

10 TIPS FOR LIVING WITH ALZHEIMER'S

1. Educate yourself about Alzheimer's.

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 soon after the diagnosis so you can participate in decision-making.

4. Learn from others like you.

Visit alz.org/IHaveAlz — a site for people living in the early stage of Alzheimer's 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. Get started at alz.org/TrialMatch.

6. Build a care team.

Assemble family and friends to create a network of help and support.

7. Take care of your emotional, physical and spiritual health.

Visit alz.org/livewell to access tools and resources to help you live your best life with dementia.

8. Stay active and engaged.

Keep your body and mind active with the social and physical activities you've always enjoyed — or try something new.

9. Fight stigma.

Share your story to help dispel the myths and misconceptions about Alzheimer's and those who are living with the disease.

10. Take action.

See the reverse for ways you can join the fight against Alzheimer's.

YOU ARE NOT ALONE

We're nearby – alz.org/CRF

We offer programs and services nationwide, including information and referrals, support groups, education and safety resources.

We're available to talk 24/7 – 800.272.3900

Care consultants are available day or night via our **24/7 Helpline** to provide reliable information, referrals and support in more than 200 languages.

We're online – alz.org/IHaveAlz

Our website includes a section created specifically for people living with Alzheimer's 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/CRF
- » Sign up for our signature fundraising events: **Walk to End Alzheimer's**[®] (alz.org/walk) and **The Longest Day**[®] (alz.org/thelongestday)
- » Advocate to make Alzheimer's a national priority: alz.org/advocate
- » Stay informed by subscribing to our free e-newsletter: alz.org/enews
- » Explore participation in clinical studies: alz.org/TrialMatch

alzheimer's  association[®]

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