

Dementia Care Resources for Caregivers

Taking care of a family member or friend living with dementia can be overwhelming. *You are not alone.* Along with your medical team, there are many resources available to you for support throughout the course of the disease. See the resources below for online education about dementia, and information about support groups, respite care, and more.

Online Caregiver Education

- Visit **Alzheimer's Association** for caregiver support groups, online community message boards to connect with other caregivers, and access to local resources.
alz.org/help-support/caregiving
- **Alzheimer's Association** also offers information for caregivers about the stages of dementia and how to respond to behavioral symptoms of dementia, such as aggression or repetition.
alz.org/help-support/caregiving/stages-behaviors
- The **National Institute of Aging** offers support, including how to respond to behavioral symptoms of dementia, legal and financial planning information, tips for home safety, and resources for caregiver stress relief and self-care.
nia.nih.gov/health/alzheimers/caregiving
- The **UCLA Alzheimer's and Dementia Care Program** offers videos to help understand how to care for people living with dementia. Topics include home safety, responding to aggressive language, depression and apathy, repetitive behaviors, sleep disturbances, and wandering.
uclahealth.org/dementia/caregiver-education
- Find resources specific to different types of dementia from the **Family Caregiver Alliance**.
caregiver.org/caregiver-resources/health-conditions
- No matter your location, **Alzheimer's of Greater Los Angeles** offers a series of tip sheets for caregivers in both English and Spanish on a variety of topics, including medications, toileting, and behavioral symptoms of dementia.
alzgl.org/professionals/caregiver-tip-sheets
- The **AARP's Home Alone Alliance** offers educational videos and tip sheets in English and Spanish on wound care, mobility, and managing medications.
aarp.org/ppi/initiatives/home-alone-alliance.html

You are not alone. Call Alzheimer's Association 24/7 Helpline for around-the-clock support for all types of dementia. 800-272-3900

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Finding Local Resources

- Use [Alzheimer's Association's Community Resource Finder](#) to identify local organizations that offer support groups, training, respite care, and other forms of support for caregivers.
communityresourcefinder.org
- Use the 'Family Care Navigator' from the [Family Caregiver Alliance](#) to identify local support resources.
caregiver.org/family-care-navigator
- Visit the [National Area on Aging](#) website to look up your local agency for a variety of resources, including long-term support services and food assistance.
n4a.org
- The [National Respite Network](#) resource locator can help you find local respite care, a service that provides temporary breaks for caregivers.
archrespite.org/respitelocator
- The [National Adult Day Services Association](#) assists caregivers in locating local adult day services.
nadsa.org/consumers/choosing-a-center

Connecting with Other Caregivers

- [Alzheimer's Association](#) offers online support communities and a search tool to find in-person support groups.
alz.org/help-support/community
- [Access Smart Patients](#), a website consisting of free, online discussion forums for patients and caregivers. Divided into different communities based on diagnosis, Smart Patients offers discussion threads specific to disease, including Alzheimer's Disease, Lewy Body Dementia, and more (including general forums for caregivers).
smartpatients.com

Support for Specific Interest Groups

- [Daughterhood Circles](#) are small communities of women who gather for support and community while caring for elderly parents.
daughterhood.org/circles
- The [Department of Veterans Affairs Caregiver Support](#) program offers veterans and their caregivers training, support groups, tip sheets, and other resources. Visit the website, or call the caregiver support line at 855-260-3274.
caregiver.va.gov
- [Smart Patients](#) offers LGBT caregivers a free, online support community. Search for the LGBT sub-thread on the website.
smartpatients.com/communities