10 WAYS TO HELP A FAMILY LIVING WITH ALZHEIMER’S

1. **Educate yourself about Alzheimer’s disease.**
   Learn about its effects and how to respond.

2. **Stay in touch.**
   A card, call or visit can show you care.

3. **Be patient.**
   Adjusting to an Alzheimer’s diagnosis is an ongoing process and each person reacts differently.

4. **Offer a shoulder to lean on.**
   The disease can impact the entire family. Simply offering your support and friendship can provide comfort.

5. **Include the person with dementia in conversation.**
   It’s important to engage the person even as his or her communication skills decline.

6. **Help the family tackle its to-do list.**
   Prepare a meal, run an errand or provide a ride.

7. **Invite family members to join you in leisure activities.**
   Invite them to take a walk or participate in other enjoyable activities.

8. **Offer a reprieve.**
   Spend time with the person living with dementia so family members can enjoy time alone or with friends.

9. **Be flexible.**
   The family may need time to assess its needs. If they don’t accept your offer for support or assistance right away, try asking again later.

10. **Get involved with the Alzheimer’s cause.**
    Show your support for the family by joining the fight against the disease. See reverse for ways to participate.

800.272.3900  alz.org®
People living with early-stage Alzheimer’s would like you to know:

» I’m still the same person I was before my diagnosis.

» My independence is important to me; ask me what I’m still comfortable doing and what I may need help with.

» It’s essential that I stay engaged. Invite me to do activities we both enjoy.

» Don’t make assumptions because of my diagnosis. Alzheimer’s affects each person differently.

» Ask me how I’m doing. I’m living with a disease, just like cancer or heart disease.

» I can still engage in meaningful conversation. Talk directly to me if you want to know how I am.

» Don’t pull away. It’s OK if you don’t know what to do or say. I value your friendship and support.

Family members would like you to know:

» We need time to adjust to the diagnosis.

» We want to remain connected with others.

» We need time for ourselves.

» We appreciate small gestures.

JOIN THE FIGHT

» Volunteer for the Alzheimer's Association®. Visit alz.org/volunteer to learn more.

» Participate in Walk to End Alzheimer’s® (alz.org/walk) and The Longest Day® (alz.org/thelonestday).

» Become an advocate. Visit alz.org/advocacy.

» Participate in a clinical study as a healthy volunteer. Get started by creating a profile with Alzheimer’s Association TrialMatch® (alz.org/TrialMatch).

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