

Short list of resources for family's living with dementia

Support groups

This list shows all of the Alzheimer's Association support groups: http://www.alzmass.org/Support_Groups/pdf/ShowAllGroupTypes.pdf

To learn more about any of these programs and also education and social programs run by the Alzheimer's Association, contact Bonnie Bigalke, the early stage Early Stage Program Coordinator at the Alzheimer's Association: [617-393-2090](tel:617-393-2090) or brbigalke@alz.org.

Alzheimer's Association's 24/7 Helpline: [1-800-272-3900](tel:1-800-272-3900). This phone is staffed day and night, and can be accessed from anywhere in the U.S.

Social programs

1. Memory Cafés: www.jfcsboston.org/MemoryCafeDirectory .
2. Museum tours and “Meet Me at the Coolidge” movie program: www.imstillhere.org
3. MFA “Second Saturdays” museum tours: <http://www.mfa.org/visit/accessibility> Look under “Access to Art.”
4. There is also a seasonal walking club based in Brookline that has its final meeting for the autumn on October 16.

Online resources

I highly recommend the blog “Alzheimer's Reading Room” as a way of learning more from the experience of experts and other family members: <http://www.alzheimersreadingroom.com/> By clicking “get solutions to problems” at the top, you can search for specific topics. For example, you could type in “giving up driving” and see what you get. Sometimes it is just helpful to read others' experiences.

Another good one is Alz Connected, a service of the Alzheimer's Association: <https://www.alzconnected.org/>

These are online message boards for people living with dementia, and for care partners. Some people find these to be a practical way to exchange ideas and get support – 24/7!

www.MedlinePlus.gov - MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends. Produced by the National Library of Medicine, the world's largest medical library, it brings you information about diseases, conditions, and wellness issues in language you can understand. MedlinePlus offers reliable, up-to-date health information, anytime, anywhere, and for free.

You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.