

## Online Caregiver Resources

### Help and Support for Caregivers

Caring for a person living with Alzheimer's or another dementia often involves a team of people. Whether you provide daily care, participate in financial, legal or care-related decision-making, or simply care about a person living with the disease — there's much to do and plenty to know. The Alzheimer's Association® offers a variety of resources and support at [alz.org/care](https://www.alz.org/care).

### Find reliable information on:

- Caregiving in the early, middle and late stages of Alzheimer's disease
- Behaviors
- Daily care
- Caregiving skills and training
- Respite care
- Care options and coordination
- Costs you may face
- Legal documents
- Safety
- Working with doctors

## Alzheimer's Association Tools and Resources

### ALZConnected®

#### [alzconnected.org](https://www.alzconnected.org)

Our free online community designed for people living with dementia and those who care for them. Members can post questions about dementia-related issues, offer support, and create public and private groups around specific topics.

### Live Well Online Resources

#### [alz.org/livewell](https://www.alz.org/livewell)

Free interactive tools that help users navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provide personalized steps for living well with the disease.

### ALZNavigator™

#### [alz.org/navigator](https://www.alz.org/navigator)

This interactive online tool creates customized action plans for facing dementia and provides resources on a variety of topics — from understanding the disease to finding local programs and services.

**Alzheimer's Association & AARP Community Resource Finder**

**alz.org/crf**

A database of dementia and aging-related resources powered by Healthlink Dimensions, LLC, including local programs and services.

TS-0054 | Updated July 2024