

# Support Networks



From Livestream Managing Alzheimer's & Dementia Health Concerns: Practical Solutions for Caregivers

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## ● Alzheimer's Association

Offers local, in-person support groups  
Phone: 800-272-3900

Web: <https://www.alz.org/help-support/community/support-groups>

## ● Alzheimer's Foundation of America

Offers a toll-free helpline, support groups, and educational materials.  
Phone: 866-232-8484

<https://alzfdn.org/caregiving-resources/alzheimers-and-dementia-support-groups/>

## ● Memory People (Facebook Group)

A large, active Facebook community for caregivers and individuals affected by dementia.

Web: <https://www.facebook.com/groups/180666768616259>

## ● AlzConnected (online community)

Web: <https://alzconnected.org/>

## ● Local Hospitals & Senior Centers

# Useful Tools and Technologies



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- Monitoring devices
- Medication reminders
- Apps for tracking health changes
- Exercise programs - YMCA, local fitness center
- Virtual exercise programs
  - Senior shape fitness on YouTube:  
<https://youtube.com/@seniorshapefitness?feature=shared>
  - Silver sneakers virtual exercise programs:  
<https://tools.silversneakers.com/Search/OnlineClasses>
- Health monitoring devices:
  - <https://www.safewise.com/blog/top-safety-wearable-products-for-seniors/>