

**Since
2004**

Providing comprehensive care for individuals living with dementia, along with support for their caregivers and family members



"The meaning of life is not found in what we can get, but in what we can give"

Viktor Frankl

Who we are?

We are a non-profit organization dedicated to providing comprehensive care to individuals living with some form of dementia, as well as to their families and caregivers. Founded in 2004, our organization emerged from the concern of a group of individuals who, when faced with an Alzheimer's diagnosis in their loved ones, sought specialized care and support.

Our Mission

Provide comprehensive care to people living with any type of dementia, as well as to their families and caregivers.

Our Work

We are recognized by the National Institute of Neurology and Neurosurgery of Mexico City as a Day Center.

Our Care model

Consists of six programs:
Social Work
Occupational Therapy
Nursing
Physiotherapy
Neuropsychology and Psychology
Nutrition



Day to day

We provide our service Monday to Friday, from 8 am to 5 pm. We're located in Mexico City, in the Center of Tlalpan.

Monitoring of vital signs and Surveillance

Upon admission, our beneficiaries are welcomed by nurses who measure vital signs to assess their physical health condition. They periodically conduct physical examinations, administer pharmacological treatment, and monitor overall health.

Physiotherapy

Each beneficiary has a specialized treatment program, from which various activities are derived, such as:

- Muscle strengthening
- Thermotherapy
- Assisted exercises
- Therapy to improve gait and posture
- Daily exercises to help maintain mobility

Cognitive stimulation workshops

The Neuropsychology and Psychology department designs and implements various workshops that stimulate the cognitive processes, with the aim of slowing the progression of the disease.

Social, cultural and recreational activities

These activities include: Visits to museums, parks, and sports centers.

Nutrition

The Nutrition department is responsible for conducting assessments of beneficiaries to identify risks of malnutrition. Additionally, they create cyclical menus and provide nutritional guidance to families.

Support for Families

We are a support network for families and caregivers. On the second and fourth Thursdays of each month, we organize support group sessions. Additionally, we host the annual event "Alzheimer Aprende y Actúa", which aims to raise awareness among the general public about dementia.

Trainings

We offer training to caregivers and healthcare professionals in various areas of care for elderly individuals living with some form of dementia.

Monthly Conferences

On the third Monday of each month, we hold conferences where different topics related to the world of dementia are presented.

Alliances

Through various departments, such as General Management, Human Resources, and Fundraising, we have built strategic partnerships with educational and healthcare institutions, as well as with companies, national and international foundations, and donors.



"Alzheimer México I.A.P., 20 years of love. Congratulations."

-Lic. Muñoz

Thank you

Alzheimer México, I.A.P., team

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