

Accessing Local Resources

Most communities have a variety of resources available to help individuals and families living with Alzheimer's gain access to support, services, and education. What you need and what's available near you may vary, so it helps to do some preparation first.

You Can Take Action

To access the support and access the resources in your community most suited to your needs, try these tips: ^{1,2,3,4}

Know your needs. Before searching for resources, take some time to think about what kind of support you need. Do you need help with care? Emotional support? A better understanding of the disease? Once you understand your needs, you'll have a better idea of what to look for and focus your search.

Prepare questions. Once you've found a few organizations that might meet your needs, come up with a list of questions about their resources. What do they offer? Who is eligible? How is it accessible? Is there a wait? Are there any costs? These questions will help you get all the information you need and make sure the resource will meet your needs.

Find local resources that fit your needs. A few places to start your search include the [Community Resource Finder](#) from AARP and the Alzheimer's Association (also available at 1-800-272-3900), the [Eldercare Locator](#) from the U.S. Administration on Aging (also available at 1-800-677-1116), and this [list of resources](#) from Dementia Friendly America.

Contact local organizations. Once you've found the right potential resources in your

community, email or give them a call. Ask them your list of questions and take notes about the resources they offer. If it sounds like they provide what you need, ask them how you can get started and next steps.

Stay patient and be positive. It may take a little time before you find organizations that are available and have the right resources for you and your family. Just keep looking, stay positive and be confident you'll find the help that you need.

Adjust resources as your needs change. Over time, you may need more support as the symptoms of Alzheimer's progress. That's why it's important to continue looking for new resources, or ask organizations that you're working whether there are more available options.

1. https://www.alz.org/local_resources/find_your_local_chapter
2. <https://www.dfamerica.org/resources>
3. <https://eldercare.acl.gov/Public/Index.aspx>
4. https://www.communityresourcefinder.org/?_ga=2.40900134.549699962.1607034317-1482933335.1605294798