

alzheimer's  association®

# ALZHEIMER'S AND DEMENTIA CAREGIVER CENTER

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[ALZ.ORG/CARE](http://ALZ.ORG/CARE)



# HELP AND SUPPORT FOR ALZHEIMER'S AND DEMENTIA CAREGIVERS

Caring for a person with Alzheimer's or dementia often involves a team of people. Whether you provide daily care (e.g., assisting with meals and bathing), participate in decision making (e.g., making care arrangements and legal and financial plans), or simply care about a person with the disease — there's much to do and plenty to know. The Alzheimer's Association® **Alzheimer's and Dementia Caregiver Center** ([alz.org/care](http://alz.org/care)) can help you find the resources and support you need.

## Get reliable information on:

- » Caregiving in the early, middle and late stages
- » Behaviors
- » Daily care
- » Caregiving skills and training
- » Respite care
- » Care facilities
- » Costs you may face
- » Legal documents
- » Safety

Alzheimer's and Dementia Caregiver Center 24/7 Helpline: 1.800.272.3900

Caregiver Home Daily Care Stages & Behaviors Get Support Safety Care Options Financial & Legal Planning

alz.org » Caregiver Center » Get Support Text size: A A A

### Caregivers for Alzheimer's and Dementia Face Special Challenges

You are not alone. Whether you need information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving, the Alzheimer's Association is here to help.

### What to Expect

Get resources to help at each stage of the disease.

[Learn more](#)

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#### Get day-to-day help

- » Behaviors
- » Communication
- » Activities
- » Respite care
- » Memory loss

#### Get support

- » Your local chapter
- » Message boards
- » Support groups
- » Your health
- » Care training

#### Plan for the future

- » Legal matters
- » Care options
- » Paying for care
- » Safety
- » Dementia & driving



## ALZHEIMER'S ASSOCIATION TOOLS AND RESOURCES

### **ALZConnected®**

Our online community where people with Alzheimer's and other dementias, caregivers and others affected by the disease can share questions, experiences and practical tips via message boards or create private groups organized around specific topics.

### **Alzheimer's Navigator®**

An interactive tool for people living with dementia and those who participate in providing care and making care-related decisions that evaluates needs, outlines action steps and links the user to local services and Association programs.

### **Community Resource Finder**

A comprehensive database powered by CareLike® that allows people to easily locate dementia resources, programs and services in their area.

### **Care Team Calendar**

A free, personalized tool powered by Lotsa Helping Hands that makes it easy to organize family and friends who want to help with caregiving and share activities and information among the care team.

**[alz.org/care](https://alz.org/care)**



**alz.org/care**

The Alzheimer's and Dementia Caregiver Center provides reliable information and easy access to resources.



**alz.org/education**

Free online workshop series:  
» *Living with Alzheimer's: For Caregivers*



**alz.org/findus**

We're in communities across the country.



**800.272.3900**

24/7 Helpline – Available all day, every day.  
(TTY: 866.403.3073)

**alzheimer's  association®**

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.

**Our vision is a world without Alzheimer's disease®.**

**800.272.3900 | alz.org®**

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