alzheimer's 🎧 association®

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.
- 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.

- 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.
- 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



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/CRF to find an office in your area.
- » Participate in Walk to End Alzheimer's[®] (alz.org/walk) and The Longest Day[®] (alz.org/thelongestday).
- » 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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