

Ajen kay mey awadim nak tǽjrǽw-t torhǽnna tan Azzaymur mey ǽyyat n ǽfnos n ta-ǽte?

Alzheimer's Association ehǽk tǽdhǽlt d ǽlfǽyda tǽn ǽ ǽddinat tǽjrǽw torhǽnnǽ tǽn Ǻzzaymur d ǽlyǽbǽn ǽyyǽd.

Ǻlle esǽssǽr ǽǽal fuk day ǽsseboy ehǽk-ǽn tǽdhǽlt (1-800-272-3900).

Ǻmǽrhǽnnǽn d lǽytor tǽn ǽddoben ǽjrǽw n tǽdhǽlt BǺNNǺN tolǽs ǽmmuqǽsǽn ǽd ǽddenǽt wǽ ǽfhǽmnen tǽmyǽtert nasan. Tǽlle tafsǽr n batǽl day ǽddǽkod n 200 n awǽl. Addobed ǽjrǽw n ǽsǽlǽn fǽl torhǽnna ten hǽ, d ǽyǽzǽn day abǽrnǽmǽš tan ,d ǽjrǽw n tǽdhǽlt day nefran tan n ǽššǽreya ,d ǽhǽnan, d ǽsǽfar d tǽlyǽwen ǽsǽsnen.

Tǽqqǽmen n ǽrošǽn d tǽdhǽlt.

- [Training.alz.org](https://www.training.alz.org) ǽla Spaniš, Tangilišt d awǽl tan ǽyyad 24/7.
- I ǽjrǽw n teyǽre day lkyad awadim tolas tǽqqǽmen tǽn tǽdhǽlt tǽkkǽn bren www.communityresourcefinder.org. Darat as tejed asǽyar n addawla, simmuti ǽtǽrtar har 500 n kilometir dǽhen sǽnnufren awǽl wan Spaniš mey awal wa tǽrhed.
- Tǽqqǽmen tǽn tǽdhǽlt tǽmuqǽsnat day vǽdeyo tan fal anternet mey fal talafon tan. Taddobed ujǽš n tǽqqǽmt tan tǽdhǽlt hak tǽjrǽzat day addawla.
- www.alzconnected.org amos tǽqqǽmt n tǽdhǽlt fal anternet s tǽddobed ujǽš net s awǽl wan Spanǽš, Tangǽlest d awǽl tan ǽyyad .
- Sitweb wan Alzheimer's Association: <https://www.alz.org/>. Ehǽk alfǽyda tan ǽjotnen day awǽl wan Spaniš d Tangilist.

A fal tǽrhed tǽdhǽlt n addǽnat fal musnǽt n torhǽnna tan Azzaymur d ǽfnos n ta-ǽte mey ǽjrǽz hak ujǽš bǽtǽl, ǽyǽr esǽssǽr **1-800-272-3900** or join at: [volunteer.alz.org](https://www.volunteer.alz.org).

Nǽja ǽhǽn alkǽd n Alzheimer's Association fal ǽhuk n ǽsǽlǽn ǽjotnen. Tǽddobed ǽjrǽw n tǽdhǽlt day 24 n alwaq , 7 ǽšǽlǽn n ǽsseboy fal esǽssǽr **1-800-272-3900**.

A fal tǽled ǽsǽstǽnan fal ǽssexǽt nak mey tǽrhed tǽmuqqest ǽd lǽytor nak, ǽyǽr esǽssǽr n bǽro nanay fal

Do you or a loved one have Alzheimer's disease or other dementia?

The Alzheimer's Association gives support and resources to people facing Alzheimer's disease and other dementias.

A 24/7 helpline (1-800-272-3900) offers support.

Patients and caregivers can get FREE help and meet people who understand the support you need. There is free translation for more than 200 languages. You can learn about the disease, sign up for programs, get help with legal, housing, and care choices and help with crisis care.

Learning and support groups

- Training.alz.org has Spanish, English and other languages 24/7
- To find LIVE education and support groups go to www.communityresourcefinder.org. After your zip code is entered, change the range to 500 miles and choose Spanish or preferred language.
- Support groups are meeting, using on-line computer video or over the phone. You can join any open support group across the country.
- www.alzconnected.org is an on-line support group which you can get in Spanish, English and other languages.
- The Alzheimer's Association website is: <https://www.alz.org/>. It offers many resources in Spanish and English.

If you would like to help others learn more about Alzheimer's and dementia or would like to volunteer, please call **1-800-272-3900** or join at: volunteer.alz.org.

We have included an Alzheimer's Association brochure for more facts. You can get support 24 hours a day, 7 days a week at **1-800-272-3900**.

If you have questions about your health, or would like to meet with your doctor, please call our office at