

WEBVTT

NOTE duration: "00:02:04.714"

NOTE Confidence: 0.96733767

00:00:15.795 --> 00:00:16.675 We also have what we

NOTE Confidence: 0.96733767

00:00:16.675 --> 00:00:18.695 call early stage social engagement

NOTE Confidence: 0.96733767

00:00:18.835 --> 00:00:19.335 programs.

NOTE Confidence: 0.940259

00:00:19.875 --> 00:00:21.235 These are programs that those

NOTE Confidence: 0.940259

00:00:21.235 --> 00:00:22.295 living with a diagnosis,

NOTE Confidence: 0.9728806

00:00:22.755 --> 00:00:23.795 who are aware they have

NOTE Confidence: 0.9728806

00:00:23.795 --> 00:00:24.915 a diagnosis and want to

NOTE Confidence: 0.9728806

00:00:24.915 --> 00:00:26.295 be with others to socialize

NOTE Confidence: 0.9595275

00:00:26.675 --> 00:00:27.974 and attend activities,

NOTE Confidence: 0.9820332

00:00:28.435 --> 00:00:30.275 come together throughout many different

NOTE Confidence: 0.9820332

00:00:30.275 --> 00:00:32.050 places in Connecticut to enjoy

NOTE Confidence: 0.9820332

00:00:32.050 --> 00:00:33.750 time together, discuss strategies,

NOTE Confidence: 0.99654084

00:00:34.370 --> 00:00:35.409 and be in a comfortable

NOTE Confidence: 0.99654084

00:00:35.409 --> 00:00:36.450 environment where they know they're

NOTE Confidence: 0.99654084

00:00:36.450 --> 00:00:37.190 not alone.
NOTE Confidence: 0.9736644

00:00:37.650 --> 00:00:39.829 The Alzheimer's Association also provides
NOTE Confidence: 0.9736644

00:00:40.050 --> 00:00:41.909 support groups throughout the state.
NOTE Confidence: 0.96547085

00:00:42.370 --> 00:00:43.905 These support groups can be
NOTE Confidence: 0.96547085

00:00:43.905 --> 00:00:45.104 for those, again, living with
NOTE Confidence: 0.96547085

00:00:45.104 --> 00:00:45.844 a diagnosis,
NOTE Confidence: 0.97666574

00:00:46.784 --> 00:00:47.604 for caregivers.
NOTE Confidence: 0.98944676

00:00:48.385 --> 00:00:49.824 There are many different times
NOTE Confidence: 0.98944676

00:00:49.824 --> 00:00:51.265 of day and night. We
NOTE Confidence: 0.98944676

00:00:51.265 --> 00:00:52.625 even have support groups during
NOTE Confidence: 0.98944676

00:00:52.625 --> 00:00:53.284 the weekend.
NOTE Confidence: 0.95468986

00:00:53.745 --> 00:00:54.545 So you can be a
NOTE Confidence: 0.95468986

00:00:54.545 --> 00:00:56.144 caregiver, a long distance caregiver
NOTE Confidence: 0.95468986

00:00:56.144 --> 00:00:57.345 and and join a support
NOTE Confidence: 0.95468986

00:00:57.345 --> 00:00:58.324 group that's virtually.
NOTE Confidence: 0.99767965

00:00:58.670 --> 00:00:59.710 But we also have several

NOTE Confidence: 0.99767965

00:00:59.710 --> 00:01:01.390 in person support groups that

NOTE Confidence: 0.99767965

00:01:01.390 --> 00:01:02.690 we welcome you to join.

NOTE Confidence: 0.99767965

00:01:02.910 --> 00:01:03.870 Again, we want no one

NOTE Confidence: 0.99767965

00:01:03.870 --> 00:01:04.670 to go through this journey

NOTE Confidence: 0.99767965

00:01:04.670 --> 00:01:05.170 alone.

NOTE Confidence: 0.95147085

00:01:05.470 --> 00:01:06.750 We also have something called

NOTE Confidence: 0.95147085

00:01:06.750 --> 00:01:08.850 the ALS connected online community.

NOTE Confidence: 0.95147085

00:01:08.990 --> 00:01:09.790 It's kind of like a

NOTE Confidence: 0.95147085

00:01:09.790 --> 00:01:11.385 message board where people can

NOTE Confidence: 0.95147085

00:01:11.385 --> 00:01:14.025 share answers, ideas, opinions, and

NOTE Confidence: 0.95147085

00:01:14.025 --> 00:01:15.485 get support from one another.

NOTE Confidence: 0.95147085

00:01:15.545 --> 00:01:17.465 The Alzheimer's Association also has

NOTE Confidence: 0.95147085

00:01:17.465 --> 00:01:18.665 a podcast, so if you

NOTE Confidence: 0.95147085

00:01:18.665 --> 00:01:20.265 love listen listening to podcasts,

NOTE Confidence: 0.95147085

00:01:20.265 --> 00:01:21.545 you can join us. It's

NOTE Confidence: 0.95147085

00:01:21.545 --> 00:01:23.005 called Speaking of Alzheimer's.

NOTE Confidence: 0.96310335

00:01:23.600 --> 00:01:24.479 So hopefully, you can join

NOTE Confidence: 0.96310335

00:01:24.479 --> 00:01:25.439 us in that as well

NOTE Confidence: 0.96310335

00:01:25.439 --> 00:01:26.319 as you're driving in the

NOTE Confidence: 0.96310335

00:01:26.319 --> 00:01:27.359 car or listening to the

NOTE Confidence: 0.96310335

00:01:27.359 --> 00:01:28.719 radio. You can join our

NOTE Confidence: 0.96310335

00:01:28.719 --> 00:01:31.039 many, many different topics that

NOTE Confidence: 0.96310335

00:01:31.039 --> 00:01:32.319 are on our podcast called

NOTE Confidence: 0.96310335

00:01:32.319 --> 00:01:33.459 Speaking of Alzheimer's.

NOTE Confidence: 0.94777906

00:01:34.159 --> 00:01:35.200 Something new I'd like to

NOTE Confidence: 0.94777906

00:01:35.200 --> 00:01:36.000 share is what we call

NOTE Confidence: 0.94777906

00:01:36.000 --> 00:01:37.679 the Owl's Journey app and

NOTE Confidence: 0.94777906

00:01:37.679 --> 00:01:38.479 I hope you can all

NOTE Confidence: 0.94777906

00:01:38.479 --> 00:01:39.345 download this.

NOTE Confidence: 0.96422297

00:01:39.825 --> 00:01:41.685 It provides tips and resources

NOTE Confidence: 0.96422297

00:01:41.905 --> 00:01:43.584 to help take control of

NOTE Confidence: 0.96422297
00:01:43.584 --> 00:01:44.944 your well-being whether you are
NOTE Confidence: 0.96422297
00:01:44.944 --> 00:01:46.465 a caregiver or a person
NOTE Confidence: 0.96422297
00:01:46.465 --> 00:01:47.525 living with a diagnosis.
NOTE Confidence: 0.9536819
00:01:48.545 --> 00:01:49.985 Again, this app has two
NOTE Confidence: 0.9536819
00:01:49.985 --> 00:01:50.485 tracks.
NOTE Confidence: 0.9385225
00:01:51.025 --> 00:01:52.305 One of those living for
NOTE Confidence: 0.9385225
00:01:52.305 --> 00:01:53.605 those living with the disease,
NOTE Confidence: 0.96846473
00:01:54.030 --> 00:01:55.810 the other for caregivers focusing
NOTE Confidence: 0.96846473
00:01:55.869 --> 00:01:57.310 on the aspects of your
NOTE Confidence: 0.96846473
00:01:57.310 --> 00:01:58.990 life that you find most
NOTE Confidence: 0.96846473
00:01:58.990 --> 00:01:59.490 meaningful.