

You are not alone: Considerations and resources after an Alzheimer's diagnosis

A diagnosis of Alzheimer's or another dementia is life-changing and may lead to many questions. Knowing what to expect and connecting with others living with the disease can lessen the fear of the unknown and help you and your family prepare for the future.

The Alzheimer's Association® National Early-Stage Advisory Group is an important group of individuals living in the early stage of Alzheimer's and other dementias who bring a unique perspective to key efforts of the Association. Members of the group offer the following advice as you face your diagnosis:

Get educated.

Educate yourself on your diagnosis. This will help you know what to expect and learn to how to plan for your future and adjust to changes. It may also provide you with peace of mind and a sense of control over how you want to live your life.

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today. Developed with input from people living with Alzheimer's, this site helps answer many of the questions a diagnosis creates.
- Take our free *Living with Alzheimer's: For People with Alzheimer's* workshop online at **alz.org/education** or through your local Alzheimer's Association office (**alz.org/CRF**).

Connect with others.

You are not alone — we can help each other. The Alzheimer's Association provides information and resources to help us live well with the disease. They also offer opportunities to meet others who are traveling a similar path. There are so many people who understand and can support you.

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Explore **Community Resource Finder**. Discover a local early-stage program and other resources in your area at **alz.org/CRF**.

- Join **ALZConnected®**. Engage with other individuals living with the disease through ALZConnected, our online networking community (alzconnected.org). Be sure to visit the *I Have Alzheimer's or Another Dementia* message boards.
- Contact your local Association office to learn more about programs available for people living with dementia. To find a chapter near you, call **800.272.3900** or visit alz.org/CRF.

Live your best life.

You have the power to choose how to live your life. Commit to living your best life for as long as possible by being active and engaged and, above all, staying positive. Strive to be kind and compassionate to yourself and live in the present. Try to focus on the things that you can still do and not dwell on the things that you can't.

- Visit **LiveWell Online Resources** (alz.org/livewell) to access free interactive tools that help users navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provide personalized steps for living well with dementia.
- Learn about clinical studies through **Alzheimer's Association TrialMatch®** (alz.org/TrialMatch). As a person living with Alzheimer's or other dementia, you have an opportunity to participate in clinical research. Some participants receive cutting-edge treatments and expert medical care. All participants provide valuable insight to help investigators accelerate research progress.
- Become an advocate. By speaking out on the issues you face every day, you can help to shape local, state and federal laws. Visit alz.org/advocate to learn more.
- Raise awareness and funds for care, support and research efforts. Participate in our signature fundraising events: **Walk to End Alzheimer's®** (alz.org/walk) and **The Longest Day®** (alz.org/thelongestday).

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