Free Virtual Programs & Services Available

Care Counseling
Care Counseling services offer one-to-one support to those who are caring for someone with dementia. Whether you're at home with your loved one, or they live elsewhere, our counselors will help you through this challenging time. We provide education, resources, counseling, coping techniques, and ideas for self-care, as well as ongoing support and care planning. Counseling is available online or by phone.

ALZ Direct Connect®
Alzheimer's Los Angeles is accepting ALZ Direct Connect® referrals from healthcare professionals and aging service providers. ALZ Direct Connect is a warm hand-off referral made by professionals on behalf of a patient in the early stages of dementia or a family caregiver. An Alzheimer's Los Angeles social worker reaches out to the family based on the needs specified in the referral and provides complimentary disease education and support. ALZ Direct Connect referrals always include feedback to the referring professional after contact has been made with the family.

Make an ALZ Direct Connect referral:

Virtual Support Groups
- Mondays, 11AM–12PM: Caregiver Group
- Tuesdays, 6:30–7:30PM: Bereavement Group
- Wednesdays, 3–4PM: Spanish Speaking Group
- Wednesdays, 7–8PM: Caregiver Group
- Thursdays, 11AM–12PM: Caregiver Group
- Fridays, 2–3PM: Group for Caregivers of people living in a residential facility

To access any of our services:
Call our helpline 844.HELP.ALZ (844.435.7259) or visit our website AlzheimersLA.org
FRIDAY, MAY 8, 2020 @ 10AM
Keeping Your Brain Healthy
Did you know that your brain is an organ? Learn what research is showing we can do now to keep our memory strong as we age – including nutritional tips, how to keep active and ways to challenge your brain. This session includes several interactive brain games.

WEDNESDAY, MAY 13, 2020 @ 10AM
Behaviors & Alzheimer’s Disease
A class for family members who are seeing changes in behaviors that are difficult to understand. Using the IDEA! strategy, this program aims to help individuals explore why behaviors happen, their meanings and practical tips to respond.

THURSDAY, MAY 14, 2020 @ 10AM
Alzheimer’s Research Update
Get an update on research findings around the symptoms, detection and causes of dementia and Alzheimer’s disease. Learn about the latest treatments available and what research is currently being conducted to find a cure for this disease. From the Mary S. Easton Center for Alzheimer’s Research at UCLA.

WEDNESDAY, MAY 20, 2020 @ 10AM
Lost Memories: Short film & discussion
(written & directed by Jessica Silvetti)
Follow the Ramirez family in a 4-episode mini-series as they confront the challenges of Alzheimer’s when Grandma Gloria starts showing signs of memory loss. Following each episode, there will be a discussion about the warning signs, the process of getting a diagnosis, disease progression and the challenges that families face before they come together.
WEDNESDAY, MAY 27, 2020 @ 10AM

Communication & Dementia

Beginning with a basic understanding of Alzheimer’s disease and its effect, this program explores communication principles necessary to maintain meaningful connections. Using scenarios, this training offers tips and useful strategies to help with communication issues over the course of the disease.

THURSDAY, MAY 28, 2020 @ 1PM

Alzheimer’s Research Update

Get an update on research findings around the symptoms, detection and causes of dementia and Alzheimer’s disease. Learn about the latest treatments available and what research is currently being conducted to find a cure for this disease. From the Alzheimer’s Research Center at USC.

Presentations in Spanish

MIERCOLES, 13 DE MAYO, 2020 a la 1PM

Problemas con la memoria y el Alzheimer: ¡Platiquemos!

Aprenda sobre la enfermedad de Alzheimer y sus efectos. Conozca las causas de la pérdida de memoria, la demencia entre el envejecimiento normal y los síntomas de demencia, y cómo prepararse cuando visite a su doctor.

MIERCOLES, 20 DE MAYO, 2020 a la 1PM

Recuerdos Perdidos: video y discusión
(escrito y dirigido por Jessica Silvetti)

Siga la familia Ramirez en una miniserie de 4 capítulos mientras enfrentan los desafíos de la enfermedad de Alzheimer cuando la abuela Gloria comienza a mostrarse con señas de pérdida de memoria. Después de cada capítulo, habrá una conversación sobre los síntomas y señales, el proceso de recibir un diagnóstico, las etapas de la enfermedad y el proceso de aceptación que familias enfrentan.

VIERNES, 29 DE MAYO, 2020 a la 10AM

Investigación Actual de la enfermedad de Alzheimer
- Universidad del Sur de California (USC)

Obtenga información actualizada por personal del Centro de Investigación de la Enfermedad de Alzheimer, de la universidad de Sur de California (USC). Aprenda los últimos descubrimientos en torno a los síntomas, causas y tratamientos para la demencia y la enfermedad de Alzheimer, y los esfuerzos para encontrar una cura.
Alzheimer's Los Angeles will be providing talks hosted by Personal Assistance Services Council (PASC). The monthly talks will be available in English and Spanish. Please call 877-466-3931 to listen to the hosted talk. There is no passcode. You may call in 5 minutes prior to the talk.

- May 14, 3–5PM: Making Home Safe for a Person with Alzheimer’s (English)
- May 21, 3–5PM: Making Home Safe for a Person with Alzheimer’s (Spanish)
- June 18, 3–5PM: Communication & Dementia (English)
- June 25, 3–5PM: Communication & Dementia (Spanish)
- July 16, 3–5PM: Behaviors & Alzheimer’s Disease (English)
- July 23, 3–5PM: Behaviors & Alzheimer’s Disease (Spanish)