

## Online Resources

### Free Online Information, Tools and Support

The Alzheimer's Association® is committed to helping individuals living with dementia and their caregivers by providing access to reliable information and helpful tools.

#### **ALZConnected®**

##### **alz.org/alzconnected**

ALZConnected® is a 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 discussion groups around specific topics.

#### **ALZNavigator™**

##### **alz.org/alznavigator**

ALZNavigator™ is an interactive online tool for individuals living with dementia, caregivers and even people who are just starting to notice memory changes. It provides resources on a variety of topics — from understanding the disease to finding local programs and services — and helps individuals create a custom action plan to print or share digitally.

#### **Alzheimer's Association and AARP Community Resource Finder**

##### **alz.org/CRF**

The Alzheimer's Association & AARP Community Resource Finder is a database of dementia and aging-related resources powered by Healthlink Dimensions®. This online tool makes it easy for individuals and families who are facing health issues, including Alzheimer's and other dementias, to find programs and services. In addition to the robust offerings of the Alzheimer's Association and AARP, users can easily access a wide range of resources, such as housing, home care, legal services and much more.

#### **Education programs and dementia care resources available 24/7.**

##### **alz.org/education**

Alzheimer's and dementia don't come with an instruction manual, but there are resources available to help. The Alzheimer's Association offers free education programs on what to expect and how to prepare for the future:

- *Healthy Living for Your Brain and Body*
- *10 Warning Signs of Alzheimer's*

- *Understanding Alzheimer's and Dementia*
- *Living with Alzheimer's: For People with Alzheimer's*
- *Living with Alzheimer's: For Caregivers (Early, Middle and Late Stage)*
- *Effective Communication Strategies*
- *Understanding and Responding to Dementia-Related Behavior*
- *Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning*
- *Managing Money: A Caregiver's Guide to Finances*

## **Alzheimer's Association TrialMatch®**

**[alz.org/trialmatch](https://alz.org/trialmatch)**

Alzheimer's Association TrialMatch® is a free, easy-to-use clinical studies matching service that connects people living with dementia, caregivers and healthy volunteers with groundbreaking research. Confidentially search hundreds of drug and non-drug dementia studies being conducted across the country and online.

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