

## Alzheimer's Association Resources

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Join **ALZConnected® (alzconnected.org)**, our free online community, to connect with other caregivers or people living with dementia.
- Explore **Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF)** to locate dementia resources, programs and services in your area, including your local Association office.
- Assess your needs and create customized action plans with **Alzheimer's Navigator® (alzheimersnavigator.org)**.
- Find various **online education programs** to take on your own time, whenever is convenient, on a variety of topics at **alz.org/education**
- Check out **alz.org/research** to learn more about Alzheimer's and other dementias and the Association's involvement in advancing the field of research.
- Go to **alz.org/publications** to access our catalog of brochures and topic sheets covering a variety of dementia-related topics.

### More resources for people living with dementia:

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today.
- Find early stage social engagement activities to participate in at **alz.org/CRF**
- Access **LiveWell Online Resources (alz.org/livewell)** for free interactive tools and personalized steps for living well with the disease.
- Take our free ***Living with Alzheimer's: For People with Alzheimer's*** workshop online at **alz.org/education**
- Find support groups for individuals living with Alzheimer's or another dementia at **alz.org/CRF**

### More resources for caregivers:

- Find support and information for all stages of the disease at **alz.org/care**
- Visit the **alz.org/safety** for a comprehensive offering of safety information, tips and resources.
- Take our free ***Living with Alzheimer's: For Caregivers*** workshop series online at **alz.org/education**
- Find support groups to connect with other caregivers in your area at **alz.org/CRF**