

10 WAYS TO HELP A FAMILY LIVING WITH ALZHEIMER'S

- 1. Educate yourself about Alzheimer's disease.**
Learn about its effects and how to respond.
- 2. Stay in touch.**
A card, call or visit can show you care.
- 3. Be patient.**
Adjusting to an Alzheimer's diagnosis is an ongoing process and each person reacts differently.
- 4. Offer a shoulder to lean on.**
The disease can impact the entire family. Simply offering your support and friendship can provide comfort.
- 5. Include the person with dementia in conversation.**
It's important to engage the person even as his or her communication skills decline.
- 6. Help the family tackle its to-do list.**
Prepare a meal, run an errand or provide a ride.
- 7. Invite family members to join you in leisure activities.**
Invite them to take a walk or participate in other enjoyable activities.
- 8. Offer a reprieve.**
Spend time with the person living with dementia so family members can enjoy time alone or with friends.
- 9. Be flexible.**
The family may need time to assess its needs. If they don't accept your offer for support or assistance right away, try asking again later.
- 10. Get involved with the Alzheimer's cause.**
Show your support for the family by joining the fight against the disease. See reverse for ways to participate.

People living with early-stage Alzheimer's would like you to know:

- » I'm still the same person I was before my diagnosis.
- » My independence is important to me; ask me what I'm still comfortable doing and what I may need help with.
- » It's essential that I stay engaged. Invite me to do activities we both enjoy.
- » Don't make assumptions because of my diagnosis. Alzheimer's affects each person differently.
- » Ask me how I'm doing. I'm living with a disease, just like cancer or heart disease.
- » I can still engage in meaningful conversation. Talk directly to me if you want to know how I am.
- » Don't pull away. It's OK if you don't know what to do or say. I value your friendship and support.

Family members would like you to know:

- » We need time to adjust to the diagnosis.
- » We want to remain connected with others.
- » We need time for ourselves.
- » We appreciate small gestures.

JOIN THE FIGHT

- » Volunteer for the Alzheimer's Association. Visit alz.org/CRF to find an office in your area.
- » Participate in **Walk to End Alzheimer's®** (alz.org/walk) and **The Longest Day®** (alz.org/thelongestday).
- » Become an advocate. Visit alz.org/advocacy.
- » Participate in a clinical study as a healthy volunteer. Get started by creating a profile with **Alzheimer's Association TrialMatch®** (alz.org/TrialMatch).

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