

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
- ◆ **Education and Training** — Community workshops for caregivers. 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 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. theftd.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
 - ◆ **Information**— 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. Online support group contact lbda.org.
- ◆ **Information** — Website shares LBD information, managing daily life, and research. lbda.org



dementiafriendlydenver.org

Vascular Demential/ 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
- ◆ **Online Caregiver Support Group**— <http://www.stroke.org/we-can-help/caregivers-and-family/careliving-community>
- ◆ **Information**— <http://www.stroke.colorado.org/>

Colorado Respite Coalition

- ◆ **303-233-1666**
- ◆ www.coloradospitecoalition.org

Easy Communication Tips

Slow Down
Minimize Choices
Instill Calm
Look and Listen
Engage



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Dementia Caregiver Resource Guide



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