

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, a call or a visit means a lot and shows 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 create stress for the entire family. Simply offering your support and friendship is helpful.
- 5. Engage the person with dementia in conversation.**
It's important to involve the person in conversation even when his or her ability to participate becomes more limited.
- 6. Offer to help the family with its to-do list.**
Prepare a meal, run an errand or provide a ride.
- 7. Engage family members in activities.**
Invite them to take a walk or participate in other activities.
- 8. Offer family members a reprieve.**
Spend time with the person living with dementia so family members can go out alone or visit with friends.
- 9. Be flexible.**
Don't get frustrated if your offer for support is not accepted immediately. The family may need time to assess its needs.
- 10. Support the Alzheimer's cause.**
See reverse for ways you can join the fight against the disease.

UNDERSTANDING IS THE FIRST STEP TO HELPING

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 important 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. Your friendship and support are important to me.

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 at your local Alzheimer's Association office.
- » Participate in **Walk to End Alzheimer's®** and **The Longest Day®**.
- » Advocate for more research funding.
- » Sign up for **Alzheimer's Association TrialMatch®** to participate in clinical studies as a healthy volunteer.

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