

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, a call or a visit means a lot and shows 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 create stress for the entire family. Simply offering your support and friendship is helpful.
- 5 Engage the person with dementia in conversation.**
It's important to involve the person in conversation even when his or her ability to participate becomes more limited.
- 6 Offer to help the family with its to-do list.**
Prepare a meal, run an errand or provide a ride.
- 7 Engage family members in activities.**
Invite them to go on a walk or participate in other activities.
- 8 Offer family members a reprieve.**
Spend time with the person with dementia so family members can go out alone or visit with friends.
- 9 Be flexible.**
Don't get frustrated if your offer for support is not accepted immediately. The family may need time to assess its needs.
- 10 Get involved with the Alzheimer's Association®.**
Show your support by becoming an advocate or participating in Walk to End Alzheimer's® and The Longest Day®.

Understanding is the first step to helping.

People with mild (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 important that I stay engaged. Invite me to do activities that we both enjoy.
- › Don't make assumptions about me because of my diagnosis. Alzheimer's affects each person differently.
- › Take time to 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. Your friendship and support are important to me.

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 the small gestures.

Join the fight against Alzheimer's disease.

- › Volunteer at your local Alzheimer's Association office.
- › Participate in Walk to End Alzheimer's and The Longest Day.
- › Advocate for more research funding.
- › Sign up for Alzheimer's Association TrialMatch[®] to participate in clinical studies as a healthy volunteer.

alzheimer's  association[®]

800.272.3900 | alz.org[®]

This is an official publication of the Alzheimer's Association but may be distributed by unaffiliated organizations and individuals. Such distribution does not constitute an endorsement of these parties or their activities by the Alzheimer's Association.