1. **Educate yourself about Alzheimer’s disease.**
   Learn about the disease and what you can expect.

2. **Allow time to adjust to your diagnosis.**
   Take the time you need to feel sad, mourn and grieve losses or the expectation of future changes.

3. **Plan for your future.**
   Begin making legal and financial plans after the diagnosis so you can participate in decision making.

4. **Learn from others like you.**
   Visit [alz.org/IHaveAlz](http://alz.org/IHaveAlz) — a site for people living in the early stage of dementia that was created with input from people with the disease.

5. **Learn about clinical studies.**
   Consider taking part in research that could change the course of this disease and improve the lives of those it affects.

6. **Build a care team.**
   Assemble family and friends to create a network of help and support. Get started at [alz.org/carecalendar](http://alz.org/carecalendar).

7. **Take care of your emotional, physical and spiritual health.**
   Identify sources of stress and try to reduce them. Get regular medical checkups, eat well, exercise and rest when you can.

8. **Stay active and engaged.**
   Keep your body and mind active with the social and physical activities you’ve always loved — or try something new.

9. **Fight stigma.**
   Tell your story to help dispel the myths and misconceptions about Alzheimer’s disease and those who have it.

10. **Take action.**
    See reverse for ways you can join the fight against Alzheimer’s.
YOU ARE NOT ALONE

We’re nearby — alz.org/findus
In communities nationwide, we offer programs and services, including information and referrals, support groups, care consultation, education and safety services.

We’re available to talk 24/7 — 800.272.3900
Care consultants are available via our 24/7 Helpline to provide reliable information, referrals and support in more than 200 languages. (TTY: 866.403.3073)

We’re online — alz.org/IHaveAlz
Our website includes a section specifically for people living with Alzheimer’s disease that offers information and access to tools like ALZConnected® (alzconnected.org), our online community.

YOU CAN MAKE A DIFFERENCE

» Find volunteer opportunities near you: alz.org/findus
» Sign up for our signature fundraising events: Walk to End Alzheimer’s® (alz.org/walk) and The Longest Day® (alz.org/TheLongestDay)
» Advocate for more research funding: alz.org/advocate
» Stay informed. Subscribe to our free e-newsletter: alz.org/enews
» Participate in clinical studies: alz.org/TrialMatch

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