

# Call:

## **The Alzheimer's Association Helpline**

A free service in which specialists and clinicians offer confidential support and information to people living with Alzheimer's Disease and Related Dementias, caregivers, families, and the public. The Association also offers education programs, support groups, and social events. To speak with someone directly, call the Association's 24/7 Helpline at 800-272-3900.

## **MassOptions Call Center**

A free service that refers older adults and people of any age living with disabilities, including people living with Alzheimer's Disease and Related Dementias, to local support and services. To contact MassOption, call 800-243-4636.