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.

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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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