

Caring for a loved one during the COVID-19 (coronavirus) outbreak can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit alz.org/COVID19 to learn how you and your loved one with dementia can stay healthy.



Alzheimer's Association 24/7 Helpline (800.272.3900): The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. We are able to speak with constituents in more than 200 different languages.



Support Groups: The Illinois Chapter has a statewide network of caregiver and early stage support groups. These groups are led by trained facilitators, and provide participants with information, education and emotional support. While our groups are not meeting in person during the sheltering in place order, many continue to meet by telephone. To connect with a support group, call our 24/7 Helpline at **800.272.3900**.

ALZConnected: This online community for people living with dementia and their family members is available 24/7 at **alzconnected.org**



Webinars: See live and recorded webinars in both English and Spanish at **alzwebinars.org**.

On Demand Training: Education programs and training courses are available in both English and Spanish at **training.alz.org**.



Care Consultation: Connect with a professional counselor or social worker to help you find information and resources, or to help guide you with decision-making. Appointments are available by telephone or videoconferencing. To schedule an appointment, call our 24/7 Helpline at **800.272.3900**.



The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.