

PERI-MIND Resource Guide

Find local help

[Alzheimer's Association Chapter Search](#): Connect with nearby programs, caregiver consultations, and in-person support groups.

Join an online support group

[Alzheimer's Foundation Support Groups](#). Find virtual support groups that work with your schedule and location.

Take action

[ALZ Impact](#). Get involved in advocacy and policy change to improve dementia care nationwide.

[Alzheimer's Association Advocacy Center](#). Start small; email your representative, attend an event, or join a local advocacy group.

Support for care partners

[Alzheimer's Caregiving \(NIA\)](#). A great starting point with clear, supportive guidance for caregivers.

[Caring for Yourself While Caregiving \(CDC\)](#). Because your health matters too; simple reminders and strategies for staying grounded.

[Tips for Caregivers \(Alzheimers.gov\)](#). Quick, compassionate advice for everyday caregiving moments.

Support for perimenopause and menopause

[Find a Menopause-Informed Provider](#). Use this tool to connect with healthcare professionals who understand perimenopause, menopause, and brain health.

[Women Living Better](#). Real stories, timelines, and resources created by and for women going through the early stages of menopause.

