

The social distancing guidelines in place across Missouri and Illinois have resulted in even more challenging caregiving situations. The Alzheimer's Association Greater Missouri Chapter is here to help. Below is information about our ongoing support mechanisms – 24/7 Helpline and virtual and phone-based care consultations and support groups – as well as our enhanced online resources and education programs. Go to alz.org/mohelp for additional details.

COVID-19 Tips for Caregivers: COVID-19 presents new challenges for caregivers and persons living with the disease. [Click here to view our tips for dementia caregivers.](#)



Alzheimer's Association 24/7 Helpline (800.272.3900): The Helpline is answered day or night by trained dementia specialists. Through our Helpline, we can offer support, information, referrals, or care consultations to our constituents in more than 200 different languages.

Virtual Education Classes: To maintain the health and safety of our constituents, volunteers and staff, our education programs and services are being conducted online or by phone when possible. To register for one of our upcoming education classes please call 800.272.3900 or visit alz.org/mohelp.

Care Consultations: Care consultations are available by phone and provide families with a comprehensive needs assessment, individualized action plan to address current and future needs, and connections to critical chapter services and community resources. To schedule an appointment, call 314.801.0414.



Support Groups: The Alzheimer's Association has a network of more than 80 caregiver or early-stage support groups statewide. This network is a lifeline and source of support and education for many. Alzheimer's Association support groups use a unique, confidential conference call line specifically assigned to their group. To find a support group to join, please call our 24/7 Helpline at 800.272.3900 or visit [Community Resource Finder](#).

ALZConnected: This online support group is available 24/7 at alzconnected.org.



Community Resource Finder: A comprehensive database to help caregivers easily locate dementia resources, program and services in their area. Visit communityresourcefinder.org for more information.

Virtual Education Classes - April 2020



Healthy Living for your Brain and Body
Wednesday, April 8 | 10am - 11am
[Click here to register](#)

10 Warning Signs of Alzheimer's
Thursday, April 16 | 10am - 11am
[Click here to register](#)

Living with Alzheimer's for Middle Stage Caregivers
Tuesday, April 14, 21, 28 | 12pm - 2pm
[Click here to register](#)

Effective Communication Strategies
Wednesday, April 22 | 6pm - 7pm
[Click here to register](#)

Understanding Alzheimer's and Dementia
Wednesday, April 15 | 10am - 11am
[Click here to register](#)

Understanding and Responding to Dementia-Related Behavior
Wednesday, April 29 | 6pm - 7pm
[Click here to register](#)