

## ***Je, wewe au mtu unayempenda ana ugonjwa wa Alzheimer au shida nyingine ya kiakili?***

Chama cha Alzheimer hutoa msaada na rasilimali kwa watu walio na ugonjwa wa Alzheimer na shida zingine za akili.

**Nambari ya usaidizi ya saa 24/7 (1-800-272-3900)** hutoa usaidizi.

Wagonjwa na watunzaji wanaweza kupata usaidizi BILA MALIPO na kukutana na watu wanaoelewa usaidizi unaohitaji. Kuna tafsiri bila malipo kwa zaidi ya lugha 200. Unaweza kujifunza kuhusu ugonjwa huo, ujiandikishe kwa ajili ya programu, upate usaidizi kuhusu chaguo za kisheria, makazi na utunzaji na usaidizi wa kushughulikia matatizo.

### **Vikundi vya kujifunza na usaidizi**

- [Training.alz.org](https://www.training.alz.org) ina Kihispania, Kiingereza na lugha zingine za saa 24/7
- Ili kupata elimu ya MOJA KWA MOJA na vikundi vya kutoa usaidizi, nenda kwa [www.communityresourcefinder.org](https://www.communityresourcefinder.org) Baada ya msimbo wako wa zipu kuingizwa, badilisha umbali hadi maili 500 na uchague Kihispania au lugha unayopendelea.
- Vikundi vya kutoa usaidizi vinakutana, kwa kutumia video ya mtandaoni ya kompyuta au kupitia simu. Unaweza kujiunga na kikundi chochote cha kutoa usaidizi kilicho wazi kote nchini.
- [www.alzconnected.org](https://www.alzconnected.org) ni kikundi cha kutoa usaidizi cha mtandaoni ambacho unaweza kupata kwa Kihispania, Kiingereza na lugha zingine.
- Tovuti ya Chama cha Alzheimer ni: <https://www.alz.org/>. Inatoa rasilimali nyingi kwa lugha ya Kihispania na Kiingereza.

Ikiwa ungependa kusaidia wengine kujifunza zaidi kuhusu Alzheimer na shida za kiakili au kama ungependa kujitolea, tafadhali piga simu kwa **1-800-272-3900** au ujiunge kupitia: [volunteer.alz.org](https://www.volunteer.alz.org).

Tumejumuisha brosha ya Chama cha Alzheimer ili kutoa habari zaidi. Unaweza kupata usaidizi saa 24 kwa siku, siku 7 kwa wiki kwa **1-800-272-3900**.

Ikiwa una maswali kuhusu afya yako, au kama ungependa kukutana na daktari wako, tafadhali piga simu ofisini kwetu kwa kutumia

## ***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