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with CATHY BREITENBUCHER

MY TWO
ELAINES

*Learning, Coping,
and Surviving as an
Alzheimer's Caregiver*

A PDF COMPANION TO THE AUDIOBOOK

My Two Elaines

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Resources

Alzheimer's Association

National 24-7 Helpline: 1-800-272-3900

<https://www.alz.org>

You also can follow the association on Facebook and YouTube (@actionalz), Twitter and Instagram (@alzassociation), and LinkedIn.

Other resources may be available in your area, sponsored by the county, state, or federal government. Services they provide may include:

- information about options for long-term care
- elder abuse and crisis intervention
- information about public and private benefits
- community-based services
- home-delivered meals
- caregiver respite
- transportation

Look for organizations with names such as:

- Aging and Disability Resource Center
- Aging Resource Center
- Area Agency on Aging
- County Department on Aging

You can research nursing homes in your area at <https://www.medicare.gov/care-compare>. Facilities are given one to five stars as an overall rating, as well as for health inspections, staffing levels, and how well the facility cares for its residents' needs.

Information about adult day care can be found at <https://www.communityresourcefinder.org> under Community Services. You also can learn more through the National Adult Day Services Association (<https://www.nadsa.org>).