

## **Glassbury's Alzheimer's Awareness Workshop Guide:**

### **A. The Impact of Grief In Our Community:**

Intergenerational trauma, stemming from historical and ongoing systemic oppression, significantly affects ethnic minorities like African Americans and American Indians, leading to chronic disease, mental health issues (depression, anxiety, substance misuse, PTSD, race-based traumatic stress), and higher mortality rates. Racism is a public health crisis causing health disparities and lower life expectancy for Black people, complicating healthy grieving due to heightened exposure to premature death and trauma. Traditional grief frameworks, often based on White, elderly, widowed women's experiences, inadequately address the impact of race, gender, and class on bereavement. An intersectional approach is crucial to understand the inequitable distribution of grief work, particularly for Black women facing racism, sexism, and classism. Research in Black communities highlights fears related to mortality in drug trials, grief relapse, confusion about Alzheimer's and dementia, and difficulty accessing caregiving resources, alongside anxiety due to racial discrimination. Addressing intergenerational trauma requires holistic, culturally sensitive interventions that foster resilience through cultural connections and support mental, physical, social, cultural, and economic well-being.

### **I. What is Alzheimer's?**

Alzheimer's disease is a brain disorder that affects memory, thinking, and behavior. It involves the formation of plaques and tangles in the brain, and its causes are related to genetics, lifestyle, and environment. The disease progresses through stages (early, middle, and late), with cognitive and behavioral symptoms. Diagnosis involves specific processes, and treatment options include medication, therapies, and lifestyle changes.

Alzheimer's disease has three main stages:

- **Early Stage:** In this stage, people may start to experience mild memory problems, like forgetting recent conversations or where they put things. They might also have trouble with organization or planning.
- **Middle Stage:** As the disease progresses to the middle stage, memory loss and confusion become more noticeable. People may have difficulty with daily tasks, such as getting dressed or preparing meals. They may also experience changes in behavior and mood.
- **Late Stage:** In the late stage, people with Alzheimer's require significant assistance with daily care. They may lose the ability to speak, eat, or walk, and they may not recognize family members.

### **II. Signs and Symptoms of Alzheimer's Disease**

Here are some of the common signs and symptoms of Alzheimer's Disease:

- **Memory loss that disrupts daily life:** This is one of the most common signs. It can include forgetting recent conversations, events, or where you put things. It's more than

just occasionally misplacing your keys.

- **Challenges in planning or solving problems:** People with Alzheimer's may find it difficult to follow a recipe, manage their finances, or solve complex problems they used to handle easily.
- **Difficulty completing familiar tasks:** Simple, everyday activities like getting dressed, preparing meals, or driving to familiar locations can become challenging.
- **Confusion with time or place:** This can involve losing track of dates, times, or seasons. People might also get lost in places they know well.
- **Trouble understanding visual images and spatial relationships:** Problems with vision, depth perception, or judging distances can occur, making it difficult to drive, read, or navigate stairs.
- **New problems with words in speaking or writing:** Finding the right words, following a conversation, or writing clearly can become difficult.
- **Misplacing things and losing the ability to retrace steps:** This is more than just misplacing items. It involves putting things in unusual places and being unable to figure out how they got there.
- **Decreased or poor judgment:** This can manifest as poor decisions about money, dressing inappropriately, or neglecting personal hygiene.
- **Withdrawal from work or social activities:** People with Alzheimer's may lose interest in hobbies, social events, or work projects.
- **Changes in mood and personality:** These can include increased irritability, anxiety, depression, or sudden changes in mood.

It's important to remember that experiencing one or more of these symptoms does not necessarily mean someone has Alzheimer's. If you or a loved one is experiencing these changes, it's important to consult a doctor for a proper evaluation and diagnosis.

### III. Risk Factors and Prevention Strategies for Alzheimer's Disease

Here's a simplified explanation of risk factors and prevention strategies for Alzheimer's Disease:

#### Risk Factors

Some things increase the chance of developing Alzheimer's. Some you can't control, and others you might be able to influence:

- **Uncontrollable Risk Factors:**
  - **Age:** The older you get, the higher the risk.
  - **Family History:** If close relatives have had Alzheimer's, you might have a slightly higher risk.
  - **Sex:** Women are slightly more likely to develop Alzheimer's than men.
- **Controllable Risk Factors:**
  - **Head Trauma:** Serious head injuries can increase risk.
  - **Heart Health:** Conditions like high blood pressure and cholesterol can contribute.
  - **Lifestyle Choices:** Things like smoking and an unhealthy diet can play a role.

## Prevention Strategies

While there's no guaranteed way to prevent Alzheimer's, these strategies might help lower your risk:

- **Healthy Heart:** Keep your heart healthy by exercising, eating right, and managing conditions like high blood pressure.
- **Physical Activity:** Regular exercise is good for your brain and your body.
- **Mental Stimulation:** Keep your mind active with puzzles, reading, learning new things, and social activities.
- **Healthy Diet:** Eating a balanced diet with lots of fruits, vegetables, and whole grains is important.
- **Quality Sleep:** Getting enough good sleep is essential for brain health.
- **Avoiding Head Injuries:** Take precautions to prevent head injuries, like wearing a helmet when biking.
- **Limiting Alcohol and Smoking:** These can harm your brain and overall health.

It's important to note that even if you do everything "right," you might still develop Alzheimer's. But taking care of your health can definitely improve your odds.

## IV. Practical Tools and Tips for Caregiving and Managing Alzheimer's Disease

- **Build a routine:** A consistent daily schedule can help reduce confusion and anxiety. Try to keep meal times, bedtimes, and activity times the same each day.
- **Communicate effectively:** Use simple language, speak slowly, and be patient. Avoid arguing or correcting the person, and try to understand their perspective.
- **Manage daily challenges:** Break down tasks into smaller, manageable steps. Provide assistance with activities like dressing, bathing, and eating as needed.
- **Emotional support and self-care:** Caregiving can be stressful. Seek support from family, friends, or support groups. Make time for self-care activities like exercise, relaxation, and hobbies.
- **Utilize technology:** Use reminder devices for medications or appointments, GPS tracking to locate someone who might wander, and health apps to monitor symptoms.
- **Find culturally competent providers:** Seek out healthcare professionals who understand and respect the cultural background of the person with Alzheimer's.

## V. Resources and Support Services for Alzheimer's in Michigan and Nationally

### Michigan Resources:

- **Michigan Department of Health and Human Services (MDHHS):** This state agency offers resources and support through the Michigan Dementia Roadmap, which aims to improve dementia care in the state. You can find information on their website or call them.
- **Michigan Dementia Coalition:** This group brings together various organizations to

improve the lives of people with dementia and their families. Their website can provide valuable connections.

- **Michigan Chapter of the Alzheimer's Association:** This local chapter of the national organization offers support groups, education programs, and advocates for Alzheimer's awareness. They have a website and a helpline.
- **Area Agencies on Aging (AAAs):** These agencies help older adults and their caregivers find local resources and services. You can find your local AAA on the Michigan government website.
- **Michigan Alzheimer's Disease Center (MADC):** Located at the University of Michigan, this center focuses on Alzheimer's research, treatment, and education.

#### **National Resources:**

- **Alzheimer's Association:** The leading national organization. They offer a 24/7 helpline, support groups, and a wealth of information on their website.
- **National Institute on Aging (NIA):** This is part of the National Institutes of Health. They conduct research and provide information on Alzheimer's, including care guides and details about clinical trials.
- **Eldercare Locator:** This service helps older adults and caregivers connect with local support resources. They have a helpline and a website.
- **Additional National Resources:** Other organizations like the Black Virtual Wellness Directory (focusing on Black mental health), the National Alliance on Mental Illness (NAMI), the Alzheimer's Foundation of America (AFA), and the Alzheimer's and related Dementias Education and Referral (ADEAR) Center provide various forms of support and information.
- **Clinical Trials:** Website ClinicalTrials.gov provides information on Alzheimer's research and trials.
- **The Patient Insight Network (<https://www.patientinsightinstitute.org/resources>):** Providing the infrastructure and building the capacity for patients, caregivers, communities, researchers, providers, and policy-makers to come together in meaningful ways that impact projects and drive change.

These resources can provide support, information, and assistance to people with Alzheimer's disease and their families. It's a good idea to explore these options to find the help that best suits your needs.

## **VI. The Importance of Early Detection and Diagnosis of Alzheimer's**

Early detection and diagnosis of Alzheimer's are really important. Here's why:

- **Access to Treatments:** Some medications and therapies are more effective in the early stages of Alzheimer's. An early diagnosis allows people to start these treatments sooner, which can help manage symptoms and slow down the progression of the disease.
- **Planning:** Knowing early on allows individuals and families to make plans for the future. This can include financial planning, legal arrangements, and making decisions about

long-term care.

- **Improved Quality of Life:** Early intervention can help maintain a better quality of life for a longer period. People with early-stage Alzheimer's may be able to participate in activities, maintain relationships, and enjoy their lives more fully with proper support.
- **Recognizing Early Signs:** Being aware of the early signs and symptoms is crucial. These can include things like memory loss that affects daily life, trouble with planning, confusion with time or place, and changes in mood or personality.
- **Steps to Take:** If you or someone you know is experiencing these symptoms, it's important to see a doctor. They can perform tests and evaluations to determine if it is Alzheimer's or something else. Getting a proper diagnosis is the first step to getting the right care and support.

In short, early detection and diagnosis of Alzheimer's can make a big difference in how the disease is managed and can significantly improve the lives of those affected.

## VII. Financial Planning for a Loved One with Alzheimer's

When a loved one has Alzheimer's, financial planning becomes really important. Here's what that means in simple terms:

- **Understand the Costs:** Alzheimer's can be expensive. There might be costs for medical care, medications, home care, or even assisted living. It's important to get an idea of these costs.
- **Assess the Situation:** Look at your loved one's current finances. What income do they have? What savings do they have? What are their current expenses?
- **Legal Documents:** Make sure important legal papers are in order. This could include things like power of attorney (so someone can make financial decisions for them), a will, and healthcare directives (wishes about medical care).
- **Budgeting:** Create a budget that accounts for the increased costs of care. This might involve cutting back on other expenses or finding ways to increase income.
- **Explore Resources:** There might be financial assistance programs or benefits available to help with the costs of Alzheimer's care. Look into these options.
- **Monitor and Adjust:** The financial plan might need to change as the disease progresses and care needs increase. Keep an eye on things and be prepared to make adjustments.

Basically, financial planning helps make sure that your loved one's financial needs are met and that there are resources to pay for their care. It also helps to avoid financial crises later on.

## VIII. The Importance of Alzheimer's Research and Diversity in Clinical Trials

### Why Alzheimer's Research Matters

- **Finding Better Treatments:** Research helps us understand Alzheimer's better, which leads to finding new and improved ways to treat or even prevent it.

- **Improving Lives:** Research can uncover ways to make life easier for people with Alzheimer's and their caregivers, even if we don't have a cure yet.
- **Unlocking Mysteries:** There's still a lot we don't know about Alzheimer's. Research helps us solve these mysteries and get closer to a cure.

## Why Diversity in Clinical Trials is Crucial

Clinical trials are research studies where new treatments are tested on people. Diversity in these trials means including people of different backgrounds, like different races, ethnicities, and genders. Here's why that's important:

- **Everyone is Different:** People from different groups can react to diseases and treatments differently. What works for one person might not work for another.
- **Fairness:** If we only test treatments on certain groups, we won't know if they're safe or effective for everyone. That's not fair.
- **Better Results:** When trials are diverse, the results are more reliable and apply to more people. This helps us create treatments that work for everyone who needs them.

**In short:** Alzheimer's research is about finding answers and improving lives. Diversity in clinical trials ensures that those answers and improvements benefit everyone, not just a few. It's about making sure that treatments are safe, effective, and fair for all.

## IX. The Importance of Alzheimer's Clinical Trials and Research on [ClinicalTrials.gov](https://clinicaltrials.gov)

**What is the difference between non-medical clinical trials and drug clinical trials?**

### Drug Clinical Trials

- **What they test:** These trials specifically test new drugs or medications.
- **Goal:** To see if a drug is safe and effective in treating a disease or condition. They check for side effects and the right dosage.
- **Examples:** Testing a new pill for headaches, a new injection for diabetes, or a new cream for skin rash.

### Non-Medical Clinical Trials

- **What they test:** These trials test things other than drugs. This can include:
  - Medical devices (like a new type of heart monitor)
  - Surgical procedures (like a new way to repair a knee)
  - Lifestyle changes (like a special diet or exercise program)
  - Therapies (like a new form of counseling or physical therapy)
- **Goal:** To see if these non-drug interventions are safe and effective.
- **Examples:** Testing a new prosthetic limb, a new method of delivering radiation therapy for cancer, or a program to help people quit smoking.

## In short:

- Drug clinical trials = Testing new *medications*.
- Non-medical clinical trials = Testing everything else like *devices, procedures, and lifestyle changes*.

## Why Alzheimer's Clinical Trials Matter

- **Testing New Treatments:** Clinical trials are where scientists test new drugs, therapies, and other approaches to see if they can treat or prevent Alzheimer's. Without them, we wouldn't make progress in fighting the disease.
- **Finding What Works:** Trials help us understand what treatments actually work and which ones don't. This is vital for developing better care and potentially a cure.
- **Improving Care:** Even if a trial doesn't find a cure, it might reveal ways to manage symptoms better or improve the quality of life for people with Alzheimer's.
- **Understanding the Disease:** Participating in a trial can also help researchers learn more about Alzheimer's itself, how it develops, and who is most affected.

## What is ClinicalTrials.gov?

- **A Big Database:** ClinicalTrials.gov is a website run by the U.S. government that lists many clinical trials happening around the world.
- **Finding Trials:** It helps people with Alzheimer's, their families, and researchers find trials that they might want to join or study.
- **Learning About Research:** The website provides information about each trial, such as what it's testing, who can participate, and where it's taking place.
- **Transparency:** It makes research more transparent by sharing information about what's being studied and the progress of trials.

## What are the different types of clinical trials?

**Absolutely! Let's break down the different types of clinical trials in simple terms.**

**Clinical trials are research studies where new treatments or interventions (like drugs, therapies, or medical devices) are tested on people to see if they are safe and effective. They're essential for advancing medical knowledge and developing better treatments.**

**Here's a breakdown of the common phases of clinical trials:**

### Phase 0: Very Early, Small Studies

- **What it is:** These are very early, small studies, often involving only a few participants.
- **Goal:** To see how a drug is processed in the body and how it affects the body. It helps researchers understand if the drug is behaving as expected.
- **Key point:** These trials are more about learning how the drug works in humans than whether it actually treats a disease.

## Phase I: Safety First

- **What it is:** These trials involve a small group of healthy volunteers.
- **Goal:** To determine the highest dose of a new treatment that can be given safely without causing severe side effects. Researchers also monitor how the drug is absorbed and metabolized in the body.
- **Key point:** Safety is the primary concern in Phase I.

## Phase II: Does it Work?

- **What it is:** These trials involve a larger group of people who actually have the disease or condition that the new treatment is designed to address.
- **Goal:** To see if the treatment works and to further evaluate its safety. Researchers start to gather data on how effective the treatment is and what side effects it may cause.
- **Key point:** Effectiveness and safety are both important in Phase II.

## Phase III: Large-Scale Testing

- **What it is:** These trials involve a large number of participants, often across multiple locations.
- **Goal:** To confirm the treatment's effectiveness, monitor side effects, compare it to existing treatments, and gather more data for regulatory approval.
- **Key point:** Phase III trials provide a lot of data on how well the treatment works in a real-world setting.

## Phase IV: Post-Marketing Surveillance

- **What it is:** These trials monitor the long-term safety and effectiveness of a treatment after it has been approved by regulatory agencies (like the FDA in the US) and is already available to the public.
- **Goal:** To identify any rare or long-term side effects that may not have been seen in the earlier phases of testing.
- **Key point:** Phase IV trials help ensure the continued safety and effectiveness of treatments in widespread use.

## In simple terms:

- **Phase 0** is about learning how the drug behaves in the body.
- **Phase I** is all about safety.
- **Phase II** is about whether the drug works and is safe.
- **Phase III** is about confirming effectiveness and monitoring side effects on a large scale.
- **Phase IV** is about monitoring long-term safety after the drug is available to the public.

I hope this makes the different types of clinical trials clearer!

## Why This Matters



- **Hope for the Future:** Clinical trials are essential for finding new treatments and a possible cure for Alzheimer's, which offers hope for the future.
- **Empowerment:** ClinicalTrials.gov empowers people by giving them access to information and helping them find opportunities to participate in research.
- **Better Decisions:** Knowing about ongoing research and trials helps people make more informed decisions about their healthcare and treatment options.

In a nutshell, Alzheimer's clinical trials are how we advance our understanding and treatment of the disease, and ClinicalTrials.gov is a crucial tool that helps us track and participate in that vital research.

## **X. Changing Negative Beliefs About Clinical Trial Participation for People of Color & Benefits of Enrollment in Alzheimer's Clinical Trials**

### **Changing Negative Beliefs:**

- **Historical Mistrust:** There's a history of unethical medical research involving people of color. This has led to understandable mistrust of medical research, including clinical trials. It's crucial to acknowledge this history and the harm it has caused.
- **Addressing Concerns:** Openly addressing these concerns and providing clear, honest information is essential. Building trust takes time and effort.
- **Cultural Sensitivity:** Research teams need to be culturally sensitive and respectful of different beliefs and values. This involves having diverse research staff and community engagement.
- **Transparency and Education:** Providing clear and accessible information about clinical trials, how they work, and the safety measures in place is important. Education can dispel myths and misunderstandings.
- **Community Involvement:** Involving community leaders and trusted figures in the process can help build confidence and encourage participation.

### **Benefits of Enrollment in Alzheimer's Clinical Trials:**

- **Access to Cutting-Edge Treatments:** Clinical trials often provide access to new treatments that are not yet available to the general public. This can be a significant benefit for those with Alzheimer's.
- **Contributing to Research:** Participating in a trial allows individuals to contribute to the advancement of Alzheimer's research and help find better treatments for future generations.
- **Close Monitoring and Care:** Participants in clinical trials receive close monitoring and care from medical professionals. This can include regular check-ups, assessments, and support.
- **Potential for Benefit:** While there's no guarantee, some participants may experience improvements in their symptoms or a slowing of the disease's progression.
- **Helping Diverse Communities:** Participation of people of color in trials is essential to ensure that treatments are effective and safe for everyone. Different groups may react

differently to treatments, and diverse participation helps researchers understand these differences.

- **Financial Compensation:** Some clinical trials may offer financial compensation for time and travel.

**In simple terms:** It's important to understand why some people of color may be hesitant to participate in clinical trials. Addressing these concerns, providing clear information, and engaging with communities can help build trust. Participating in clinical trials can offer benefits like access to new treatments and contributing to research. It also helps ensure that treatments are effective and safe for everyone.

## **The Tightrope Walk: Drug Research and Safety**

Imagine medical research as a tightrope walk. On one side, we have the critical need for new and better treatments for diseases. On the other, we have the absolute necessity of ensuring the safety of people who volunteer to test those treatments. Balancing these two is the constant challenge of drug research.

Clinical trials, where new drugs are tested on human volunteers, are essential. They're how we find out if a drug actually works and if it's safe enough for widespread use. But these trials aren't without risk. So, how is safety handled?

## **Layers of Protection**

There are several layers of protection built into the clinical trial process to minimize risks:

1. **Preclinical Testing:** Before a drug ever gets near a human, it undergoes extensive testing in labs and on animals. This preclinical phase helps researchers understand how the drug works, its potential side effects, and the right dosage to try in humans.
2. **Phased Trials:** Clinical trials happen in phases, each with a different purpose.
  - **Phase 1:** These small trials focus on safety. Researchers give the drug to a small group of healthy volunteers to see what side effects occur and what dose is safe.
  - **Phase 2:** These trials involve a larger group of people who have the condition the drug is meant to treat. Researchers start looking at whether the drug works and continue to monitor safety.
  - **Phase 3:** These large-scale trials compare the new drug to existing treatments or a placebo (a fake drug). They provide more data on effectiveness and safety in a larger, more diverse population.
  - **Phase 4:** After a drug is approved by regulatory agencies like the FDA, Phase 4 trials monitor its long-term safety and effectiveness in real-world use.
3. **Institutional Review Boards (IRBs):** Before a clinical trial can begin, it must be reviewed and approved by an IRB. These boards are made up of doctors, scientists, and community members who make sure the trial is ethically sound and that the risks to participants are minimized.
4. **Informed Consent:** Participants in clinical trials are given detailed information about the study, including the potential risks and benefits. They must give their informed consent,

which means they understand the information and agree to participate.

5. **Data Safety Monitoring Boards (DSMBs):** For some trials, especially large or high-risk ones, a DSMB is appointed to monitor the data as it comes in. If they see safety concerns, they can recommend changes to the trial or even stopping it altogether.

## What Can Go Wrong?

Despite these safeguards, things can still go wrong in clinical trials. Some potential issues include:

- **Unexpected Side Effects:** Even with preclinical testing, some side effects might not show up until the drug is tested in humans. These can range from mild to severe, and in rare cases, can be fatal.
- **Drug Interactions:** A drug might be safe on its own, but cause problems when combined with other medications a person is taking.
- **Underrepresentation:** Clinical trials don't always include a diverse range of participants, which can make it harder to identify safety issues that might affect certain groups.

## The Importance of Transparency

It's crucial to have transparency in clinical trial data. This allows researchers and the public to better understand the risks and benefits of new treatments. While specific death tolls from individual trials may not always be readily available, there are resources like ClinicalTrials.gov that provide information about ongoing and completed trials, including safety data.

## Final Thoughts

Drug research is a complex and vital process. While safety is always a top priority, there are inherent risks involved in testing new treatments. The multiple layers of safeguards, from preclinical testing to post-market surveillance, are designed to minimize those risks. By understanding the process and being aware of the challenges, we can better appreciate the delicate balance between innovation and safety in medical research.

## National Support Agencies:

### National:

- **Alzheimer's Association:** Offers a 24/7 helpline (1-800-272-3900), support groups, and resources. Website: <https://www.alz.org>
- **National Institute on Aging (NIA):** Conducts research and provides information on Alzheimer's disease, including care guides and clinical trial information. Website: <https://www.nia.nih.gov>
- **Eldercare Locator:** Connects older adults and caregivers with local support resources. Helpline: 1-800-677-1116. Website: [www.eldercare.acl.gov](http://www.eldercare.acl.gov)

## Additional Resources:

- **Black Virtual Wellness Directory:** Focuses on Black mental health. Website: [wellness.beam.community](https://wellness.beam.community)
- **National Alliance on Mental Illness (NAMI):** Offers a wide range of resources. Website: [nami.org](https://nami.org)
- **Alzheimer's Association:** The leading national organization for Alzheimer's disease, offering a wealth of resources and support.
  - a. Website: <https://www.alz.org/>
  - b. Phone: 800-272-3900
- **National Institute on Aging (NIA):** Part of the National Institutes of Health, the NIA conducts research on Alzheimer's disease and related dementias.
  - a. Website: <https://www.nia.nih.gov/>
  - b. Phone: 800-222-1222
- **Alzheimer's and related Dementias Education and Referral (ADEAR) Center:** Provides information and resources on Alzheimer's disease and related dementias.
  - a. Website: <https://www.nia.nih.gov/health/alzheimers-and-dementia/about-adear-center>
  - b. Phone: 800-438-5836
- **Alzheimer's Foundation of America (AFA):** Provides information and support to people with Alzheimer's disease and their families.
  - a. Website: <https://alzfdn.org/>
  - b. Phone: 866-238-4382
- **Clinical Trials Aggregate Website** [www.clinicaltrials.gov](https://www.clinicaltrials.gov)

#### **Additional Resources:**

- **Eldercare Locator:** A service provided by the U.S. Administration on Aging that helps people find local resources and services for older adults and their families.
  - Website: <https://eldercare.acl.gov/>
  - Phone: 1-800-677-1116
- **National Council on Dementia Minds (NCDM):** A non-profit organization led by people with dementia, advocating for their rights and needs.
  - Website: <https://dementiaminds.org/>

#### **Remember:**

- **These are just a few of the many resources available.** There are many other organizations and agencies that can provide support and assistance to people with Alzheimer's disease and their families.
- **The best way to find the right resources for you is to talk to your doctor or a care-coordinator.** They can help you assess your needs and connect you with the appropriate services.

Here's a list of state and national Alzheimer's support agencies, combining the best of both worlds from the previous responses and addressing any mentioned issues:

## State Agencies:

- **Michigan Department of Health and Human Services (MDHHS):** Provides resources and support through the Michigan Dementia Roadmap, which aims to create a dementia-capable state.
  - Website: <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/dementia>
  - Phone: 517-241-2112
- **Michigan Dementia Coalition:** A collaborative group of organizations working to improve the lives of people with dementia and their families.
  - Website: <https://www.midementiacoalition.org/>
- **Michigan Chapter of the Alzheimer's Association:** Offers a wide range of programs and services, including support groups, education, and advocacy.
  - Website: <https://www.alz.org/gmc>
  - Phone: 800-272-3900
- **Area Agencies on Aging (AAAs):** Provide information and assistance on a variety of aging-related issues, including dementia.
  - Find your local AAA:  
<https://www.michigan.gov/mdhhs/adult-child-serv/adults-and-seniors/behavioral-and-physical-health-and-aging-services/aging-services>
- **Michigan Alzheimer's Disease Center (MADC)**  
Website: <https://medresearch.umich.edu/labs-departments/centers/madc>  
[Opens in a new window www.michiganmedicine.org](https://www.michiganmedicine.org)  
Michigan Alzheimer's Disease Center (MADC) logo

Based at the University of Michigan, the MADC is a leading research center focused on understanding and treating Alzheimer's disease. They offer cutting-edge care, participate in clinical trials, and provide education and outreach programs.

- **Michigan Department of Health and Human Services (MDHHS)** Website: <https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/dementia>

**Note:** This guide is intended to supplement the information presented in the Glassbury Pilot Workshop Lesson & Lecture Plan. It is not a substitute for professional medical advice.