4.3: Websites

**Alzheimer’s Association**

Alzheimer’s Association is a national non-profit with local chapters that advance research to end Alzheimer’s and Dementia while enhancing care for those living with the disease and supporting their families.

Link to articles about the disease:

- Know the 10 signs
- Basics of Alzheimer’s Disease
- Prevention – Maintain your Brain Health

**Family Caregiver Alliance**

Comprehensive resource for families and professionals on family caregiving. Fact sheets on many topics, information about public policy, and evidence-based practices.

**ADEAR - Alzheimer’s Disease Education and Referral Center – National Institutes of Health**

The National Institutes of Health resource on Alzheimer’s disease. Articles and research information for families and professionals. See “Caring for a Person with Alzheimer’s Disease, Your Easy to Use Guide from the National Institute on Aging.”

**National Caregivers Library**

The National Caregivers Library is an extensive resource of article, forms, checklists and topic-specific resources related to aging, chronic disease and caregiving. It includes comprehensive sections caregiving basics, caregiver resources and
Alzheimer’s disease.

Cleveland Clinic

Cleveland Clinic is a non-profit academic center that integrates clinical care with research and education. Though its health education department patients, students and educators can access nearly 5,000 health articles, videos, and tools to help manage your health.

Powerful Tools for Caregivers and the Caregiver Helpbook

An evidence-based group education programs for family caregivers that provides tools and strategies to reduce stress, communicate more effectively with providers and family, manage difficult feelings and make touch caregiving decisions. The Caregiver Helpbook is also available for purchase on this site.