

## Donation Information

The Chapter needs your support to combat this costly and devastating disease. The local programs and services the Chapter provides are supported by voluntary contributions.

Please make checks payable to the  
**Alzheimer's Association Midlands Chapter.**

- \$25                       \$100  
 \$50                       \$250  
 \$500  
 \_\_\_\_ Other  
 Please charge to my credit card:  
 Visa  MC  AMEX  Discover  Diner's Club  
Card Number: \_\_\_\_\_

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(found on back of card near signature)

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

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City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

My company has a matching gift program:

\_\_\_\_\_  
(Company Name)

I would like more information on:

- Research     Advocacy  
 Education     Family Support Services  
 Send me information about fundraising events.  
 **Yes**, I would like to learn more about how I can help the Midlands Chapter through my will and estate planning.

## Our Mission:

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

## Vision Statement

A world without Alzheimer's disease.

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[www.alz.org/midlands](http://www.alz.org/midlands)



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## 10 Ways to Help Alzheimer's Families



*Alzheimer's disease (AD) affects the entire family. Seventy per cent of the care for an individual with Alzheimer's disease is provided by family members.*

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Information & Referral: 402-502-4300  
Fax: 402-502-7001

### Branch Office

300 West Broadway, Suite 233  
Council Bluffs, IA 51503  
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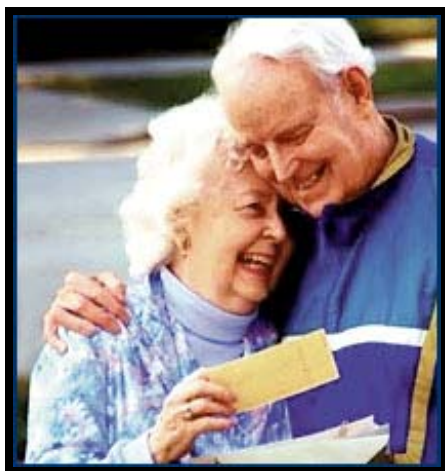
**24/7 Contact Center: 1-800-272-3900**

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# Ten Ways to Help Alzheimer's Families

1. **Keep in touch.** Maintain contact with family members. A card, call, or a visit all mean a great deal. Continue to send cards even if you don't get a response. It's a simple yet important way to show you care.



2. **Do little things . . . they mean a lot.** When cooking, make extra portions and drop off a meal. If you're on your way out, see if there's anything they need. Surprise the caregiver with a special treat.



3. **Give them a break.** Offer to stay with the individual so the family members can run errands, attend a support group meeting or take a short trip.

4. **Be specific when offering assistance.** Many caregivers find it hard to ask for something specific. Have the family prepare a "To Do" list of hard-to-get-to projects. Figure out what you can do and then dedicate some time to helping the family tackle some of these tasks.
5. **Be alert.** Learn about AD and how it impacts the family. Know how to recognize a problem and respond. Take time to learn about other common behaviors and helpful care techniques.
6. **Provide a change of scenery.** Plan an activity that gets the whole family out of the house. Be sure to include the person with AD if the caregiver feels it's appropriate. If not, make arrangements for someone to stay at home while you're out.
7. **Learn to listen.** Sometimes, those affected by AD just need to talk with someone. Be available when the caregiver is free to talk without interruptions. You don't need to provide all the answers--just be a compassionate listener. Try not to question or judge but, rather, support and accept.



8. **Care for the caregiver.** Encourage caregivers to take care of themselves. Offer to attend a support group meeting with them. The Midlands Chapter has information available on meeting times and locations of support groups.
9. **Remember all family members.** The person with AD will appreciate your visits even if unable to show it. Talk with the person in regular, non-condescending manner. Spouses, adult children and even young grandchildren are all affected in different ways by a relative's AD. Be attentive to their needs too.



10. **Get involved.** Unless prevention is found, 11.3 to 14 million Americans will have AD by 2050. Ways to get involved:

- Make a contribution
- Attend an area specific event
- Volunteer for Public Policy & Advocacy

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