



Our vision is a world without Alzheimer's disease.

WE SPEAK YOUR LANGUAGE IN NYC

Hablamos español

Nou pale Kreyol

Мы говорим по-русски

我們會講中文

24/7 Helpline: 800.272.3900
alz.org/nyc

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.

HOW WE HELP

Our highly trained and knowledgeable staff can:

- Help you understand memory loss, dementia and Alzheimer's disease.
- Explain diagnosis, management and treatment options.
- Offer information and training so you can provide quality care for your friend or family member with Alzheimer's or another dementia.
- Provide referrals to community-based dementia care providers.



OUR PROGRAMS

Alzheimer's Association 24/7 Helpline (800.272.3900)

The Helpline is here for you 24 hours a day and 7 days a week. Call us to get information and support in both English and Spanish. We also can connect you to local programs and help you get care and services.

In our NYC office, we have people who speak many languages. We provide help by phone in more than 200 languages through a translation service.

Free Workshops

We hold free workshops throughout New York City. At our workshops, learn:

- All about Alzheimer's disease, dementia and memory loss.
- Tips for healthy aging and brain health.
- How to plan for legal and financial issues.
- How to handle communication and behavior issues when you are caring for someone with Alzheimer's or another dementia.

Information and Referrals

We refer you to services in the community to help you manage Alzheimer's disease at home. For example, we can help you find doctors, lawyers, adult day care programs and home health care. We also can refer you to housing options, such as assisted living communities. For information on how to pay for care, please call our **Helpline at 800.272.3900**.

Help for People Living with Alzheimer's or Other Dementias

Meet with one of our social workers or counselors to get help creating an action plan for your care. **You can also learn more about our Early Stage programs.**

Help for Caregivers

Meet with one of our social workers or counselors to get help creating an action plan for caring for your friend or family member with Alzheimer's or another dementia.

Support Groups

Attend one of our support groups for families, caregivers and people living with Alzheimer's. When you attend a support group, you can connect with other people affected by the disease. Learn how people manage stress and cope with being a caregiver or with a new diagnosis.

MedicAlert® + Alzheimer's Association Safe Return®

When you sign up for MedicAlert + Safe Return, we provide help in finding a person living with Alzheimer's who has wandered and become lost. This service is available 24 hours a day throughout the United States.

Information About Research Studies

Find clinical studies through our free and easy-to-use matching service. Alzheimer's Association TrialMatch® connects people living with Alzheimer's, healthy people, caregivers, and doctors to researchers working on a cure.

Signing up is easy and you learn about hundreds of studies, including online studies and studies looking at finding, preventing and treating Alzheimer's.

OUR ONLINE SERVICES

The Alzheimer's Association offers many services on our website at **alz.org/nyc**. Find out about local New York City events and get information on caregiving in our online Alzheimer's and Dementia Caregiver Center.

Alzheimer's Navigator®

The Alzheimer's Navigator tool creates action plans just for you to help you find information, support and local resources. All you need to do is answer a few questions online.

E-Learning Workshops

We offer free online workshops for caregivers and people living with Alzheimer's and other dementias. Some workshops are available in Spanish.

Workshops include:

- **Know the 10 Signs:** Learn the 10 warning signs of Alzheimer's disease and how to recognize them in yourself and others.
- **The Basics of Alzheimer's:** Learn about causes, stages and treatment of Alzheimer's.
- **Legal and Financial Planning:** Learn about important legal and financial issues and how to put plans in place.
- **Living with Alzheimer's series:** This series has workshops for caregivers at each stage, people living with Alzheimer's and people diagnosed with younger-onset Alzheimer's disease.



Community Resource Finder

Our Community Resource Finder provides a list of local Alzheimer's resources, community programs and services. Finding resources close to home can make a difference when planning for the future. This list makes it easy to search, find and access the support you need quickly.

ALZConnected®

Join our free, online community for everyone affected by Alzheimer's or other dementias. On ALZConnected, you can ask questions, learn tips and share experiences on message boards and in a live chat room. ALZConnected provides a safe place for people to connect with others in similar situations 24 hours a day, 365 days a year, for FREE.

Information in Many Languages

We have information in many languages, including Spanish, Chinese, and Korean. We also offer an interactive video brain tour in 15 languages. **Go to alz.org/global to learn more.**

CONTACT US

Alzheimer's Association – NYC Chapter
60 E 42nd Street, Suite 2240
New York NY 10165
24/7 Helpline: 800.272.3900
alz.org/nyc

©2018 Alzheimer's Association®. All rights reserved.



This brochure is supported in part by a grant from the New York State Department of Health.



我們的遠景是一個沒有阿滋海默症的世界。

在紐約辦事處我們會說您的語言

Hablamos español

Nou pale Kreyol

Мы говорим по-русски

我們會講中文

24/7 諮詢專線：800.272.3900
alz.org/nyc

Alzheimer's Association®是引領阿滋海默症的照護、支持與研究的志願性健康組織。我們的宗旨是促進研究以最終消除阿滋海默症，向所有受到該病影響的人群提供更多的照護與支持；宣導腦部健康以降低罹患失智症的風險。

我們如何提供幫助

我們訓練有素且知識豐富的工作人員可以：

- 幫助您理解記憶力衰退、失智症與阿滋海默症。
- 解釋診斷、管理和治療方案。
- 提供資訊和訓練，以便您能夠為您身患阿滋海默症或其他失智症的朋友或家人提供優質護理。
- 轉介社區的失智症護理提供者。



我們的計劃

Alzheimer's Association 24/7 諮詢專線 (800.272.3900)

該諮詢專線每週7天，每天24小時為您服務。請致電我們以獲取英語和西班牙語的資訊和支持。我們還可以為您聯絡當地計劃並幫助您獲取護理和服務。

在我們紐約市的辦公室，有說各種語言的工作人員。憑藉翻譯服務，我們能以超過200種語言透過電話提供幫助。

免費研習會

我們在整個紐約市主辦免費的研習會。在我們的研習會，學習：

- 關於阿滋海默症、失智症與記憶力衰退的所有知識。
- 健康老齡化和大腦健康的提示。
- 如何為法律和財務事宜做出規劃。
- 在您照護身患阿滋海默症或其他失智症的人士時，如何處理溝通和行為問題。

資訊與轉介

我們會為您轉介社區中的服務，以幫助您在家中管理阿滋海默症。例如，我們可幫助您尋找醫生、律師、成人日間護理計劃和居家健康護理。我們還可為您轉介住房方案，例如輔助生活社區。有關如何支付護理費用的資訊，請撥打我們的諮詢專線：800.272.3900。

為身患阿滋海默症或其他失智症的人士提供的幫助

與我們的社工或顧問會面，獲取幫助為您的護理制定行動計劃。您亦可瞭解關於我們的早期計劃的更多資訊。

為照護者提供的幫助

與我們的社工或顧問會面，獲取幫助為您的護理制定行動計劃。

互助小組

參加我們為家人、照護者和阿滋海默症患者成立的互助小組之一。在您參加互助小組後，您可以與受該疾病影響的其他人進行交流。瞭解人們如何管理壓力並知曉在成為照護者或面對新診斷時該如何應對。

MedicAlert® + Alzheimer's Association Safe Return®

在您註冊MedicAlert + Safe Return後，我們會幫助尋找失散和迷路的阿滋海默症患者。此服務在整個美國範圍內全天候提供。

關於實驗研究的資訊

使用我們免費且易用的配對服務尋找臨床研究。Alzheimer's Association TrialMatch®在阿滋海默症患者、健康人、照護者和醫生與致力於尋求治療方法的研究人員之間架起了一座橋樑。註冊非常簡單，您可以瞭解數以百計的各種研究，包括線上研究和專注於發現、預防和治療阿滋海默症的研究。

我們的線上服務

Alzheimer's Association在我們的網站alz.org/nyc上提供許多服務。在我們的線上阿滋海默症和失智症照護者中心瞭解當地紐約市活動，並獲得有關照護的資訊。

Alzheimer's Navigator®

Alzheimer's Navigator工具專用於為您制定行動計劃，幫助您尋找資訊、支持和當地資源。您需要做的只是在線上回答一些問題。

線上學習研習會

我們為照護者以及身患阿滋海默症和其他失智症的人士提供免費線上研習會。有些研習會提供西班牙語的版本。

研習會包括：

- **認識十大警訊**：瞭解阿滋海默症的十大警訊以及如何在自己和他人身上識別它們。
- **阿滋海默症基本知識**：瞭解阿滋海默症的起因、發展階段和治療。
- **法律和財務規劃**：瞭解重要的法律和財務事宜以及如何制定計劃。
- **「在身患阿滋海默症的情況下生活」系列**：此系列包含了多個研習會，適用於各個階段的照護者、阿滋海默症患者和被確診患有早發性阿滋海默症的人士。



Community Resource Finder

我們的Community Resource Finder提供當地阿滋海默症資源、社區節目和服務的清單。找到離家近的資源對未來的規劃大有不同。此清單方便您迅速搜尋、找到和存取所需的支持。

ALZConnected®

加入我們針對阿滋海默症或其他失智症患者的免費線上社區。在ALZConnected上，您可以在留言板和線上聊天室提問、學習技巧和分享經驗。ALZConnected為人們提供一個安全的場所，可全天候免費與處境相似的他人聯絡。

多語言版本資訊

我們擁有多語言版本的資訊，包括西班牙文、中文和韓文。我們還提供15種語言版本的「大腦之旅」互動式視訊。請前往alz.org/global瞭解更多資訊。

聯絡我們

Alzheimer's Association – NYC Chapter

60 E 42nd Street, Suite 2240

New York NY 10165

24/7 諮詢專線：800.272.3900

alz.org/nyc

©2018 Alzheimer's Association®。保留所有權利。



本手冊得到了紐約州衛生部的撥款資助。