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## **The Alzheimer's Association Can Help - Programs and Support**

The Alzheimer's Association is here for you, day and night. Our programs and support services connect you with peers and professionals to help you make the plans and adjustments necessary to live your best life for as long as possible.

### **24/7 Helpline**

- ▶ 800.272.3900 — free and confidential
- ▶ Dial 711 to connect with a TRS operator.

Call the Alzheimer's Association 24/7 Helpline (800.272.3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to local community programs and services; dementia-related education; crisis assistance; and emotional support. Care consultations are provided by master's-level clinicians. We can also provide you help in your preferred language using our translation service.

### **Local resources**

Alzheimer's Association offices are in communities nationwide. Local programs and services include face-to-face support groups and educational programs, with many geared toward informing and empowering individuals in the early stage. Most programs are offered free of charge, and many are available in multiple languages. Find local resources by calling us at 800.272.3900 or [find your local Alzheimer's Association office](#).

### **Support programs**

Whenever facing difficult times, having a good support network you can turn to for advice and encouragement may help you feel socially connected and give you a sense of belonging and purpose. Connecting with others like you may help put your

own experiences living with the disease in perspective, and provide you with the support and encouragement necessary to move beyond your diagnosis. [Find a local face-to-face support group](#) or [join our online support community AlzConnected®](#).

## **Education programs**

Alzheimer's is a journey, not a destination. Taking an active role to educate yourself about how your life may be impacted by getting a diagnosis of Alzheimer's disease or other dementia can be an empowering first step to take control of your life. The Alzheimer's Association offers a number of education programs that can help you understand what to expect so you can be prepared to meet the changes ahead and live well for as long as possible. [Find an education program](#) in your community or you can take our free online courses:

- [Understanding Alzheimer's and Dementia](#)
- [Living with Alzheimer's: For People with Alzheimer's Disease](#)
- [Living with Alzheimer's: For Younger-Onset Alzheimer's](#)
- [Legal and Financial Planning for Alzheimer's Disease](#)

## **Early-stage social engagement programs**

The Alzheimer's Association [early-stage social engagement programs](#) offer a comfortable way to get out, get active and get connected to others who are living in the beginning stage of Alzheimer's or other dementia. Go bowling, attend a baseball game or speak candidly and confidentially via telephone with others living with dementia. Connecting with people who understand what you are going through may provide you with the support, encouragement and inspiration necessary to move beyond your diagnosis. Find an [early-stage social engagement program](#) near you or you can also call us at 800.272.3900.

## **Online tools**

Surround yourself with online support. The Alzheimer's Association has several free, online tools to help.

- [ALZConnected®](#): Our online community to connect with other individuals living with early-stage Alzheimer's. You can share questions, experiences and practical tips via message boards or create private groups organized around specific topics.
- [Alzheimer's Navigator®](#): An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps, and links the user to Alzheimer's Association chapter programs and local services.
- [Alzheimer's Association TrialMatch®](#): A free, easy-to-use clinical studies matching service that generates customized lists of studies based on information you provide. You can easily see what studies may be a fit for you. As a person living with Alzheimer's, you have an opportunity to participate in clinical research to help accelerate progress and provide valuable insight into potential treatments and methods of prevention.
- [Community Resource Finder](#): A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support.
- [Live Well Online Resources](#): A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.
- [Virtual Library](#): An online extension of the Alzheimer's Association Green-Field Library, located at our home office in Chicago. Search the online catalog, view resources chosen by experts, email our librarian questions, and learn how to borrow materials.

## **Safety**

In the early stage of the disease, you can still lead an independent life. However, there are some preparations you should make to help you remain independent as

long as possible and ensure your safety as the disease progresses. There are many potential safety issues to consider, such as driving, making your home safe, taking medications safely and wandering. A safety measure you can take is enrolling in a [wandering response service](#).

Learn more: [Safety](#)

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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.

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