

HERE FOR YOU

Support for people living with dementia
and their families



The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's and all other dementia. Here are some of the ways we can help you:

OPTIONS FOR EVERYONE

- Access resources and support by telephone, online, or live video conferencing
- Receive individualized information to meet your unique needs
- No problem or question is too big or too small, we are here for it all!
- Support is available in English and Spanish from experts in the field of dementia

People living with dementia and their families can take advantage of support services offered by the Alzheimer's Association at no charge.

24/7 HELPLINE

Specialists and master's-level clinicians offer confidential support and expert information to people living with Alzheimer's or other dementias, as well as their caregivers, families and the public. Help is available from our bilingual staff or translation service, which accommodates over 200 languages. Call day or night for immediate advice and support.

LOCAL CARE CONSULTATION

Schedule a meeting by phone or video conference with a local Care Consultant to gain a better understanding of dementia, identify available resources, and develop personalized strategies for making decisions, navigating challenges and planning for the future.

SUPPORT GROUPS

Meet safely and virtually with others for supportive, meaningful discussion led by a trained facilitator. Groups are available for caregivers or for people living with early memory loss.

PROGRAMS FOR PEOPLE WITH EARLY MEMORY LOSS

Stay connected virtually with Alz Meet Ups. Social engagement offers a fun and comfortable way to connect with others to enjoy virtual discussions, experiences of art, music, culture, and more. Support groups and education program options are also available to those impacted by mild memory loss.

EDUCATION PROGRAMS

Be prepared to understand and meet the challenges related to Alzheimer's or other dementia. Programs on a variety of topics are provided by live webinar and in a pre-recorded format to watch at your convenience.

*No one should face Alzheimer's alone. We are here to help with helpful information and resources for those living with or caring for someone with Alzheimer's or other dementias. Call us on our **24/7 Helpline at 800.272.3900** or visit **[alz.org/MANH](https://www.alz.org/MANH)**.*