1. **Educate yourself about Alzheimer’s.**
   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 soon after the diagnosis so you can participate in decision-making.

4. **Learn from others like you.**
   Visit [alz.org/IHaveAlz](http://alz.org/IHaveAlz) — a site for people living in the early stage of Alzheimer’s 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. Get started at [alz.org/TrialMatch](http://alz.org/TrialMatch).

6. **Build a care team.**
   Assemble family and friends to create a network of help and support.

7. **Take care of your emotional, physical and spiritual health.**
   Visit [alz.org/livewell](http://alz.org/livewell) to access tools and resources to help you live your best life with dementia.

8. **Stay active and engaged.**
   Keep your body and mind active with the social and physical activities you’ve always enjoyed — or try something new.

9. **Fight stigma.**
   Share your story to help dispel the myths and misconceptions about Alzheimer’s and those who are living with the disease.

10. **Take action.**
    See the reverse for ways you can join the fight against Alzheimer’s.
YOU ARE NOT ALONE

We're nearby – alz.org/CRF
We offer programs and services nationwide, including information and referrals, support groups, education and safety resources.

We’re available to talk 24/7 – 800.272.3900
Care consultants are available day or night via our 24/7 Helpline to provide reliable information, referrals and support in more than 200 languages.

We’re online – alz.org/IHaveAlz
Our website includes a section created specifically for people living with Alzheimer’s that offers information and access to tools like ALZConnected® (alzconnected.org), our online community.

YOU CAN MAKE A DIFFERENCE

» Find volunteer opportunities near you: alz.org/CRF
» Sign up for our signature fundraising events: Walk to End Alzheimer’s® (alz.org/walk) and The Longest Day® (alz.org/thelongestday)
» Advocate to make Alzheimer’s a national priority: alz.org/advocate
» Stay informed by subscribing to our free e-newsletter: alz.org/enews
» Explore participation in clinical studies: alz.org/TrialMatch