

## Care & Support Resources

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

### More resources for people living with dementia:

- Visit [alz.org/IHaveAlz](http://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](http://alz.org/CRF).
- Access LiveWell Online Resources at [alz.org/LiveWell](http://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](http://alz.org/education).
- Find support groups for individuals living with Alzheimer's or another dementia at [alz.org/CRF](http://alz.org/CRF).

### More resources for caregivers:

- Find support and information for all stages of the disease at [alz.org/care](http://alz.org/care).
- Visit [alz.org/safety](http://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](http://alz.org/education).
- Find support groups to connect with other caregivers in your area at [alz.org/CRF](http://alz.org/CRF).

