

**Are you worried about yourself or someone you know?
Maryland wants you to know that you are not alone
as you face life's challenges created by Alzheimer's disease and dementia.**

The Virginia I. Jones Alzheimer's Disease and Related Disorders



Council was named in memory of a native Marylander committed to public service who lived with the devastation of Alzheimer's disease for over 27 years. The Council was established by law in 2012 to provide and coordinate resources and support for the nearly 100,000 Marylanders living with Alzheimer's disease and dementia and

their caregivers. Each year Marylanders provided an estimated 329,000 hours of unpaid care valued at \$4 Billion. These numbers are rising rapidly.

To get help immediately contact:

01

Maryland Access Point (MAP)

provides information and referrals for long term care supports & services both in-person and by phone.

Call 1-844-MAP-LINK or visit www.marylandaccesspoint.info

The Greater Maryland and the National Capital Area Chapters of the Alzheimer's Association

work to enhance care and support for those affected by Alzheimer's and other dementias. Call the 24/7 Helpline at 800.272.3900 or visit www.alz.org

03

2-1-1 Maryland

connects Marylanders to health and human service resources in their community 24 hours a day, 7 days a week. Dial 2-1-1 or visit www.211md.org

02



If you notice any of these signs, please see a doctor

10 warning signs of Alzheimer's disease

- 1 • Memory loss that disrupts daily life**
- 2 • Challenges in planning or solving problems**
- 3 • Difficulty completing familiar tasks at home, at work or at leisure**
- 4 • Confusion with time or place**
- 5 • Trouble understanding visual images and spatial relationships**
- 6 • New problems with words in speaking or writing**
- 7 • Misplacing things and losing the ability to retrace steps**
- 8 • Decreased or poor judgment**
- 9 • Withdrawal from work or social activities**
- 10 • Changes in mood and personality**

Source: Alzheimer's Association

Changes in these areas need immediate attention and action!

For more information about the

Virginia I. Jones Alzheimer's Disease and related Disorders Council
please visit

<http://msa.maryland.gov/msa/mdmanual/26excom/html/01alzhem2.html>

"the Council is to improve and enhance quality of life and support, and services for individuals living with Alzheimer's Disease and related disorders, and their families, by promoting and expanding the availability and accessibility of home- and community-based support and service programs"