

10 tips for living with alzheimer's



*Ken and Carol,
living with Alzheimer's*

- 1 Educate yourself about Alzheimer's disease.**
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 your current losses or the expectation of future changes.
- 3 Plan for your future.**
Begin making legal and financial plans after the diagnosis so you can participate in decision making.
- 4 Get support from others like you.**
Meet people living with Alzheimer's by joining a local support group or participating in an online community like ALZConnected®.
- 5 Learn about clinical studies.**
Consider taking part in research that could change the course of this disease and improve the lives of all those it affects.
- 6 Build a care team.**
Assemble family and friends to create a network of help and support. Get started at alz.org/carecalendar.
- 7 Take care of your emotional, physical and spiritual health.**
Identify sources of stress and try to reduce them. Get regular medical checkups, eat well, exercise and rest when you can.
- 8 Stay active and engaged.**
Keep your body and mind active with the social and physical activities you've always loved — or try something new.
- 9 Fight stigma.**
Tell your story to help dispel the myths and misconceptions about Alzheimer's disease and those who have it.
- 10 Take action.**
Raise your voice as an advocate or raise awareness and funds through events like Walk to End Alzheimer's® and The Longest Day®.

You are not alone



We're nearby – alz.org/findus

In communities nationwide, we offer programs and services, including information and referrals, support groups, care consultation, education and safety services.



We're available to talk 24/7 – 800.272.3900

Care consultants are available via our 24/7 Helpline to provide reliable information, referrals and support in more than 170 languages and dialects.



We're online – alz.org/IHaveAlz

Our website includes a section specifically for people living with Alzheimer's disease that offers information and access to tools like ALZConnected® (alzconnected.org), our online community.

You can make a difference



Find volunteer opportunities in your area – alz.org/findus



Sign up for our signature events:
Walk To End Alzheimer's (alz.org/walk) and
The Longest Day (alz.org/thelongestday)



Advocate for more research funding – alz.org/advocate



Stay informed. Subscribe to our free e-newsletter – alz.org/enews



Participate in clinical studies – alz.org/trialmatch

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