

A photograph showing a woman with grey hair looking thoughtful and slightly sad. A caregiver with dark hair is seen from the side, gently holding her shoulder. The background is a bright, out-of-focus indoor setting.

**Caring for someone with
Alzheimer's isn't easy.**

Reaching us is.

If you care for someone with Alzheimer's disease, memory loss or dementia, you are not alone. We're here day or night — whenever you need us — offering reliable information and support.

Free 24/7 Helpline: **800.272.3900**

Alzheimer's and Dementia Caregiver Center: alz.org/care

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