

## 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. Read on for ways to participate.

**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](https://alz.org/volunteer) to learn more.
- Participate in **Walk to End Alzheimer's®** ([alz.org/walk](https://alz.org/walk)), **The Longest Day®** ([alz.org/thelongestday](https://alz.org/thelongestday)) and **Ride to End ALZ®** ([alz.org/ride](https://alz.org/ride)).
- Become an advocate. Visit [alz.org/advocacy](https://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](https://alz.org/TrialMatch)).

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