

You Are Not Alone:

Considerations and Resources After an Alzheimer's or Dementia Diagnosis

A diagnosis of Alzheimer's or another dementia is life-changing and may lead to many questions. Knowing what to expect and connecting with others living with the disease can lessen the fear of the unknown and help you and your family prepare for the future.

The Alzheimer's Association® has gathered the perspectives and advice of individuals living with dementia to help guide you as you face your diagnosis:

Get educated.

Educate yourself on your diagnosis. This will help you know what to expect and learn how to plan for your future and adjust to changes. It may also provide you with peace of mind and a sense of control over how you want to live your life.

- Download **alz.org/MyALZJourney**, a free mobile app designed to help people newly diagnosed with early-stage Alzheimer's, another form of dementia or mild cognitive impairment — and their care partners.
- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today. Developed with input from people living with Alzheimer's and other dementias, this site helps answer many of the questions a diagnosis creates.
- Take our free *Living with Alzheimer's: For People with Alzheimer's education program* online at **alz.org/education**. Visit **alz.org/CRF** to learn about in-person and virtual programs.
- There is exciting progress in Alzheimer's and dementia research that is creating promising new treatments for people living with the disease. It is important to have a conversation with your doctor as soon as possible to learn about potential treatment options. Some medications are only effective in the early stages of Alzheimer's disease. Visit **alz.org/medications** to learn more.

Find resources and support.

The Alzheimer's Association is here for you and can connect you to important resources — both in your community and online — to help you live well with dementia.

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Explore the **Alzheimer's Association Community Resource Finder**. Discover a local early-stage program and other resources in your area at **alz.org/CRF**.

- Contact your local Association office to learn more about programs available for people living with dementia. To find a chapter near you, call **800.272.3900** or visit **alz.org/CRF**.

Connect with others.

You are not alone — we can help each other. The Alzheimer's Association offers opportunities to meet others who are traveling a similar path. There are so many people who understand and can support you.

- Join **ALZConnected®**. Engage with other individuals living with dementia through ALZConnected, our online networking community (**alz.org/alzconnected**). ALZConnected has discussions for people living with dementia, including younger-onset Alzheimer's.
- Attend a support group for people living with the disease. All support groups are facilitated by trained individuals, and can help you learn about the disease and connect. Visit **alz.org/CRF** to find a group meeting near you or online.

Live your best life.

You have the power to choose how to live your life. Commit to living your best life for as long as possible by being active and engaged and, above all, staying positive. Strive to be kind and compassionate to yourself and live in the present. Try to focus on the things that you can still do and not dwell on the things that you can't.

- Visit **Live Well Online Resources** (**alz.org/livewell**) to access free interactive tools that help users navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis.
- Build a custom action plan and connect with a wide variety of resources to help you plan for the road ahead with **ALZNavigator™**. Visit **alz.org/alznavigator** to get started.
- Make a plan for living well day-to-day. Visit **alz.org/dailylivingtips** for coping strategies developed by people living with dementia.

Get involved.

*You have a unique opportunity to contribute to the cause by sharing your story, participating in research and getting involved in fundraising efforts. The Alzheimer's Association offers ways to join the fight. Visit **alz.org/CRF** to find your local chapter.*

- Elevate your voice to raise concern and awareness of Alzheimer's and other dementias by joining the **Alzheimer's Association Early-Stage Advisory Group** (**alz.org/earlystage**). Advisors provide a unique perspective to key

initiatives of the Association, advocate with legislators to increase funding for research and support programs, and educate the public about the impact of dementia.

- Learn about clinical studies through **Alzheimer's Association TrialMatch®** (alz.org/trialmatch). As a person living with Alzheimer's or other dementia, you have an opportunity to participate in clinical research. Some participants receive cutting-edge treatments and expert medical care. All participants provide valuable insight to help investigators accelerate research progress.
- Become an advocate. By speaking out on the issues you face every day, you can help to shape local, state and federal laws. Visit alz.org/advocacy to learn more.
- Raise awareness and funds for care, support and research efforts. Participate in our signature fundraising events: **Walk to End Alzheimer's®** (alz.org/walk), **Do What You Love to End ALZ™** (alz.org/dowhatyoulove) and **Ride to End ALZ®** (alz.org/ride).

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