

# 10 TIPS FOR LIVING WITH ALZHEIMER'S

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- 1. Educate yourself about Alzheimer's disease.**  
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 after the diagnosis so you can participate in decision making.
- 4. Learn from others like you.**  
Visit [alz.org/IHaveAlz](https://www.alz.org/IHaveAlz) — a site for people living in the early stage of dementia 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.
- 6. Build a care team.**  
Assemble family and friends to create a network of help and support. Get started at [alz.org/carecalendar](https://www.alz.org/carecalendar).
- 7. Take care of your emotional, physical and spiritual health.**  
Identify sources of stress and try to reduce them. Get regular medical checkups, eat well, exercise and rest when you can.
- 8. Stay active and engaged.**  
Keep your body and mind active with the social and physical activities you've always loved — or try something new.
- 9. Fight stigma.**  
Tell your story to help dispel the myths and misconceptions about Alzheimer's disease and those who have it.
- 10. Take action.**  
See reverse for ways you can join the fight against Alzheimer's.

# YOU ARE NOT ALONE

## We're nearby – [alz.org/findus](https://alz.org/findus)

In communities nationwide, we offer programs and services, including information and referrals, support groups, care consultation, education and safety services.

## We're available to talk 24/7 – 800.272.3900

Care consultants are available via our **24/7 Helpline** to provide reliable information, referrals and support in more than 200 languages. (TTY: 866.403.3073)

## We're online – [alz.org/IHaveAlz](https://alz.org/IHaveAlz)

Our website includes a section specifically for people living with Alzheimer's disease that offers information and access to tools like **ALZConnected**<sup>®</sup> ([alzconnected.org](https://alzconnected.org)), our online community.

## YOU CAN MAKE A DIFFERENCE

- » Find volunteer opportunities near you:  
**[alz.org/findus](https://alz.org/findus)**
- » Sign up for our signature fundraising events:  
**Walk to End Alzheimer's**<sup>®</sup> ([alz.org/walk](https://alz.org/walk)) and  
**The Longest Day**<sup>®</sup> ([alz.org/TheLongestDay](https://alz.org/TheLongestDay))
- » Advocate for more research funding:  
**[alz.org/advocate](https://alz.org/advocate)**
- » Stay informed. Subscribe to our free e-newsletter: **[alz.org/enews](https://alz.org/enews)**
- » Participate in clinical studies:  
**[alz.org/TrialMatch](https://alz.org/TrialMatch)**

alzheimer's  association<sup>®</sup>

**800.272.3900 | [alz.org](https://alz.org)**<sup>®</sup>

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