

# HELP AND SUPPORT FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

## **Concerned about Alzheimer's or dementia? Now what?**

Living with memory loss is a journey that can last for many years. Your path will have twists and turns as each person with Alzheimer's disease and related dementias may progress differently. Persons living with dementia and their caregivers often need information, support, and guidance along the way.

## **In Connecticut, getting help begins with a phone call:**

Call your local **Area Agency on Aging (AAA)** at **1-800-994-9422**. AAA is a trusted source of information and assistance, where older adults can turn to find specialized information, support, and service options in their area: respite programs, in-home care, Medicare counseling, healthy aging programs, and more.

## **You can also call the Alzheimer's Association at 1-800-272-3900.**

The Association has a **24/7** helpline that provides expert advice, care consultation, and referrals at both national and local levels.

They also offer assistance with trainings, support groups, prevention, diagnosis, and treatment. **[www.alz.org/ct](http://www.alz.org/ct)**



# CONNECTICUT'S ROAD MAP FOR ALZHEIMER'S DISEASE AND RELATED DEMENTIAS



## Get a diagnosis

Dementia is not a normal part of aging. A diagnosis can help you manage next steps.



## Get treatment options

There are medical and non-medical ways to manage the condition.



## Address safety

Address driving, home safety issues, and wandering.



## Make a plan

Get help with legal/financial planning.



## Get connected

Access support groups, senior centers, and healthy living programs.



## Learn more

Get educated about Alzheimer's disease and related dementias.



## Learn about care options

Understand how care needs may change over time.



## Call

Area Agencies on Aging  
**1-800-994-9422**

Alzheimer's Association  
**1-800-272-3900**

Scan this QR code  
to learn more

