

## 您或您的亲人是否患有阿尔茨海默症或其他痴呆症？

阿尔茨海默症协会可为受到阿尔茨海默症和其他痴呆症困扰的人士提供支持和资源。

每周 7 天、每天 24 小时全天候帮助热线（1-800-272-3900）可为您提供支持。

患者和看护者可得到免费的帮助，并能够结识理解您所需支持的人士。提供超过 200 种语言的免费翻译服务。您可以了解该疾病，报名参加各种项目，获得法律、住房和护理选择以及急症护理方面的帮助。

### 学习和支持小组

- [Training.alz.org](https://www.training.alz.org) 提供西班牙语、英语和其他语言的每周 7 天、每天 24 小时全天候支持
- 要查找实时教育和支持小组，请转到 [www.communityresourcefinder.org](https://www.communityresourcefinder.org)。输入邮政编码后，请将范围更改为 500 英里，然后选择西班牙语或其它首选语言。
- 支持小组正在通过线上电脑视频或电话举行会议。您可以加入全国各地的任何开放式支持小组。
- [www.alzconnected.org](https://www.alzconnected.org) 是一个线上支持小组，其支持西班牙语、英语和其他语言。
- 阿尔茨海默症协会的网址是：<https://www.alz.org/>。您可以找到很多西班牙语和英语资源。

如果您想帮助他人了解更多有关阿尔茨海默症和痴呆症的信息，或想成为志愿者，请致电 **1-800-272-3900** 或通过以下网址加入：[volunteer.alz.org](https://www.volunteer.alz.org)。

我们已经附上阿尔茨海默症协会的宣传册，以提供更多相关信息。您可以通过致电 **1-800-272-3900** 获得每周 7 天、每天 24 小时的支持。

如果您对自身的健康有疑虑，或想与您的医生会面，请致电 \_\_\_\_\_，联系我们的办公室。

## ***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](http://Training.alz.org) has Spanish, English and other languages 24/7
- To find LIVE education and support groups go to [www.communityresourcefinder.org](http://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](http://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](http://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