

# TIPS to Tackle FAMILY Tension Around ALZHEIMER'S



## 1. Lend an ear.

Dealing with a progressive disease such as Alzheimer's can be stressful — and not everyone reacts the same way. Give each family member an opportunity to share their opinion. Avoid blaming or attacking each other, as this will only cause more hurt.



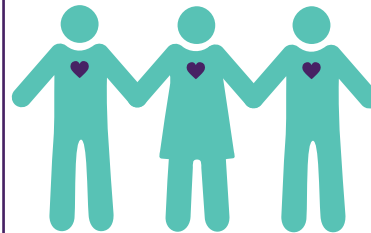
## 2. Divide and conquer.

Make a list of responsibilities and address how much time, money and effort may be involved. Divide tasks according to family members' preferences and abilities. The Alzheimer's Association online Care Team Calendar can help you coordinate.



## 3. Talk it out.

Discuss if current methods of care are working and if the needs of the person with Alzheimer's are being met; make modifications as needed. Plan for the challenges you can anticipate as the disease progresses.



## 4. Stick together.

Support family members and connect with others who are dealing with similar situations. Find an Alzheimer's Association support group in your area or join our ALZConnected® online community.



## 5. Seek outside support.

Sometimes, an outside perspective can help the entire family take a step back and work through difficult issues. The Alzheimer's Association 24/7 Helpline (800.272.3900) is staffed with care consultants who can help anytime, day or night.