



Treating Early-Stage Alzheimer's Disease

With more than 4.5 million Americans living with Alzheimer's disease today—a number that's expected to jump to 16 million by the year 2050—chances are that a family member or someone you know will need to be evaluated for possible signs of the disease.

The good news is that there are plenty of resources available to provide support for coping with the disease. For more information, visit these websites:

24/7 Helpline

alz.org/we_can_help_24_7_helpline.asp

1-800-272-3900

One of many services of the Alzheimer's Association, the 24/7 helpline offers round-the-clock information and support from clinicians on everything from medications and other treatment options to legal, financial, and living-arrangement decisions.

Eldercare Locator

Eldercare.org

1-800-677-116

A public service of the U.S. Administration on Aging, the Eldercare Locator connects older Americans and their caregivers with sources of information on senior services. The services link those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.

Family Caregiver Alliance

caregiver.org

1-800-445-8106

The Family Caregiver Alliance offers support services for those providing long-

term care for loved ones with Alzheimer's disease, stroke, traumatic brain injuries, and other debilitating disorders. Its website offers information on public-funded caregiver support programs throughout the U.S., as well as programs funded through the National Family Caregiver Support Program, Aged/Disabled Medicaid waivers, and state-funded programs that either have a caregiver-specific focus, or include a family caregiving component in their service package.

National Association of Professional Geriatric Care Managers Inc.

caremanager.org

1-520-881-8008

This nonprofit association of professional geriatric care managers—which includes gerontologists, nurses, social workers, or psychologists who specialize in issues related to aging and elder care—works privately with older adults and their families to create a plan of care that meets their needs. Among services, the association's website features a geriatric care manager locator.

Assistance Directory

HELP FOR ALL NEUROLOGICAL DISORDERS

National Institute of Neurological Disorders and Stroke
ninds.nih.gov

"The Brain Matters"
AAN Foundation patient website
thebrainmatters.org

American Academy of Neurology Foundation
neurofoundation.org

ALZHEIMER'S DISEASE

Alzheimer's Association
alz.org
1-800-272-3900

Alzheimer's Disease Education and Referral Center
alzheimers.org
1-800-438-4380

Alzheimer's Foundation of America
alzfdn.org
1-866-232-8484

AUTISM

Autism Society of America
autism-society.org
1-800-3AUTISM (1-800-328-8476)

EPILEPSY

Epilepsy Foundation
epilepsyfoundation.org
1-800-332-1000

Sturge-Weber Foundation
sturge-weber.com
1-800-627-5482

HEADACHE

National Headache Foundation
headaches.org
1-888-NHF-5552 (1-888-643-5552)

American Council for Headache Education
achenet.org
1-856-423-0258

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society
nationalmssociety.org
1-800-FIGHT-MS (1-800-344-4867)

Multiple Sclerosis Association of America
msaa.com
1-800-532-7667

NEUROMUSCULAR DISEASES

ALS Association
alsa.org
1-800-782-4747

Muscular Dystrophy Association
mda.org
1-800-FIGHT-MD (1-800-344-4863)

PAIN

American Pain Foundation
painfoundation.org
1-888-615-PAIN (1-888-615-7246)

Neuropathy Association
neuropathy.org
212-692-0662

PARKINSON'S DISEASE

National Parkinson Foundation
parkinson.org
1-800-327-4545

Michael J. Fox Foundation
for Parkinson's Research
michaeljfox.org
1-800-708-7644

Parkinson's Disease Foundation
pdf.org
1-800-457-6676

SLEEP DISORDERS

National Sleep Foundation
sleepfoundation.org

STROKE

American Stroke Association
strokeassociation.org
1-888-4-STROKE (1-800-478-7653)

National Stroke Association
stroke.org
1-800-STROKES (1-800-787-6563)

TRAUMA

Brain Injury Association of America
biausa.org
1-800-444-6443

National Spinal Cord Injury Association
spinalcord.org
1-800-962-9629

Dance/Movement Therapy

Dance therapy, also referred to as movement therapy, uses movement and music to treat social, emotional, cognitive, and physical problems. Practiced in a variety of settings—from mental health rehabilitation, medical and educational sites, to dance companies and exercise studios—dance therapy has been shown to help with everything from memory enhancement to movement rehabilitation, treating such neurological concerns as Parkinson's disease, autism, dementia, and stroke.

For more information on the dance therapy concepts covered in our Special Report on page 30, contact the following:

American Dance Therapy Association
adta.org

The American Dance Therapy Association has established standards for dance therapy education, ethics, and practice. The association maintains a registry of dance therapists who meet specific educational and clinical practice standards.

Mark Morris Dance Company
Markmorrisdancegroup.org

718-624-8400

Offers weekly dance classes for people with Parkinson's disease

Dance Movement Therapy

Theory, Research and Practice

By Helen Payne (Routledge, 2006)

This easy-to-read book explains the theories, research, and practices that make dance therapy an effective tool for healing both emotional and movement disorders. The book brings together contributions from experts in the field, who share their working methods and techniques for working with people who have dementia, movement disorders, and emotional and developmental disabilities.

