



# 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 assistance to help the family tackle 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.

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## People living in the early stage of 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.
- › 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.

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