

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.**
Show your support by becoming an advocate or participating in Walk to End Alzheimer's.