

Top Five Tips For Coping with Alzheimer's Disease

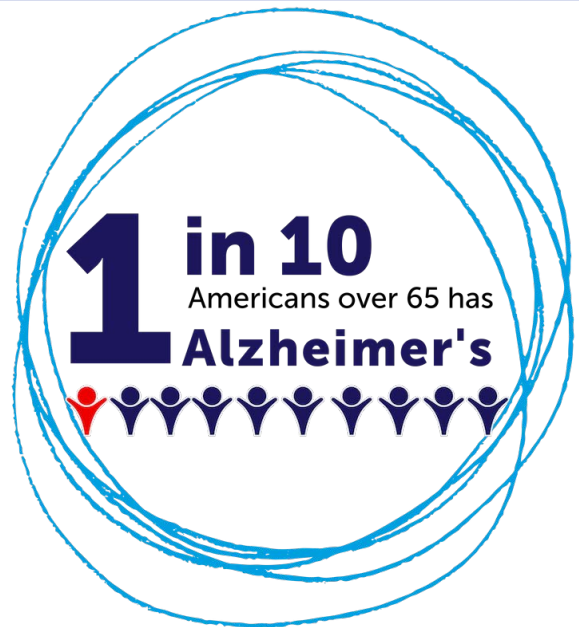
An Alzheimer's disease or dementia diagnosis can be overwhelming. Learn more to plan for the future.

Tips to help you cope with an Alzheimer's or dementia diagnosis:

- 1) Look for sources of help, such as, local, state, federal government services, adult day care, and assistance with home caregiving. Make a list of these resources and keep it in a safe place.
- 2) Start legal and financial planning as soon as possible by appointing a power of attorney, completing a will, and arranging for long-term care.
- 3) Consider volunteering for a clinical trial. Clinical trials are undertaken to test whether a new drug or device is safe and effective.
- 4) Learn about memory care facilities and understand the different health care providers, including specialists, who may become a part of the care team.
- 5) Learn about the relationship between depression and dementia, and about potential treatment options for depression.

What to bring to your appointment:

- The doctor's contact information
- A list of your medications
- A notepad to write down the doctor's suggestions
- A friend or relative to accompany you if possible



Alzheimer's Disease Research

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