

alzheimer's  association®

SIDE BY SIDE

SUCCESSFULLY MANAGING DEMENTIA CARE



You don't have to go through this journey alone. Side by Side provides free ongoing support to those caring for a loved one with Alzheimer's or another form of dementia.

As the disease progresses, we'll be by your side to discuss methods of reducing caregiver stress, involving family and friends in support, and decision-making and care planning options.

By developing a lasting relationship with your personal care consultant, you'll receive individualized coaching and resources to successfully manage dementia care through each stage of the disease, working with someone that understands your circumstance.

FREE ONGOING SUPPORT

- Learn about behavioral changes, communication strategies, safety in the home and planning for the future.
- Develop a caregiving action plan with ongoing support and guidance from your care consultant.
- Learn how to find and access local services, and monitor the quality as needs change.

Successfully manage your loved one's dementia care. Contact **234.284.2750** or **geoachl@alz.org** to learn about Side by Side and other local programs.

24/7 Helpline: 800.272.3900 | alz.org/eastohio