

## ***Adiga ama qof aad jeceshahay ma qabaa cudurka Alzheimers ama waallida kale?***

Ururka Alzheimers ayaa taageero iyo agabba siiya dadka wajahaya cudurka Alzheimers iyo waallida kale.

**Khadka caawinta ee 24/7 (1-800-272-3900)** aya bixiyaa taageero.

Bukaanada iyo daryeel-bixiyeyaasha waxay heli karaan gargaar BILAASH ah waxayna la kulmi karaan dadka fahmay taageerada aad u baahan tahay. Waxaa jira tarjumaad bilaash ah oo ah in ka badan 200 oo luqadood. Waxaad wax ka baran kartaa cudurka, iska diiwaan geli barnaamijyada, waxaad ka heli kartaa caawimaad xagga sharciga, guriyeynta, iyo doorashooyinka daryeelka iyo caawinta daryeelka dhibaataada.

### **Kooxaha waxbarashada iyo taageerada**

- [Training.alz.org](https://www.training.alz.org) wuxuu leeyahay Isbaanish, Ingiriis iyo luqadaha kale 24/7
- Si aad u heshoid waxbarasho TOOS ah iyo kooxaha taageerada tag [www.communityresourcefinder.org](https://www.communityresourcefinder.org). Kadib marka zip koodkaaga la geliyo, u beddel inta u dhaxaysa ilaa 500 mayl oo dooro Isbaanish ama luqadda aad door bidayso.
- Kooxaha taageerada ayaa kulmaya, iyagoo isticmaalaya muuqaal kombuyuutar oo onlayn ah ama taleefoon. Waxaad ku biiri kartaa koox kasta oo taageero furan oo dalka oo dhan ah.
- [www.alzconnected.org](https://www.alzconnected.org) waa koox taageero oo onlayn ah oo aad ku heli karto Isbaanishka, Ingiriisiga iyo luqadaha kale.
- Mareegta Ururka Alzheimer waa: <https://www.alz.org/>. Waxay ku bixisaa kheyraad badan oo Isbaanish iyo Ingiriis ah.

Haddii aad jeclaan lahayd inaad ka caawiso dadka kale inay wax badan ka ogaadaan Alzheimers iyo waallida ama aad jeclaan lahayd inaad itabarucaad samayso, fadlan wac **1-800-272-3900** ama kaga biir: [volunteer.alz.org](https://www.volunteer.alz.org).

Waxaan ku darnay buug-yaraha Ururka Alzheimers si loo helo xaqiiqooyin badan. Waxaad taageero ka heli kartaa 24 saacadood maalintii, 7 maalmood todobaadkiiba **1-800-272-3900**.

Haddii aad qabto su'aalo ku saabsan caafimaadkaaga, ama aad jeceshahay inaad la kulanto dhakhtarkaaga, fadlan ka wac xafiiskayaga

## ***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