



We offer in-person and some virtual options for our programming. All registration can be done by calling and speaking to a staff person at our 24/7 Helpline: (800)272-3900

The Alzheimer's Association, San Antonio and South Texas Chapter, serves 43 counties in central and south Texas.

Support:

- **24/7 Helpline at 1-800-272-3900:** Staffed by highly trained professionals who can assist with a variety of issues, including treatments and clinical trials, care strategies, and legal, financial and housing decisions. Information and referrals are made for local support and multiple language translations are available.
- **ALZConnected:** Online social networking community for anyone impacted by Alzheimer's disease. It provides a safe place for people to connect with others in similar situations 24 hours a day, 365 days a year. www.alzconnected.org
- **Alzheimer's Navigator™** Online assessment program provided personalized to help caregivers and people with dementia evaluate their needs, execute action steps and connect with local programs and services. www.alzheimersnavigator.org
- **TrialMatch** Free service that makes it easy for people with Alzheimer's, caregivers, families and physicians to locate clinical trials based on personal criteria (diagnosis, stage of disease) and location. Through clinical trials, researchers test new ways to detect, treat and prevent Alzheimer's disease and other related dementias. www.alz.org/trialmatch
- **Resource/Referral Lists** include listings of various types of providers. Call our office or visit www.communityresourcefinder.org
- **Caregiver Center** includes information and tools on an easy to navigate site www.alz.org/care

Safety Services:

- **MedicAlert with 24/7 Wandering Support** is a 24-hour nationwide emergency response service for individuals with Alzheimer's that wander or who have a medical emergency. www.medicalert.com
- **Dementia & Driving Resource Center** tips and strategies for this topic www.alz.org/driving

Advocacy:

- Join us in our efforts to raise concern and awareness among our elected officials to support our legislative issues and cause www.alz.org/advocacy

Educational Presentations:

Educational programs to inform and assist those going through this disease. Programs are offered on a regular basis throughout the community and by request. Current offerings include (some available in Spanish):

- Awareness Presentations
- Alzheimer's disease: Know the 10 Signs
- Understanding Alzheimer's and Dementia (The Basics)
- Healthy Living for Your Brain and Body
- Effective Communication Techniques
- Understanding and Responding to Dementia Related Behavior
- Managing Money: A Caregiver's Guide to Finances
- New Advances in Alzheimer's Treatments
- Available online at <http://training.alz.org>

Support Groups:

Support group sessions are a valuable therapeutic intervention for assisting persons with Alzheimer's disease and their families to overcome feelings of isolation, depression and despair. They are confidential and coordinated by trained Facilitators. To find the group closest to you: www.communityresourcefinder.org. We offer support groups for individuals with dementia in early stages (caregivers meet separately).

Community Outreach Activities and Fundraising:

Our vision is a world without Alzheimer's; to achieve this vision we must raise public awareness and create a more accurate understanding of the disease, its symptoms, and early warning signs. We accomplish this through a wide range of activities that include:

- Health fair presentations
- Educational conferences, including presentations for clubs, lunch-n-learns, etc.
- Media outreach including radio talk shows, television and print media
- **Walk to End Alzheimer's**, our largest signature nationwide event to raise awareness and funds held each fall. To find your walk, go to www.alz.org/walk
- **The Longest Day**, June 21st, is the day with the most light- the summer solstice. The day with the most light is the day we fight. Stand up to darkness and select your activity at www.alz.org/thelongestday
- **Interested in Volunteering:** www.volunteer.alz.org