



## Telephone support for Alzheimer's caregivers

**C**aring for a loved one with Alzheimer's takes a big toll. If you need advice or someone to talk with, support is a phone call away.

The Alzheimer's Disease Resource Center ([adrcinc.org](http://adrcinc.org)) has launched a weekly caregiver phone support group staffed by counselors from the Bay Shore-based organization. You can get strategies to help make your caregiving less strenuous, learn how to cope with your emotional burden or simply express your feelings.

The telephone support group is available every Tuesday, 11 a.m.-noon. To participate, first register by calling 855-732-4500, ext. 306. After you are registered, you can access the support group by calling 800-920-7487 and entering code number 22462267# when prompted.