

# e-SERVICES



## FREE ONLINE INFORMATION, TOOLS AND SUPPORT.

The Alzheimer's Association® is committed to helping individuals living with dementia and their caregivers as they face the disease by providing access to reliable information and helpful tools.



## YOU ARE NOT ALONE.

[alzconnected.org](http://alzconnected.org)

ALZConnected® is a free online community designed for people living with dementia and their caregivers. Members can connect and communicate with others who understand their experiences. They can do so by posing questions and offering solutions to dementia-related issues, creating public and private groups organized around a specific topic, and contributing to message boards.



## MAP OUT A PLAN TO APPROACH ALZHEIMER'S.

[alzheimersnavigator.org](http://alzheimersnavigator.org)



A diagnosis of Alzheimer's may lead to many questions. Alzheimer's Navigator® helps guide individuals living with the disease and their caregivers to answers. This interactive online tool assesses users' needs to create customized action plans of information, support and local resources. Users can access guidance on a range of topics, including legal and financial planning, safety and daily living.



## FIND LOCAL PROGRAMS AND SERVICES WITH COMMUNITY RESOURCE FINDER.

[alz.org/CRF](http://alz.org/CRF)

Alzheimer's Association & AARP Community Resource Finder is a database of dementia and aging-related resources powered by Carelike®. The online tool makes it easy for individuals and families who are facing health issues, including Alzheimer's and other dementias, to find programs and services. In addition to the robust offerings of the Alzheimer's Association and AARP, users can easily access a wide range of resources, such as housing, home care, legal services and much more.



**ALZHEIMER'S AND DEMENTIA ONLINE  
COURSES AVAILABLE 24/7.**

[alz.org/education](http://alz.org/education)

Because of the progressive nature of Alzheimer's, an individual living with the disease will require increasing levels of care over time. Learning what to expect and how to implement helpful care strategies can significantly improve quality of life for both the caregiver and the person living with dementia. The Association offers a variety of free educational workshops online and in communities nationwide, including:

- *Understanding Alzheimer's and Dementia*
- *Healthy Living for Your Brain and Body*
- *Know the 10 Signs: Early Detection Matters*
- *Living with Alzheimer's: For People with Alzheimer's*
- *Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage)*
- *Effective Communication Strategies*
- *Understanding and Responding to Dementia-Related Behavior*
- *Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning*
- *Legal and Financial Planning for Alzheimer's Disease*

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**DON'T JUST HOPE FOR A CURE. HELP US FIND ONE.**

[alz.org/TrialMatch](http://alz.org/TrialMatch)

TrialMatch® is a free, easy-to-use clinical studies matching service that connects individuals living with dementia, caregivers, healthy volunteers and physicians with current studies. The continually updated database contains hundreds of research studies currently being conducted at sites across the country and online. By participating in clinical research, everyone can help accelerate progress and provide valuable insight into potential treatments and methods of prevention.

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**800.272.3900 | [alz.org](http://alz.org)®**

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