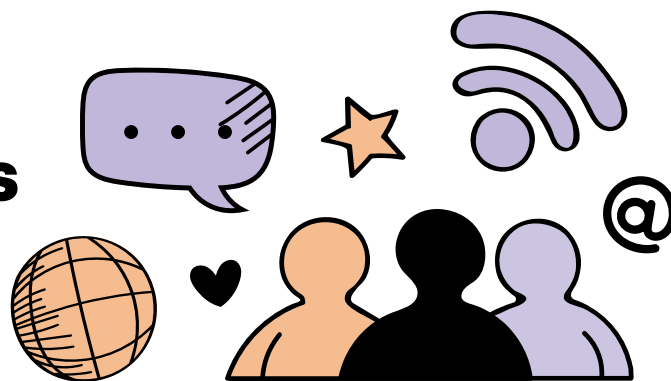




Free Virtual Programs & Services Available



Care Counseling

Care Counseling services offer one-to-one support to those who are caring for someone with dementia. Whether you're at home with your loved one, or they live elsewhere, our counselors will help you through this challenging time. We provide education, resources, counseling, coping techniques, and ideas for self-care, as well as ongoing support and care planning. Counseling is available online or by phone.

ALZ Direct Connect®

Alzheimer's Los Angeles is accepting ALZ Direct Connect® referrals from healthcare professionals and aging service providers. ALZ Direct Connect is a warm hand-off referral made by professionals on behalf of a patient in the early stages of dementia or a family caregiver. An Alzheimer's Los Angeles social worker reaches out to the family based on the needs specified in the referral and provides complimentary disease education and support. ALZ Direct Connect referrals always include feedback to the referring professional after contact has been made with the family.

Make an ALZ Direct Connect referral:

AlzheimersLA.org/wp-content/uploads/2019/08/ALZDirectConnect_ReferralForm_0819_TypeFriendly.pdf

Virtual Support Groups

- Mondays, 11AM–12PM: Caregiver Group
- Tuesdays, 6:30–7:30PM: Bereavement Group
- Wednesdays, 3–4PM: Spanish Speaking Group
- Wednesdays, 7–8PM: Caregiver Group
- Thursdays, 11AM–12PM: Caregiver Group
- Fridays, 2–3PM: Group for Caregivers of people living in a residential facility

To access any of our services:

Call our helpline **844.HELP.ALZ (844.435.7259)** or visit our website **AlzheimersLA.org**