



Alzheimer's Disease and Dementia Resources

Statewide:

Area Agencies on Aging (AAAs) are local aging programs that provide information and services on a range of assistance for older adults and those who care for them. By contacting your local agency, you get access to critical information including:

- Available services in your area
- Mobility assistance programs, meal plans and housing
- Assistance in gaining access to services
- Individual counseling, support groups and caregiver training
- Respite care
- Supplemental services, on a limited basis.

For more information, go to alabamaageline.gov or call 1-800-AGE-LINE (1-800-243-5463)

Regional:

Alzheimer's of Central Alabama (ACA) serves 21 counties across central Alabama but accepts statewide and nationwide calls for information. Contact ACA if:

- You are noticing memory loss in a loved one which is disrupting his or her normal routine.
- You have a loved one who has been recently diagnosed with dementia or Alzheimer's disease.
- Your loved one has been diagnosed for several years and you need information and guidance.
- You are concerned about a friend or a neighbor.
- You are in need of a break from caregiving.
- You are looking for a support group to attend.
- You want someone to hear your story.

The ACA helpline is available Monday through Friday from 9 a.m. to 4:30 p.m. at 205-871-7970 or toll-free at 1-866-806-7255. More information is available at alzca.org.

Read articles on dementia ministries and caregiving at thealabamabaptist.org.

This list from Alzheimer's of Central Alabama represents local organizations that provide services, education and advocacy for local families. Many of these organizations serve their surrounding counties. For the most recent list, visit alzca.org/how-to-get-help/information-organizations-areas-state/.

Dothan – Alzheimer's Resource Center
PO Box 1170
Dothan, 36302
334-702-2273
wesharethecare.org

Mental Health Association in Morgan County
PO Box 1502
Decatur, 35602
256-353-1160
mhainmc.net

Mobile – Alzheimer's Foundation of the South
PO Box 9693
Mobile, 36691
251-209-6766

Montgomery – Alzheimer's Education, Resources & Services, Inc. (AERS)
334-233-2139
alzheimersers.org

North West Alabama, Florence – Coalition of Alzheimer's and Related Disorders
PO Box 1608 805 Flagg Circle
Florence, 35630
256-740-5431
cardnwa.org

Alabama's National Alzheimer's Association Chapters

Alabama/Florida Panhandle Chapter
2151 Highland Avenue South #210
Birmingham, 35205
205-379-8065

Read articles on dementia ministries and caregiving at thealabamabaptist.org.

North Alabama Chapter
117 A Longwood Drive.SE
Huntsville, 35801
256-880-1575

Alabama Department of Mental Health
DETA – Dementia Education and Training Program
200 University Boulevard
Tuscaloosa, 35401
205-759-0139
1-800-457-5679
alzbrain.org

Websites:

[Alzheimer's Association](#)
[Dementia Society of America](#)

Articles:

["Dementia vs. Alzheimer's Disease: What Is the Difference?"](#)
["World Alzheimer's Day is September 21st"](#)

Books:

Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers, Fifth Edition, Revised and Expanded
by Jolene Brackey

The 36-Hour Day, sixth edition: The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss (A Johns Hopkins Press Health Book)
by Nancy L. Mace and Peter V. Rabins

Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease
by Joanne Koenig Coste

When Reasoning No Longer Works: A Practical Guide for Caregivers Dealing with Dementia & Alzheimer's Care
by Angel Smits

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Dancing with Elephants: Mindfulness Training for Those Living With Dementia, Chronic Illness or an Aging Brain (How to Die Smiling Book 1)
by Jarem Sawatsky

Grace for the Unexpected Journey: A 60-Day Devotional for Alzheimer's and Other Dementia Caregivers
by Deborah Barr and Gary Chapman

Keeping Love Alive as Memories Fade: The 5 Love Languages and the Alzheimer's Journey
by Debbie Barr , Edward G. Shaw , et al.

The Dementia Handbook: How to Provide Dementia Care at Home
by Judy Cornish

Understanding Dementia and Caregiving for Your Aging Parents From A to Z
by Ellen Gerst

Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers
by Paula Spencer Scott

Coach Broyles' Playbook for Alzheimer's Caregivers: Bonus Tips and Strategies Booklet
by J. Frank Broyles

Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief
by Pauline Boss

Activities to do with Your Parent who has Alzheimer's Dementia
by Judith A. Levy Ed.M. OTR

(Updated Aug. 17, 2020)