

# You are not alone.

## Support and resources are available.

Thousands of people in Alaska provide care for chronically ill, elderly, and disabled family members. There are services and help for people with Alzheimer's disease and family caregivers.



November is National Family Caregivers Month and National Alzheimer's Awareness Month.

*For more information:*

- Alzheimer's Resource of Alaska (800) 478 1080
- The Aging & Disability Resource Center (877) 625 2372

*This message brought to you by:*

The Alaska Commission on Aging  
[www.alaskaaging.org](http://www.alaskaaging.org)

and

*The* TRUST

The Alaska Mental Health  
Trust Authority

[www.mhtrust.org](http://www.mhtrust.org)

Gene & Kathy showing support for their mother, Rose Bates.  
Photo courtesy of Alzheimer's Resource of Alaska.