

FINDING INFORMATION AND SUPPORT

RESOURCES ABOUT ALZHEIMER'S DISEASE

If you have Alzheimer's disease or are caring for someone who does, know that you're not alone. It's important to talk openly with your healthcare team about your questions and concerns. Also, there are other places you can turn to for more information and support. Keeping informed can help you understand what to expect and how to cope. And support groups can help you share your experiences, ask questions, learn about useful tips, and find emotional support. Here are some resources you can use.

Alzheimer's Disease Education and Referral (ADEAR) Center

www.nia.nih.gov/alzheimers

800-438-4380

The ADEAR Center is a service of the National Institute on Aging. On the ADEAR Web site, you can find information and materials about causes, treatments, and tips for coping with Alzheimer's disease.

You can also talk with ADEAR Center information specialists to help you find answers to your questions about Alzheimer's disease, plus referrals to local support services.

Also available through ADEAR is a handbook called *Caring for a Person with Alzheimer's Disease*. The handbook offers information and advice for all aspects of care, such as bathing, visiting the doctor, and eating. It also contains tips to help caregivers take care of themselves, including finding respite care, which allows caregivers to take short breaks.

Alzheimer's Association

www.alz.org

800-272-3900

The Alzheimer's Association is the world's leading voluntary health organization for Alzheimer's care, support, and research. On this site, you can access a help line that offers information and advice in more than 170 languages. You can also find these resources:

- Doctor's Visit Checklist and other tips for getting the most from each doctor's visit: www.alz.org/alzheimers_disease_doctors_visit_checklist.asp
- A Caregiver Center section to help find care for patients with Alzheimer's disease: www.alz.org/carefinder/index.asp

Alzheimer's Foundation of America (AFA)

www.alzfdn.org

866-AFA-8484 (866-232-8484)

The AFA offers a variety of services and resources to improve quality of life for people with dementia and for their caregivers and families. The foundation offers information about topics and services including:

- A toll-free help line with counseling by licensed social workers
- A free magazine for caregivers
- Tips on creating an online community where you can share updates with friends and loved ones
- Government programs, long-term care, and legal and financial planning



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RESOURCES FOR CAREGIVERS

If you are a caregiver of a person with Alzheimer's disease, you have an important and challenging job. Sometimes friends and family who provide help and support need to find help and support for themselves. These resources offer easy-to-understand information and advice for at-home caregivers of people with Alzheimer's disease. They also contain tips for taking care of yourself, which can help you to be a better caregiver

Caregiver Action Network (CAN)

www.thefamilycaregiver.org

202-772-5050

CAN provides information and resources that are designed to improve quality of life for caregivers of loved ones with chronic conditions or diseases. The network can help you find a local support group or respite care. It can even connect you with a volunteer who can offer you free personalized support.

Family Caregiver Alliance

www.caregiver.org

800-445-8106

The Family Caregiver Alliance offers resources and services including:

- An online guide to help families find caregiver support programs. The guide also includes information about government programs, legal support, living arrangements, and more
- Workshops to help keep caregivers informed of the many aspects of long-term care
- A section for people who juggle the demands of being a caregiver and holding a job

WellSpouse Association

www.wellspouse.org

800-838-0879

The Well Spouse Association offers support for people who care for their spouses or partners. Through the Well Spouse Association, you can find useful resources such as support groups, mentoring programs, and a monthly newsletter. The group also organizes regional respite weekends that let you take a break from your caregiver routine.

INFORMATION FOR ME

My personal resources

Use this space for some of your own resources (Web sites, organizations, support groups, and anything else that is helpful to you).

My healthcare team

Use this space for phone numbers and contact information for healthcare providers.

Other important information

Use this space for important notes and for questions to ask your healthcare providers.
