

# Alzheimer's Resources



## Resources for Support:

- Alzheimer's Association
  - information, education, support and advocacy; 24 hour hotline - 800.272.3900
- Jewish Family and Career Services (JFCS) - caregiver support (770) 677-9300
- Georgia Psychological Association - find a psychologist [www.gapsychology.org](http://www.gapsychology.org)

## Resources for Healthy Lifestyle:

- YMCA
- Fit-On app - [fitonapp.com](http://fitonapp.com)
- [AARP.org](http://AARP.org)
- [SeniorPlanet.org](http://SeniorPlanet.org)
- [Fragrantheart.com](http://Fragrantheart.com)
- Mediterranean Diet
- DASH
- MIND
- *Sacred Pampering Principles for African-American Women*, by Debrena Jackson Gandy
- *Keep Sharp: Build a Better Brain at Any Age*, by Sanjay Gupta, MD

## Resources for Education About Memory Loss:

NIA Alzheimer's and related Dementias Education and Referral (ADEAR) Center  
800-438-4380  
[adear@nia.nih.gov](mailto:adear@nia.nih.gov)

The NIA ADEAR Center offers information and free print publications about Alzheimer's and related dementias for families, caregivers, and health professionals. ADEAR Center staff answer telephone, email, and written requests and make referrals to local and national resources.



**Alzheimers.gov** - Explore the Alzheimers.gov portal for information and resources on Alzheimer's and related dementias from across the federal government.

