

## Help For Coping With Alzheimer's Disease

By Judith S. Parnes, L.C.S.W., C.M.C

November 5th is New Jersey's Alzheimer's Disease Awareness Day. Today, more than 4.5 million Americans live with this disease, and by 2050 it is estimated that this number will jump to 16 million. Chances are that a family member or someone you know already has been diagnosed with this disease. The good news is that there are many services available to provide guidance, support and care. The websites listed below may be of assistance:

### **24/7 Helpline:**

### **[Alz.org](http://Alz.org) or [We\\_Can\\_help\\_24\\_7\\_helpline.asp](http://We_Can_help_24_7_helpline.asp)**

1-800-272-3900

One of many services of the Alzheimer's Association, the 24/7 helpline offers round-the-clock information and support from clinicians on everything from medication and other treatment options to legal, financial and living arrangement decisions.

### **Eldercare Locator**

**[Eldercare.gov](http://Eldercare.gov)**

1-800-677-1116

A public service of the U.S. Administration on Aging, the Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. The services link those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

## **Family Caregiver Alliance**

**[Caregivers.org](http://Caregivers.org)**

1-800-445-8106

The Family Caregiver Alliance offers support for those providing long-term care for love ones with "Alzheimer's disease, stroke, traumatic brain injuries and other debilitating disorders.

### **National Association of Professional Geriatric Care Managers Inc.**

**[Caremanager.org](http://Caremanager.org)**

1-520-881-8008

This nonprofit association of professional geriatric care managers who specialize in issues related to aging and elder care- works privately with older adults and their families to create a plan of care that meets their needs. Among services, the association's website features a geriatric care manager locator.

*Judith S. Parnes, L.C.S.W., C.M.C., Gerontologist And Elder Care Consultant is Executive Director Of Elder Life Management, Inc., Ocean, NJ. They provide quality elder care planning and management services to older adults and their families. Please visit [www.elderlifemanagement.org](http://www.elderlifemanagement.org) or call (732) 493-8080 for more information.*