

# For You: The Person with Early Memory Loss

1. Learn all you can about the disease.
2. You are not alone.
3. Tell family and friends how they can help. Be honest. Be specific. Be appreciative.
4. Maintain meaningful friendships.
5. Take care of your health. Include a nutritious diet, adequate rest and regular exercise.
6. Accept your feelings of sadness and anger without guilt.
7. Forgive yourself for mistakes or outbursts; you are only human.
8. Try to be realistic about what you can do. Decisions must be based on your changing needs.
9. Don't hide; this is a disease. Use your voice to advocate for improved understanding of early stage Alzheimer's.
10. Humorous things will happen. Greeting these with a laugh can really help.
11. Keep a journal of your past and present history. It is often helpful in sorting out your feelings. Journaling also gives you a way to organize your thoughts and keep track of changes.
12. Hold onto hope There is much research being dedicated to finding disease modifying solutions!

## *Hints for Around the House*

1. Give your neighbors a spare house key in case you are accidentally locked out.
2. Carry only a small amount of cash.
3. Have a list of your medications, hospital number, doctors' numbers and numbers of close family and friends on your refrigerator and in your wallet.
4. It's wise to rid your house of all guns.
5. We have all forgotten something on a stove burner at one time or another. A nearby smoke detector can help to prevent kitchen fires as well as burned pots.
6. Appliances that automatically shut-off are also useful.
7. Find and practice a medication reminder system.
8. Set up a Durable Power of Attorney and Living Will.
9. Set up a check and balance system for bills and account management. Numbers can be affected early or along with short term memory. It is best to have a mechanism to double check when finances are involved.
10. Find out about research studies going on in your area.

## How to Contact the Alzheimer's Association – Heart of America Chapter 1.800.272.3900 • [alz.org/kansascity](http://alz.org/kansascity)

**Main Office**  
3846 W. 75th Street  
Prairie Village, KS 66208

**Northeast Kansas Regional Office**  
3625 SW 29th St.  
Suite 102  
Topeka, KS 66614

**Northwest Missouri Regional Office**  
927 Faraon  
St. Joseph, MO 64501

**Southeast Kansas Regional Office**  
2601 Gabriel  
Parsons, KS 67357