

Caregiver Toolkit

Need help now? Try these resources.

- Speak for free with an Alzheimer's Foundation of America licensed social worker for caregiving tips, referrals to resources across the country or to vent and share your frustrations with someone who understands. Call [1-866-232-8484](tel:1-866-232-8484).
- Find an AFA [Caregiver Support Group](#) you can join on the phone.
- Complete, or encourage your loved one to complete, the UsAgainstAlzheimer's guided telephone or online [brain health questionnaire](#) (available in English and Spanish), and receive information about resources tailored to your needs. Call [1-855-272-4641](tel:1-855-272-4641) for more info.
- Search for [eldercare in your community](#) or call [1-800-677-1116](tel:1-800-677-1116).
- Check out the National Institute on Aging's [Home Safety Checklist](#).

