

Resource Guide

Jan's Story ~ CBS News Website ~ June 20, 2010

“Jan’s Story” is a tapestry of life lessons for everyone, whether Alzheimer’s disease has touched their life or not. One lesson author Barry Petersen communicated throughout his story is the importance of asking for help instead of trying to navigate the journey alone. If you or someone you know is seeking more information about Alzheimer’s disease – or might need resources and support – the [Alzheimer’s Association](#) is here to help.

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.” We accomplish this mission in several ways:

Information and Referral - The Alzheimer's Association 24/7 Helpline provides reliable information and support to all those who need assistance. Call toll-free anytime day or night at **1.800.272.3900 (TDD: 1.866.403.3073)**. Our knowledgeable staff can help you:

- Understand memory loss, dementia and Alzheimer's
- Learn about medications and other treatment options
- Access general information about aging and brain health
- Gain skills to provide quality care and to find the best care from professionals
- Be aware of important legal, financial and living-arrangement decisions

Our 24/7 Helpline also features confidential care consultation provided by master's level clinicians who can help with decision-making support, crisis assistance and education on issues families face every day.

Support Groups - Peer or professionally-led groups for people living with Alzheimer’s, caregivers and others dealing with the disease are available across the country. All support groups are facilitated by trained individuals. Many locations offer specialized groups for individuals with younger-onset and early-stage Alzheimer's, adult caregivers and others with specific needs. To learn about support groups in your community, [find the Alzheimer's Association Chapter nearest you](#).

Online Community - The Alzheimer's Association message boards and chat rooms have more than 9,000 registered members from around the United States, and many more people who simply browse the stories and information that is offered 24 hours a day.

Educational Programs – Alzheimer’s Association Chapters across the country maintain a variety of educational materials (brochures, videos, audiotapes, and books) on topics related to Alzheimer’s disease and related disorders such as basic information about the disease, getting a diagnosis, communication techniques, choosing a residential care setting, and caregiving experiences. Educational programs address interests of the general public, individuals with the disease and their families. Workshops also are available for

health care and social services professionals. To learn about educational opportunities in your community, [find the Alzheimer's Association office nearest you](#).

[Virtual Library](#) – The Alzheimer's Association Green-Field Library is the nation's largest library and resource center devoted to increasing knowledge about Alzheimer's disease and related dementias. Our virtual [library](#) provides access to our online catalog as well as extensive resource lists, databases, Association publications, and information about how to borrow specific items.

[Safety Center](#) – Alzheimer's disease can cause a number of changes in the brain and body that affect reasoning and safety. Our Safety Center offers information about safety-related issues and provides access to two resources designed specifically to address wandering: Medic Alert + Alzheimer's Association Safe Return and Comfort Zone.

In addition to offering a comprehensive array of services, the Alzheimer's Association is a leader in advancing Alzheimer's research by hosting the annual [International Conference on Alzheimer's Disease \(ICAD\)](#) and administering a peer-reviewed [research grants program](#). Since 1982, the Alzheimer's Association has awarded more than \$265 million to scientists investigating the causes, treatment and prevention of Alzheimer's disease. Through these initiatives, the Alzheimer's Association aggressively works to actualize its vision of a world without Alzheimer's disease.