

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):** This Helpline is answered day or night by trained dementia specialities. We offer support information, referrals or care consultations. We are able to speak with constituents in more than 200 different languages.



**Virtual 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 and education resource 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/maryland.Community Resource Finder](http://alz.org/maryland.CommunityResourceFinder) or call our 24/7 Helpline at 800.272.3900 for options and to obtain calling information.



**AlzConnected:** The online community is available 24/7 at [alzconnected.org](http://alzconnected.org) where people living with Alzheimer's can share questions, experiences and tips, via message boards.



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

**On Demand Training:** You can start and stop on demand training. It is 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.