule free presentations for your organization! Learn about the signs, symptoms, causes, available treatments, and care strategies. These programs also provide information on local resources and support for people living with dementia and their care partners. Help us expand the reach of our community by scheduling a presentation today!

Schedule your program today!

Visit tinyurl.com/NETXedu or call 800.272.3900.

Education Presentations

We have a variety of ongoing learning opportunities. For more information or to register, please call 800.272.3900 or visit tinyurl.com/NETXedu



LUNCH LEARN& GO

30-MINUTE WORKSHOPS

Join us every other Friday for 30-minute virtual workshops to learn about the warning signs, symptoms, causes, available treatments, and care strategies. Join by phone, tablet, or computer.

For a full list of topics and to register, please visit: tinyurl.com/alz-lunch-learn



Your Mind Matters Education Series

Join us on Tuesdays at 1:00 PM to learn about the signs, symptoms, causes and treatment of Alzheimer's disease. Learn also about current research and actions you can take now. Join by phone, tablet or computer.

For a full list of topics or to register, please visit tinyurl.com/NETXedu.

BUILDING YOUR CAREGIVER CONFIDENCE Education Series

Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have education to help. Join us on Saturdays at 1:00 PM for these caregiver workshops. Accessible by phone, tablet, or computer.

For a full list of topics or to register, please visit tinyurl.com/NETXedu.



Alzheimer's & Dementia Caregiver Support Groups

As a caregiver, you likely have many responsibilities. It is important to take care of your own well-being and to connect with others that understand.

Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

- Exchange practical information on caregiving challenges
- Discuss practical solutions
- Talk through issues and ways of coping
- Share feelings, needs, and concerns
- Learn about community resources
- Increase understanding of dementia

Virtual Groups

For a full list of virtual support groups, please visit tinyurl.com/DNETXalzSG

In-Person Groups

To locate a caregiver support group in your area, please visit alz.org/CRF



Have a busy schedule, or want to connect at a different time? ALZConnected® (alzconnected.org) is a free online community for everyone affected by Alzheimer's or another dementia, including:

People with the disease

Caregivers

Family members

Friends

Individuals who have lost someone to Alzheimer's

Additional Resources

There are many issues to consider when dealing with a dementia diagnosis – check out these programs for more information.



TABLE TALK

Join by phone, tablet,
or computer

Join us every other Tuesday at 3:00 PM to connect with experts to explore various topics and publications.

For a full list of topics and to register, please visit:
tinyurl.com/TableTalkALZ22



**CARE
CONSULTATIONS
800.272.3900**

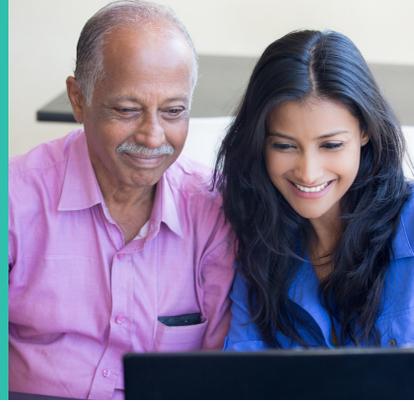
When you or your loved one is living with dementia and you don't know where to turn for information, we are here to help. Care Consultations help assess needs, problem-solve, and provide information about local resources. This free service also offers assists with creating action plans to know what steps are needed to take.

Common topics include:

- Understanding dementia as it is affecting you or your loved one now and preparing you for the changes you may see in the future
- Working through difficult transitions such as limiting driving, bringing in respite care, or moving to a care community
- Learning how to respond when facing challenging behaviors and tips for communication
- Managing day-to-day needs such as bathing and dressing
- Education about late-stage care and end-of-life decisions

Dementia Online-Learning

The Alzheimer's Association offers a full catalog of courses available online, 24 hours a day. Certificate of coursework available upon completion.



Alzheimer's and dementia doesn't come with an instruction manual, but there are resources available to help. Use these free education programs to learn more about what to expect and how to prepare for the future.

Courses Include:

About Alzheimer's disease

10 Warning Signs of Alzheimer's
Understanding Alzheimer's and Dementia
Healthy Living for Your Brain and Body

Programs for Caregivers

Driving, Doctor Visits, Legal & Financial Planning
Effective Communication Strategies
Legal and Financial Planning for Alzheimer's Disease
Understanding and Responding to Dementia-Related Behavior

Programs for people living with Alzheimer's

Living with Alzheimer's: For People with Alzheimer's
Living with Alzheimer's: For Younger-Onset Alzheimer's

Register today! Visit [training.alz.org](https://www.alz.org/training)

Early Stage Services

Our early-stage initiative provides comprehensive programs for individuals living with early-stage dementia and their care partners.



If you have been diagnosed with Alzheimer's or another dementia, you are not alone. There are people who understand what you are going through, and help is available.

Early Stage Socialization Programs

Whether you're looking to join a support group, or participate in social engagement opportunities with others living with Alzheimer's or dementia, we have many opportunities to connect. Check out local programs by visiting tinyurl.com/earlystageSOCIAL.

Changing Gears Education Series

While a dementia diagnosis is difficult, you do not have to stop living. This 4-week series (offered monthly) is an educational program about shifting your focus and way of life, in order to make living with dementia easier for you and your care partner.

Live Well Online Resource Center

This online resource can help empower those facing an early stage diagnosis to take steps to live well for as long as possible, and find the confidence to face challenges ahead. Topics include:

Taking Care of Yourself
Reducing Stress
Tips for Daily Living
Helping Family and Friends

Living in the Moment
Leaving Your Legacy
Life After a Diagnosis
Maximizing Independence

Visit tinyurl.com/LiveWellALZ for more information.



Programas en Español

Nadie debe enfrentarse solo al Alzheimer. Para obtener una lista completa de la programación gratuita disponible en español, por favor visite tinyurl.com/ALZayuda



Únase a nosotros para aprender más sobre la enfermedad de Alzheimer y descubrir información y recursos que puede utilizar para cuidar a su ser querido. Cuarto sábado a las 12 pm en Zoom. Regístrese en tinyurl.com/ALZayuda.

Grupo de Apoyo

- Construir un sistema de apoyo con personas que entiendan los desafíos de cuidar a un ser querido. Los grupos de apoyo, dirigidos por facilitadores, son un lugar seguro para los cuidadores, familiares y amigos de personas con demencia:
 - Desarrollar un sistema de soporte
 - Intercambie información práctica sobre los desafíos del cuidado y las posibles soluciones
 - Hablar sobre cuestiones y formas de afrontar
 - Compartir sentimientos, necesidades y preocupaciones
- El grupo de apoyo se reúne el segundo jueves de cada mes de 5:30 PM a 6:30 PM. Para registrar bit.ly/DECMAY

Línea de Ayuda 24/7 (1.800.272.3900)

- Póngase en contacto con la Línea de Ayuda de día o de noche para hablar confidencialmente con los consultores de atención para obtener apoyo para la toma de decisiones, asistencia en situaciones de crisis y educación sobre los problemas que enfrentan las familias todos los días.

Para obtener más información, visite alz.org/espanol



Alzheimer's Impact Movement

Alzheimer's disease is one of the most critical public health issues in America.

The number of Americans living with Alzheimer's is growing — and growing fast. While Alzheimer's places a huge burden on the health care system, with annual costs exceeding a quarter of a trillion dollars, the cost is far more than financial. This is why we unrelentingly advocate for the rights of the Alzheimer's and dementia community, as well as critical research funding. We advocate to change the trajectory of this disease.

Our advocates play a critical role in our efforts to influence Alzheimer's and dementia policy at the federal and state level.

Become an advocate today by visiting [alz.org/advocate](https://www.alz.org/advocate)



THE LONGEST DAY®

ALZHEIMER'S  ASSOCIATION®

June 21, 2022

On The Longest Day - the day with the most light, the summer solstice - raise funds and awareness for Alzheimer's care, support and research through an activity of your choice. Together, we can stand up to the darkness of Alzheimer's.

Register today! Select your activity at

alz.org/thelongestday

For more information please call the

24/7 Helpline at 800.272.3900.