



## **Lotsa Helping Hands<sup>SM</sup>** **A care calendar for everyone**

If you or someone you know provides care for a person with dementia, other people have probably offered to help out. Now it's easy to ask for or offer help, as well as organize and communicate with care volunteers, using Lotsa Helping Hands<sup>SM</sup> – part of the Alzheimer's Association CareSource<sup>TM</sup>, an online suite of services to help with care planning.

This free service provides a private group calendar to help users coordinate the dates and times when others have offered to share caregiving duties – and gives ways to keep in touch about specific needs.

One convenient site allows users to:

- share a schedule and needs with everyone who wants to help
- access a community calendar
- post messages on a secure group bulletin board
- send notification and reminder e-mails

**Visit Lotsa Helping Hands today at the Alzheimer's Association CareSource: [www.alz.org/caresource](http://www.alz.org/caresource)**

alzheimer's  association<sup>®</sup>

the compassion to care, the leadership to conquer

# **The Alzheimer's Association is here for you and all your caregiving needs.**

Go to [www.alz.org](http://www.alz.org) for Alzheimer resources, support and information or to log on to our message boards.

Call our 24/7 Helpline to receive confidential care consultation from trained professionals. Or, visit the Alzheimer's Association to attend support groups and education programs.

**1.800.272.3900**  
**[www.alz.org](http://www.alz.org)**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research.

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