



Dementia-Related Social Opportunities

Online Options

| | NATIONAL COUNCIL OF DEMENTIA MINDS | DEMENTIA ALLIANCE INTERNATIONAL | DEMENTIA ACTION ALLIANCE | ALZHEIMER'S ASSOCIATION VIRTUAL CAREGIVER SUPPORT GROUP |
|----------------------------|--|---|---|--|
| Date & Time | Mondays, Wednesdays, or Thursdays | Sundays 11 AM Thursdays 1PM Thursdays 3PM | Various | 2 nd Monday, 4-5 PM |
| Location | dementiaminds.org | dementiaallianceinternational.org | daanow.org | Zoom |
| Intended Audience | People living with dementia or mild cognitive impairment | People living with dementia | People living with dementia or mild cognitive impairment and their caregivers | Caregivers of those living with dementia |
| Facilitator Name | Various facilitators | Julie Hayden & Deborah Lloyd John Sandblom & Wally Cox Kate Swaffer & Sid Yidowitch | Various | Iowa Chapter of the Alzheimer's Association |
| Contact Information | Various | info@infodai.org | virtualprograms@daanow.org | iowa@alz.org Register at: https://alz-org.zoom.us/meeting/register/tJEsd-mtqjgoEgxYyONUxZoHtMtnrx-c7p-2A |
| Description | Host to various support groups with a general group, as well as groups for specific identities | Host to various support groups around the world 3 USA options are listed | Host to monthly or weekly discussion groups, as well as engagement groups | Iowa based online support group for caregivers of those living with dementia. |

Contact ehill@neiza.org with any updates or requests to change this document.



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| | DEMENTIA MENTORS | WITHOUT WARNING | LORENZO'S HOUSE | ALZHEIMER'S ASSOCIATION YOUNG ADULT CAREGIVER SUPPORT GROUP |
|----------------------------|--|---|---|--|
| Date & Time | Various | Various | Various | 3 rd Wednesday, 6:30-7:30 PM |
| Location | dementiamentors.org | withoutwarning.net | lorenzoshouse.org | Zoom |
| Intended Audience | People living with dementia | People living with younger onset Alzheimer's, their family members, friends, and healthcare staff | People living with younger onset dementia, care partners, family members, and those who have lost a loved one | Young Adult caregivers of people living with dementia |
| Facilitator Name | Various | Susan Frick | Various | Iowa Chapter of the Alzheimer's Association |
| Contact Information | dementiamentors@gmail.com | 312-942-5359 withoutwarning@rush.edu | info@lorenzoshouse.org | iowa@alz.org Register at: https://alz.org.zoom.us/meeting/register/tJErdOurqzlrGtUQgPdQ24juwU3qxZn550WJ |
| Description | Host to many virtual memory cafes and free one-on-one mentorship | Chicago based support program for those living with younger onset Alzheimer's. Includes music therapy group, caregivers group, and general support group for those living with dementia | Host to many programs, including groups for young caregivers, male/female spouses, and a music/movement group | Iowa based virtual support group for young adult caregivers of those living with dementia |