



## Support Navigation

### **Alzheimer's Association (NYC):**

Support & advocacy services

 (800) 272-3900

 [nyccare@alz.org](mailto:nyccare@alz.org)

### **NYC Department for the Aging:**

Case management & caregiver 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](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