Caring for a person with Alzheimer’s or dementia often involves a team of people. Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have resources to help!

Resources for You

- Alzheimer’s Association
  - 24/7 Helpline
  - ALZConnected
  - ALZ.org
  - AlzNavigator.org
  - Community Resource Finder

- Local Resources
  - Care Consultations
  - Support Groups
  - Education Programs
  - Area Agency on Aging
  - Elder Attorney
**24/7 Helpline**

1-800-272-3900

- Find a Support Group
- Disease Education
- Talk about obstacles
- Create an action plan
- Find a local program

**ALZConnected.org**

- Online
- Anonymous
- 24/7

ALZWebinars.org
ALZConnected.org

ALZ.org

ALZ.org
Evaluates needs
Outlines action steps
Links you to local services and programs

CommunityResourceFinder.org or Alz.org/CRF
CommunityResourceFinder.org or Alz.org/CRF

Local Resources

- Care Consultation
- Support Group
- Education Programs
- Early Stage Programs
Area Agency on Aging (AAA)

“Area Agencies on Aging were established under the Older Americans Act in 1973 to respond to the needs of Americans 60 and over in every local community. By providing a range of options that allow older adults to choose the home and community-based services and living arrangements that suit them best, AAAs make it possible for older adults to “age in place” in their homes and communities.” -n4a.org

What Do You Wish Caregivers Knew About AAAs?

“We want you to know that there is an entire caregiver community ready to offer emotional support and resources to help you stay healthy and strong. If you are a caregiver for a loved one, near or far, you are already doing one of the most important and toughest jobs in your life; you deserve some support in your corner and that is what you will find here.”

-Michael Halling
Senior Vice President of Operations
Area Agency on Aging 16-Indiana

Legal Planning-Elder Attorney

✓ Options for health care decision making.
✓ Options for managing your personal care and property.
✓ Possible coverage of long-term care services, including what is provided by Medicare, Medicaid, veteran benefits and other long-term care insurance.
Resources for Finding an Elder Law Attorney:

- 24/7 Helpline for referrals at 1-800-272-3900
- CommunityResourceFinder.org
- National Academy of Elder Law Attorneys (naela.org/findlawyer)
- Visit LawHelp.org to learn about free or reduced cost legal aid programs in your community

Ways to Manage Stress and Be A Healthier Caregiver

- Take a break
- Seek out community resources
- Take care of your own health
- Manage your level of stress
- Accept changes as they occur
- Know you’re doing your best!

24/7 Helpline: 1-800-272-3900
alz.org
AlzConnected.org
AlzNavigator.org
CommunityResourceFinder.org