

Caregiver Tip #2

If you are unable to attend support groups or receive caregiver information, please know that you don't have to be alone.

A new service from the University of Florida's AlzOnline.net may help bring caregivers together for support, no matter where you live.

AlzOnline.net, in partnership with the Alzheimer's Association's Central and North Florida Chapter, has recently launched a free, facilitated support group via chat rooms for caregivers of people with Alzheimer's disease or progressive dementia..

AlzOnline.net offers live, interactive classes such a stress management, understanding and dealing with memory loss, and managing difficult care giving tasks. A message board and regular telephone conferences with experts in AD are also available. The free service is open to anyone through the telephone and Internet.

For more information, visit www.AlzOnline.net or call toll-free (866) 260-2466.