



Support Navigation

Alzheimer's Association (NYC):

Support & advocacy services

☎ (646) 418-4466

NYC Department for the Aging:

Care management services

☎ (212) Aging NYC

Find Help (Aunt Bertha):

Social services available by zip code

ARCH National Respite Network:

8 NYC Dementia respite services

Medicare GUIDE Program: respite

care & care navigation

Sunnyside Community Services:

respite care & care planning



Transportation

NYC MTA Access-A-Ride:

24/7 service

Project CART:

Free medical, grocery, or social rides

Caregiver Resources



Emotional Support

Support Groups:

Alzheimer's Association

Alzheimer's Foundation of America

New York Memory Center

Mental Health:

CaringKind: Counseling

The Jewish Board: Counseling

NYS Office of the Aging: Family caregiver support program

Alzheimer's Association (NYC)

☎ (800) 272-3900

(24/7 Helpline)



✉ brainhealth@health.nyc.gov



Financial & Legal

Payment for Caregivers:

CDPAP (Medicaid)

NYC Personal Care Services

Veterans (VA Caregiver Support)

Benefits:

New York Paid Family Leave

Legal Services:

Health and Disability Legal Rights Care

New York Health Care Proxy Form

New York Living Will Form



Education

Alzheimer's Association (NYC):

In-person and virtual programs for Managing money, empowering caregivers, & understanding dementia in English, Español, & 普通话