

# Vascular Dementia/ Stroke

- ◆ **1.800.STROKES OR  
1.800.787.6537  
Helpline**— Information and local resources.
- ◆ **Caregiver Support Groups**— Monthly face-to-face meetings contact 303.730.8800 or [portal.stroke.org/a\\_support\\_groupsearch\\_new](http://portal.stroke.org/a_support_groupsearch_new)
- ◆ **Online Caregiver Support Group**— <http://www.stroke.org/we-can-help/caregivers-and-family/careliving-community>
- ◆ **Information**— <http://www.stroke.colorado.org/>

## Easy Communication Tips

**S**low Down  
**M**inimize Choices  
**I**nstill Calm  
**L**ook and Listen  
**E**ngage

PROOF



[dementiafriendlydenver.org](http://dementiafriendlydenver.org)

# Dementia Caregiver Resource Guide



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## Alzheimer's Disease

- ◆ **1.800.272.3900**  
**24/7 Alzheimer's Association Helpline**—Confidential support and referral to resources. Available in 200 languages.
- ◆ **Caregiver Support Groups** — Over 30 monthly support groups including men's group, LGBT group, online, grief and loss, younger-onset, and more. [Alz.org/co](http://Alz.org/co)
- ◆ **Education and Training** — Community workshops for caregivers. [Alz.org/co](http://Alz.org/co)
- ◆ **Care Consultation** — Master's level clinicians assist with decision-making support, crisis assistance, and creating an action plan. No charge to families. 800.272.3900

## Frontotemporal Dementia

- ◆ **1.866.507.7722**  
**Helpline**—Caregivers can leave a message.
- ◆ **Caregiver Support Groups** — Support groups meet monthly. Face-to-face contact [alz.org/co](http://alz.org/co) or 800.272.3900. Telephone contact 866.507.7222
- ◆ **Informal Caregiver Connections--** Connect one-on-one with FTD caregivers in your area. 866.507.7722
- ◆ **Information** — Website shares FTD information, managing daily life, and research. [theaftd.org](http://theaftd.org)

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## Parkinson's

- ◆ **303.861.1810**  
**Helpline**—Answered by a licensed clinical social worker. Follow-ups may include free in-home visits.
- ◆ **Caregiver Support Groups**— Monthly groups meet throughout metro Denver. Contact: [parkinsonrockies.org](http://parkinsonrockies.org)
- ◆ **Information**— [parkinsonrockies.org](http://parkinsonrockies.org)

## Lewy Body Dementia

- ◆ **1.800.539.9767**  
**LBDA Caregiver Link**—Information and local resources.
- ◆ **Lewy Buddies**—Experienced LBD caregivers can answer questions and give support. 800.529.9767
- ◆ **Caregiver Support Group** — Monthly face-to-face meetings contact [alz.org/co](http://alz.org/co). Online support group contact [lbda.org](http://lbda.org).
- ◆ **Information** — Website shares LBD information, managing daily life, and research. [lbda.org](http://lbda.org)



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