

10 ways to help a family living with Alzheimer's



- 1 Stay in touch – show you care**
A card, a call or a visit all mean a lot
- 2 Treat the person with respect and dignity**
Focus on all that the person can do
- 3 Do the little things**
Drop off dinner or run an errand
- 4 Be specific when offering help**
Tackle a task on the family's *to-do* list
- 5 Educate yourself about Alzheimer's**
Learn about its effects and how to respond
- 6 Include everyone in activities**
Plan a picnic or dinner at your place; include the person whenever possible
- 7 Be a good listener**
Support and accept – try not to judge
- 8 Encourage a healthy lifestyle**
Suggest practical tips to exercise and eat right
- 9 Allow the family some personal time**
Fill in as a caregiver, when needed
- 10 Keep all family members in mind**
From tots to elders, each reacts uniquely

What is Alzheimer's?

Alzheimer's (AHLZ-high-merz) is a disease of the brain that causes problems with memory, thinking and behavior. One in three adults knows someone living with Alzheimer's disease.

What families are feeling

You may want to offer assistance to a family living with Alzheimer's but worry you'll say or do the wrong thing. It may help to be aware of these common experiences.

The person with Alzheimer's likely:

- Is adjusting to new schedules and changing roles
- Welcomes your direct contact
- Worries about overwhelming family caregivers
- Strives to keep an active, independent lifestyle

Family members often:

- Feel alone and disconnected from friends
- Need assistance or a break but hesitate to ask
- Struggle to run errands or complete daily tasks
- Feel high stress and welcome a good listener

You can make a difference

Go beyond the *10 ways to help a family living with Alzheimer's* – join the battle to end this disease:

- **Volunteer** at your local Alzheimer's Association
- **Sign up** for Walk to End Alzheimer's®
- **Advocate** for more research funding

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's.

For information and support,
contact the Alzheimer's Association:

1.800.272.3900 | 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.