

# We're here to help

NO-COST SERVICES & SUPPORT

## For friends and family

**Telephone Support:** Information, education, emotional support, and resource referrals

**Consultation:** Family conference, care planning, and linkage to community services and support

**Support Groups:** Throughout the community in English, Spanish, Vietnamese, and Korean

**Education:** About the disease, caregiving, and research



## For individuals experiencing memory loss and their families

**Early Memory Loss Education, Support and Discussion Groups:** Participate in Early Memory Loss Educational Groups (4 weeks) and topic focused discussion groups

**Our Gang Clubhouse:** Monthly meetings provide socialization and mind stimulating activities for persons with memory loss and their families

**Social, Cultural and Art Activities:** For people with early stage memory loss and their families

**Wandering and Safety Education:** MedicAlert® FOUND California, an ID and wandering protection program for persons with dementia and their caregivers

**Interfaith Program:** Community-based faith services, education, and outreach

**Research:** Connect to local and national clinical trials

## Education for the community and families

### Topics include:

Brain Health and Aging

Understanding Alzheimer's & Dementia

Compassionate Communication

Understanding Dementia-related Behaviors

Legal and Financial/Long Term Planning

Research Updates

Care Options

Savvy Caregiver

End of Life Care



**24/7 Helpline 844-HELP-ALZ (844-435-7259)**