



INFORMATION FOR CAREGIVERS

At a time when so many people have questions, having a trusted place for information, help and support is essential, especially for those caring for others. Here are some help lines for caregivers:

- **Alzheimer's Association 24/7 Help Line: 800-272-3900**
- **[Alzheimer's Foundation of America](#): 866-232-8484**
The AFA helpline is open seven days a week to address questions you may have about the coronavirus outbreak, steps caregivers can take, therapeutic activities you can do at home and staying connected during social isolation.
- **[Caregiver Action Network](#) Help Desk: 1-855-227-3640**
The Care Support Team is staffed by caregiving experts to help you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 a.m. to 7:00 p.m. EST.
- **Maryland Access Point of Howard County: 410-313-1234 (voice/relay) or map@howardcountymd.gov**
Maryland Access Point is the information, referral and assistance arm of the [Howard County Office on Aging and Independence](#).

To request this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).