



Alzheimer's

Alzheimer's disease is a progressive and irreversible brain disorder that causes memory loss, confusion, and other cognitive decline. It is the most common form of dementia, affecting millions of people worldwide.

Alzheimer's disease typically affects older adults, with symptoms usually appearing in the mid-60s or later. However, early-onset Alzheimer's can occur in younger individuals.

San Diego Sheriff's Blue Envelope program

<https://www.sdsheriff.gov/community/blue-envelope>

San Diego Sheriff's Take Me Home registration

<https://www.sdsheriff.gov/community/take-me-home-registry>

Alzheimer's Association (Has office in San Diego with resources)

Better Understand Alzheimer's, warning signs, symptoms, progression, and how to get help go to:

<https://www.alz.org/> (Click About Alzheimer's and Dementia)

Caregiver Support <https://www.alz.org/help-support/caregiving>

Resources <https://www.alz.org/help-support/resources>

24/7 Alzheimer's and Dementia help line

<https://www.alz.org/help-support/resources/helpline>

Community Support – Online community, support groups, blog

<https://www.alz.org/help-support/community>

San Diego website for local personalized support and resources

<https://www.alzsd.org/>

Southern Caregiver Resource Center – Free workshops, support groups, respite care

<https://www.caregivercenter.org/>

Free UCSD Support groups

<https://neurosciences.ucsd.edu/centers-programs/adrc/community/events/support-groups.html>

Alzheimer's Foundation of America - Another great resource (Tips for Caregivers)

<https://alzfdn.org/caregiving-resources/facts-tips/>



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For more information, resources, and Catholic therapists, contact Rich at hello@thechurchofstluke.org