

We provide free, in-person and online care and support to those affected by dementia.

- **Alzheimer's Association® 24/7 Helpline (800.272.3900):** Immediate access to information, local resources, crisis assistance and emotional support.
- **Education:** Online and in-person courses ranging from dementia basics to caregiving strategies. alz.org/education
- **Support groups:** Facilitated peer discussions for caregivers and people living with dementia. alz.org/crf
- **ALZConnected®:** An online community where anyone affected by Alzheimer's or another dementia can connect with others to ask questions, get advice and find support. alz.org/alzconnected
- **ALZNavigator®:** An online tool to assess needs and create action plans. alz.org/alznavigator
- **Community Resource Finder:** A nationwide online listing of Alzheimer's and dementia resources and local Alzheimer's Association chapters. alz.org/crf
- **TrialMatch®:** A service that connects individuals living with Alzheimer's, caregivers and healthy volunteers to clinical trials that may advance Alzheimer's research. alz.org/trialmatch



SUPPORT, GUIDANCE AND CONNECTION FOR NEWLY DIAGNOSED PEOPLE – ALL IN ONE APP



My ALZ Journey
ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is excited to introduce **My ALZ Journey**, an innovative and accessible free tool designed for newly diagnosed, early-stage individuals and their care partners to help navigate their journey with Alzheimer's or other dementias.

Developed for those who already use apps, **My ALZ Journey** provides personalized guidance, education, planning tools, interactive activities and local community resources.

By delivering the right information at the right time, **My ALZ Journey** fosters connection, combats stigma and empowers individuals and their care partners to take action with confidence.

What You Can Expect

- **Made just for you** – Personalized content based on who you are (individual or care partner), your location and age at diagnosis.
- **Step-by-step help** – Guidance for adjusting to the diagnosis, staying independent and planning for the future.
- **Local support** – Connections to your local Alzheimer's Association chapter and nearby programs.
- **Tools and activities** – Planning tools, helpful checklists and creative ways to stay engaged.
- **Based on true stories** – Developed with input from individuals living with dementia and their care partners to reflect real life, not just research.

Get Started in 3 Easy Steps

- 1. Download** – Find My ALZ Journey in the Apple App Store or Google Play Store.
- 2. Customize** – Answer a few questions to tailor the app to your needs.
- 3. Explore** – Access trusted resources, tools and support anytime, anywhere.

ALZHEIMER'S GUIDANCE ANYTIME, ANYWHERE

Download and start your journey today! **My ALZ Journey** is available for free at the Apple App Store and Google Play Store.

Visit alz.org/MyALZJourney for more information.

