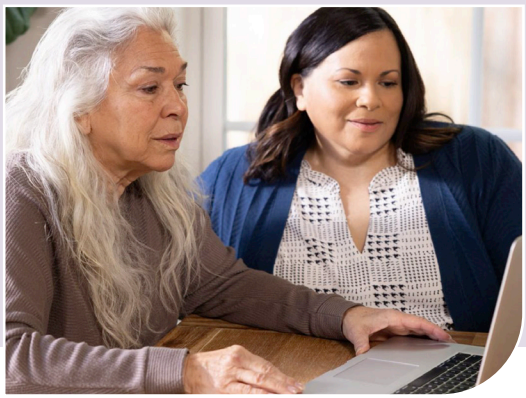
ALZHEIMER'S ASSOCIATION®

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.



My ALZ Journey

ALZHEIMER'S ASSOCIATION®

SUPPORT FOR THE ROAD AHEAD.
alz.org/myalzjourney

My ALZ Journey™ is a free mobile app for people newly diagnosed with Alzheimer's, another dementia or mild cognitive impairment, and for those who care for them. It provides reliable information, practical tools and personalized guidance to help individuals take the next steps with confidence.

The app offers tailored checklists, trusted education and planning resources to make early-stage decision-making easier — from understanding a diagnosis to connecting with local programs and services.

Available on Google Play and the Apple App Store.

ALZCONNECTED®

ALZHEIMER'S ASSOCIATION®

YOU ARE NOT ALONE.
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™

ALZHEIMER'S ASSOCIATION®

PLAN FOR THE ROAD AHEAD.
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.

DISCOVER LOCAL DEMENTIA-RELATED RESOURCES WITH COMMUNITY RESOURCE FINDER.
alz.org/CRF

The Alzheimer's Association Community Resource Finder is a database of dementia and aging-related resources powered by Healthlink Dimensions®. This online tool, sponsored by AARP, 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.

ALZHEIMER'S ASSOCIATION®

ALZHEIMER'S ASSOCIATION EDUCATION AND TRAINING CENTER

THE ALZHEIMER'S ASSOCIATION EDUCATION AND TRAINING CENTER OFFERS BRAIN HEALTH AND DEMENTIA EDUCATION.
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 with closed captioning (CC) on what to expect and how to prepare for the future:

- 10 Warning Signs of Alzheimer's
  Available in Spanish
- Understanding Alzheimer's and Dementia
  Available in Spanish
- Transitions in Care
- Living with Alzheimer's: For People Living With Alzheimer's Disease, Other Dementias and MCI **(COMING SOON!)**
- Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning
- Managing Money: A Caregiver's Guide to Finances
  Available in Spanish
- New Advances in Alzheimer's Treatment **(COMING SOON!)**
- The Empowered Caregiver

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trialmatch®
ALZHEIMER'S ASSOCIATION®

DON'T JUST HOPE FOR A CURE. HELP US FIND ONE.
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.

800.272.3900 | alz.org

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