

Dementia-Related Social Opportunities

Online Options

	DEMENTIA MENTORS	AFTD SUPPORT GROUP	WITHOUT WARNING	LORENZO'S HOUSE	ALZHEIMER'S ASSOCIATION YOUNG ADULT CAREGIVER SUPPORT GROUP
Date & Time	Various	2 nd Thursday, 6:30- 7:30 PM	Various	Various	3 rd Wednesday, 6:30- 7:30 PM
Location	dementiamentors.org	Zoom	withoutwarning.net	lorenzoshouse.org	Zoom
Intended Audience	People living with dementia	Caretakers for those 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	Deb Scharper	Susan Frick	Various	lowa Chapter of the Alzheimer's Association
Contact Information	dementiamentors@g mail.com	dscharper@theaftd.org 641-220-5701	312-942-5359 withoutwarning@rush.ed u	info@lorenzoshouse.org	iowa@alz.org Register at: https://alz- org.zoom.us/meeting/regi ster/tJErdOurqzIrGtUQgP dQ24juwU3qxZn550WJ
Description	Host to many virtual memory cafes and free one- on-one mentorship	interact with other caregivers going through the dementia journey with their loved	program for those living with younger onset Alzheimer's. Includes music therapy group,	Host to many programs, including groups for young caregivers, male/female spouses, and a music/movement group	lowa based virtual support group for young adult caregivers of those living with dementia

Contact ehill@nei3a.org with any updates or requests to change this document.



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	lowa Chapter of the Alzheimer's Association
Contact Information	Various		virtualprograms@daanow.o rg	iowa@alz.org Register at: https://alz- org.zoom.us/meeting/regis ter/tJEsd- mtqjgoE9xYyONUxZoHtMtn rxc7p-2A
	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@nei3a.org with any updates or requests to change this document.