

The Alzheimer List

An e-mail based support & discussion group for family caregivers and health professionals

The Alzheimer List is a free public service of the Alzheimer's Disease Research Center (ADRC) at Washington University in St. Louis, Missouri. Founded in 1994, the Alzheimer List is the oldest, ongoing e-mail based support group operating through the internet focused on the needs of Alzheimer's Disease patients, their family caregivers and the professionals who serve them.

The List has provided a convenient and timely forum for discussion and support for 1,000's of caregivers and professionals over the years. List members hail from all over the US and abroad. Some join for just a few weeks or months to satisfy a short-term need for information and support. Others join and remain active for years, often viewing their participation as a form of community service. Over the years, the List has developed into a true on-line community.

No topic is too complex or mundane for List members to tackle. Discussions may focus on early warning signs of dementia, communicating with health professionals, current and emerging treatments, managing disruptive behaviors, managing feelings (grief, anger, frustration), etc. Once you post a question or comment, you usually have to wait only a few minutes before someone else responds. The real value of the List is in its diversity — you may receive 10 responses to a question all from a somewhat different perspective.

Join the List for Free

Go to The Alzheimer Page (<http://alzheimer.wustl.edu/adrc2/alzheimerlist/>) and follow the instructions for joining the List. There are two membership options:

- **Regular subscribers** receive all messages as they are posted (25 or more per day) which allows for near real time discussion.
- **Daily digest subscribers** receive one composite e-mail message every evening which includes all the posts for that day. Like regular subscribers, digest subscribers may post individual comments or questions at any time.

For information, contact List Manager Ron Hawley (hawleyr@abraxas.wustl.edu). The ADRC is one of 29 centers funded by the National Institute on Aging that conduct clinical and lab research on the symptoms and causes of Alzheimer's Disease and related conditions.

PLEASE NOTE: The AL is an open, public forum for communication about dementia care issues that operates over the internet. List users share questions, thoughts, ideas, feelings, etc., by sending e-mails to the AL address, and these are, in turn, forwarded to all current members and also saved in an on-line archive for later review. Opinions expressed by Alzheimer List members/users are not necessarily those of the ADRC (List Owner), Washington University, or the National Institute on Aging. The AL is monitored by the ADRC webmaster so that messages are forwarded and archived correctly, but specific communications are not moderated for content or otherwise censored. Members decide what they wish to share with others within guidelines suggested by the List Owner and AL community etiquette.