

1. Focus On What Is In Your Control

Determine what you have influence over and what you don't.

Differentiate between ruminating and problem-solving.

Try to live in the moment; Mindset: "Live Life Today"

Develop healthy affirmations, such as:

- "Today is going to be a good day."
- "I am grateful for the good things in my life"
- "I have the power to be happy"
- "I am a good person"
- "It's OK if I make mistakes"

2. Try To Keep Your Life Similar to Pre-COVID

Continue everyday tasks and usual activities to maintain your sense of self.

Feel empowered to make your own choices.

Do things you enjoy.

3. Keep Your Life in Balance

Focus on unique strengths and interests.

Modify activities to match abilities.

Plan for rest periods.

Concentrate on the process, not on the result.

Use humor, music, writing, gardening, exercise, etc.

4. Feel Your Feelings

Accept your feelings. Work through the bad ones to get to the good ones.

Pay attention to your feelings and discuss them.

Express your emotions with people you trust.

Join a support group of people with memory loss.

Recount past times you have overcome challenges.

5. Find Meaningful Activities

Individuals living with dementia are doing all of these activities and more:

- Writing books about their experiences.
- Running 5Ks with their grandchildren
- Creating beautiful artwork, some for the first time.
- Joining a chorus (we currently have a virtual chorus you can join!).
- Playing, creating, or performing music.
- Volunteering or fundraising for an organization; organizing a *Walk to End Alzheimer's Team*.
- Making their voices heard, sharing their journey with Alzheimer's, and becoming advocates.

6. Socialization While Social Distancing

Use electronics to stay in touch with loved ones, friends, neighbours. Call an old friend.

Spend quality time with those you love. Play cards, work on gardening, indoor projects.

Make a favorite recipe that reminds you of friends and family you are unable to visit.

Write a journal about your experience during this time for future generations.

For more information on our virtual programs, visit
ALZHereForYou.org