

COVID-19: Resources for You

Online at: alzwa.org/covid19resources

Based on guidance from local public health agencies, our staff in Washington State and North Idaho are currently working remotely. During this time, the Alzheimer's Association is available to you 24/7 for around-the-clock care and support:

- **24/7 Helpline:** Through this free service, specialists and masters-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public. You can reach the [24/7 Helpline](https://alzwa.org/covid19resources) at 1.800.272.3900 any time of the day, 365 days a year.
- **Support Groups:** Our support groups are now meeting over the phone. Click [here](#) for a full list of support groups being held virtually during this time.
- **Educational Webinars:** Our community education programs are now online! Register today and learn from the comfort and safety of your own home. Each webinar is held live with time for Q&A. Learn more and register online at: alzwa.org/education
- **Social Media:** Follow the Alzheimer's Association Washington State Chapter on [Facebook](#), [Twitter](#) and [Instagram](#) to stay up-to-date as we release new information and resources locally.

Other resources:

- **Caregiver Tips:** We have tips and information for dementia caregivers about the COVID-19 coronavirus, available on our website at: alz.org/covid19help. Consejos para cuidadores de demencia [en español](#).
- **ALZConnected:** A free online community for everyone affected by Alzheimer's or another dementia including people living with the disease, caregivers, family members, friends and people who have lost someone to the disease.
- **Online Education:** Our free, online caregiver trainings and workshops can help caregivers gain skills and practical advice. Watch the on-demand at your convenience, available 24 hours a day!
- **COVID-19 Vaccine: Answers for Dementia Caregivers and People Living with Alzheimer's** [Learn more about what you can expect once a COVID-19 vaccine becomes available to you.](#)

Around-the-clock care and support
24/7 Helpline 1.800.272.3900