



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	Iowa Chapter of the Alzheimer's Association
Contact Information	dementiamentors@gmail.com	dscharper@theaftd.org 641-220-5701	312-942-5359 withoutwarning@rush.edu	info@lorenzoshouse.org	(800) 272-3900 Register at: https://alz-org.zoom.us/join/join/registration/QpKNgUw1Td6SFv40U15RVw#
Description	Host to many virtual memory cafes and free one-on-one mentorship	Iowa based group that provides a great way to interact with other caregivers going through the dementia journey with their loved ones.	Chicago based support program for those living with younger onset Alzheimer's. Includes music therapy group, caregivers group, and dementia support group	Host to many programs, including groups for young caregivers, spouses, and a music/movement group	Iowa based virtual support group for young adult caregivers of those living with dementia

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

Updated: 9/2026



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	NATIONAL COUNCIL OF DEMENTIA MINDS	DEMENTIA ALLIANCE INTERNATIONAL	NEI3A CAREGIVER SUPPORT GROUP	ALZHEIMER'S ASSOCIATION VIRTUAL CAREGIVER SUPPORT GROUP
Date & Time	Mondays, Wednesdays, or Thursdays	Sundays 5PM Thursdays 1PM Thursdays 3PM	Mondays 2:00pm -3:00pm	2 nd Monday, 4-5 PM
Location	dementiaminds.org	dementiaallianceinternational.org	Zoom	Zoom
Intended Audience	People living with dementia or mild cognitive impairment	People living with dementia	Caregivers	Caregivers of those living with dementia
Facilitator Name	Various facilitators	Mary Sullivan & Deborah Lloyd John Sandblom & Wally Cox Kate Swaffer & Sid Kathie Turner	NEI3A Staff	Iowa Chapter of the Alzheimer's Association
Contact Information	Various	info@infodai.org	800-779-8707	iowa@alz.org Register at: https://alz-org.zoom.us/j/mtqjgoEgxYyONUxZoHtMtnrxc7p-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	General support group for anyone in an informal caregiving role	Iowa based online support group for caregivers of those living with dementia

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Updated: 9/2026