



## Support Navigation

**Alzheimer's Association (NYC)**: Support & advocacy services | T: (800) 272-3900 | E: [nyccare@alz.org](mailto:nyccare@alz.org)

**NYC Department for the Aging**: Case management & caregiver services  
T: (212) Aging NYC

**Find Help (Aunt Bertha)**: Social services by zip code | W: [findhelp.org](http://findhelp.org)

**ARCH National Respite Network**: 8 NYC Dementia respite services  
T: (703) 256-2084

**Medicare GUIDE Program**: Respite care & care navigation

**Sunnyside Community Services**: Respite care & care planning  
T: (718) 784-6173 | W: [scsny.org](http://scsny.org)



## Transportation

**NYC MTA Access-A-Ride**: 24/7 service  
T: (877) 337-2017

**Project CART**: Free medical, grocery, or social rides | T: (212) 956-0855

## Caregiver Resources



### Emotional Support

#### Support Groups:

Alzheimer's Association

T: (800) 272-3900

Alzheimer's Foundation of America

T: (866) 232-8484

New York Memory Center

T: (718) 499-7701

#### Mental Health:

CaringKind: Counseling

T: (646) 744-2900

The Jewish Board: Counseling

T: (844) 663-2255

NYS Office of the Aging: Family caregiver support program

Alzheimer's Association (NYC)

T: (800) 272-3900 (24/7)



✉ [brainhealth@health.nyc.gov](mailto: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