

Alzheimer's/Dementia Resource Guide

Central Arkansas — Caregiver & Family Support

Quick-reference resource list. Start with CareLink for local hands-on help, or the Alzheimer's Association 24/7 Helpline for immediate crisis support.

ALZHEIMER'S & DEMENTIA-SPECIFIC SUPPORT

Alzheimer's Arkansas • alzark.org • 501-224-0021 • Little Rock

Services:

- Caregiver support groups (in-person & virtual)
- Respite care grants
- Education programs
- Family assistance (one-on-one guidance)
- Wanderer safety programs

→ *Strong local organization — very practical help for families.*

Alzheimer's Association — Arkansas Chapter • alz.org/arkansas • **24/7 Helpline: 1-800-272-3900**

Services:

- 24/7 crisis support
- Education programs
- Care consultations
- Support groups

CARE COORDINATION & IN-HOME SUPPORT

CareLink (Area Agency on Aging of Central Arkansas) • carelink.org • 501-372-5300 • Little Rock, North Little Rock, Conway & Central AR

Services:

- In-home care assistance
- Meals on Wheels
- Transportation
- Caregiver respite services
- Case management

→ *Best first call for local, hands-on help.*

RESPITE & CAREGIVER SUPPORT

Lifespan Respite Coalition of Arkansas • <https://humanservices.arkansas.gov/divisions-shared-services/provider-services-quality-assurance/arkansas-lifespan-respite/>

Services:

- Respite vouchers (when available)
- Caregiver support resources
- Training and navigation help

EDUCATION & TRAINING

UAMS Schmieding Center • uamshealth.com/schmieding • Little Rock & statewide programs

Services:

- Dementia care training
- Caregiver workshops
- Skills training (often low-cost or free)

MEDICAL & SPECIALTY CARE

UAMS Reynolds Institute on Aging • aging.uams.edu

Services:

- Geriatric clinics
- Memory assessment
- Caregiver guidance

Baptist Health Memory Centers / CHI St. Vincent

Offers:

- Dementia evaluation
- Neurology services
- Care planning support

LEGAL & PLANNING HELP

Arkansas Legal Services Partnership • arlegalservices.org

Services:

- Power of attorney
- Advance directives
- Guardianship assistance

GOVERNMENT & BENEFITS

Arkansas DHS — Division of Aging, Adult & Behavioral Health • humanservices.arkansas.gov • 1-866-801-3435

Programs:

- ARChoices (in-home care Medicaid program)
- Adult Protective Services
- Long-term care support

VETERANS SUPPORT (IF APPLICABLE)

Central Arkansas Veterans Healthcare System • va.gov

Services:

- Caregiver support program
- Respite care
- Dementia-related services

SAFETY & CRISIS

Adult Protective Services: 1-800-482-8049

Emergency (wandering, safety risk): 911

LOCAL SUPPORT GROUPS (CENTRAL ARKANSAS)

- Alzheimer's Arkansas (primary local hub)
- Alzheimer's Association listings
- UAMS & hospital-based groups
- Many offer **virtual options**