

# We all need a support network.

Are you one of many Alaskans caring for a chronically ill, elderly or disabled family member? Services and support for you and the person you care for are available.



*For more information call:*

Alzheimer's Resource  
Agency of Alaska (800) 478-1080  
[www.alzalaska.org](http://www.alzalaska.org)

The Aging & Disability  
Resource Center (877) 625-2372  
[hss.state.ak.us/dsds/grantservices/adrc.htm](http://hss.state.ak.us/dsds/grantservices/adrc.htm)

*This message brought to you by:*

The Alaska Commission on Aging  
[www.alaskaaging.org](http://www.alaskaaging.org)

*and*

*The* TRUST

The Alaska Mental Health  
Trust Authority  
[www.mhtrust.org](http://www.mhtrust.org)

Gene and Kathy showing support for their mother, Rose Bates. Photo courtesy of Alzheimer's Resource of Alaska.

