

# 10 TIPS FOR LIVING WITH ALZHEIMER'S

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**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, grieve losses and process 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.**

Turn over this card to learn of ways you can join the fight against Alzheimer's.

# YOU ARE NOT ALONE

## We're nearby – [alz.org/CRF](https://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](https://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](https://alzconnected.org)), our online community.

## YOU CAN MAKE A DIFFERENCE

- » Find volunteer opportunities near you:  
**[alz.org/volunteer](https://alz.org/volunteer)**
- » Sign up for our signature fundraising events:  
**Walk to End Alzheimer's®** ([alz.org/walk](https://alz.org/walk)) and  
**The Longest Day®** ([alz.org/thelongestday](https://alz.org/thelongestday))
- » Advocate for more research funding:  
**[alz.org/advocacy](https://alz.org/advocacy)**
- » Stay informed by subscribing to our free e-newsletter: **[alz.org/eneews](https://alz.org/eneews)**
- » Explore participation in clinical studies:  
**[alz.org/TrialMatch](https://alz.org/TrialMatch)**

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