

# *Find Help and Hope with the Alzheimer's Association*

Thank you for visiting the Alzheimer's Association of Washington Chapter, serving the Washington and North Idaho areas. Whether you know someone with Alzheimer's or other forms of dementia or have been newly diagnosed, knowing where to start can be cumbersome and overwhelming. The goal of the "First Steps Program" is to assist in guiding you through selected materials and resources that can be helpful in the early stages.

As your first step on this journey, we suggest reading or viewing the following sequence of materials. The materials outlined below have been carefully selected to give you a high level introduction on foundational topics, questions and tips. To navigate this document you will click on the links for each topic you want to explore. To return to this First Step Guide you will need to utilize the back button on your internet browser. You will find additional resources through-out the alz.org website to explore later.

Navigating the journey of Alzheimer's and all other dementias is difficult, but finding resources shouldn't be. We are always here to support you, so please feel free to reach out whenever you need. If you have any questions or concerns, please contact our 24-hour Helpline at 1.800.272.3900.

Sincerely,

Your Washington State Chapter Alzheimer's Association Team



## GETTING A DIAGNOSIS:

- [10 Warning Signs](https://bit.ly/10warnsigns)-<https://bit.ly/10warnsigns>
- [Understanding Alzheimer's and Dementia](https://bit.ly/UndAlzDem)- [bit.ly/UndAlzDem](https://bit.ly/UndAlzDem)
- [Choosing a Doctor to Evaluate Memory and Thinking Problems](https://bit.ly/Choosingadoctor)-  
[bit.ly/Choosingadoctor](https://bit.ly/Choosingadoctor)
- [Just Diagnosed & Questions for Your Doctor](https://bit.ly/JustDiag)- [bit.ly/JustDiag](https://bit.ly/JustDiag)
- [Accepting the Diagnosis](https://bit.ly/AcceptDiag)- [bit.ly/AcceptDiag](https://bit.ly/AcceptDiag)
- [Sharing Your Diagnosis](https://bit.ly/ShareDiag)- [bit.ly/ShareDiag](https://bit.ly/ShareDiag)
- [Types of Dementia](https://bit.ly/TypesOfDem)- [bit.ly/TypesOfDem](https://bit.ly/TypesOfDem)



## LIVING WITH DEMENTIA:

- [Taking Care of Yourself \(Living with Dementia\)](https://bit.ly/TakingCareOfSelf)-  
[bit.ly/TakingCareOfSelf](https://bit.ly/TakingCareOfSelf)
- [You are not alone](https://bit.ly/NotAloneAlz)- [bit.ly/NotAloneAlz](https://bit.ly/NotAloneAlz)
- [Dementia Road Map](https://bit.ly/DemMap)- [bit.ly/DemMap](https://bit.ly/DemMap)



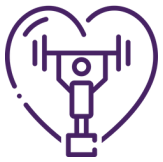
## STAYING SAFE:

- [Driving](https://bit.ly/DrivingInfo)- [bit.ly/DrivingInfo](https://bit.ly/DrivingInfo)
- [Home Safety](https://bit.ly/HomeSafetyAlz)- [bit.ly/HomeSafetyAlz](https://bit.ly/HomeSafetyAlz)
- [Traveling](https://bit.ly/TravelingAlz)- [bit.ly/TravelingAlz](https://bit.ly/TravelingAlz)
- [Wandering](https://bit.ly/LostAlz)- [bit.ly/LostAlz](https://bit.ly/LostAlz)
- [Printable Companion Cards](https://bit.ly/CompanionCards)- [bit.ly/CompanionCards](https://bit.ly/CompanionCards)



## CAREGIVING:

- Early-stage Caregiver & Your Role as Care Partner- [bit.ly/3YL4r4I](https://bit.ly/3YL4r4I)
- Care Options- [bit.ly/CareOp](https://bit.ly/CareOp)
- Community Resource Finder - [bit.ly/43CnP5I](https://bit.ly/43CnP5I)
- Legal Planning- [bit.ly/3OU6qiS](https://bit.ly/3OU6qiS)
- Financial Planning- [bit.ly/3E6Onkb](https://bit.ly/3E6Onkb)
- Middle-Stage Caregiving- [bit.ly/3OPc6KI](https://bit.ly/3OPc6KI)
- Communication- [bit.ly/3P5p606](https://bit.ly/3P5p606)
- Late Stage Caregiving- [bit.ly/3P8oV4g](https://bit.ly/3P8oV4g)
- Personal Care- [bit.ly/3smD6Kf](https://bit.ly/3smD6Kf)
- LGBTQ+ Caregiver concerns- [bit.ly/3KUN0ZL](https://bit.ly/3KUN0ZL)
- Daily Care Plan- [bit.ly/DailyCarePlan](https://bit.ly/DailyCarePlan)



## BE A HEALTHY CAREGIVER:

- Brain Health- [bit.ly/BrainHealthALZ](https://bit.ly/BrainHealthALZ)
- Staying Mentally & Physically Healthy- [bit.ly/3qHZoFK](https://bit.ly/3qHZoFK)
- Caregiver Emotions- [bit.ly/3QPQ50Y](https://bit.ly/3QPQ50Y)
- Caregiver Depression- [bit.ly/CaregiverDepression](https://bit.ly/CaregiverDepression)
- Support Groups: Connect with other caregivers in your community by joining a Support Group in your area.- [bit.ly/34rAZsz](https://bit.ly/34rAZsz)

# CARE & SUPPORT



Caring for a loved one can add stress for dementia caregivers. We are here if you need us. Call our free, 24/7 Helpline at 800.272.3900 and visit [alz.org/COVID19](https://alz.org/COVID19) to learn how you and your loved one with dementia can stay healthy.



**Care Consultations:** We can provide families with a personalized plan to help safely navigate Alzheimer's disease. Please contact us at 800.272.3900 to schedule a telephone or virtual care consultation.



**Support Groups:** The Alzheimer's Association has a variety of support groups with offerings virtually, via phone and even in person. To find a support group to join, please call 800.272.3900.



**Alzheimer's Association 24/7 Helpline (800.272.3900):** The Helpline is answered day or night by trained dementia specialists. We can offer support, information, referrals, or care consultations. we are able to speak with constituents in more than 200 different languages.



**ALZConnected:** This online community is available 24/7 at [alzconnected.org](https://alzconnected.org)



**On Demand Training:** Our on demand training is available 24/7 in English and Spanish at [training.alz.org](https://training.alz.org)



**Virtual Education:** We are offer a variety of in person and virtual free education. To register or find any upcoming offerings, please call 800.272.3900 or visit [alz.org/education](https://alz.org/education)

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia.



Contact us: 800.272.3900



Find us online: [alz.org](https://alz.org)  
or locally [alzwa.org](https://alzwa.org)