

manage memory loss checklist

1. diagnose

- Call the 24/7 Helpline at 800.272.3900 for information on warning signs and referrals to experienced dementia specialists.

2. educate

- Attend an in-person education class.
- Visit alz.org/stl and take an online class.
- Read about the disease and its symptoms.

3. connect

- Attend a caregiver support group or support program for people with memory loss.
- Join an online support community or connect with a dementia mentor.
- Create a support network through family, friends and faith community.

4. adjust

- Schedule a Care Consultation to create an action plan for your individual situation.
- Establish a self-care plan.

5. prepare

- Call the 24/7 Helpline for continued support with legal, financial, and long term care needs.
- Enroll in Medic Alert+Safe Return.

6. act

- Raise awareness and funds.
- Speak out as an advocate.
- Volunteer your time and talents.
- Enroll in TrialMatch to create a world without Alzheimer's.

If you have questions or concerns about your memory or the memory of someone you know, connect with the Alzheimer's Association:

Through our 24/7 Helpline, experienced Helpline Specialists are available to provide confidential information, guidance and support.

Receive personalized guidance through a one-on-one Care Consultation. Get answers to questions and a personalized plan of action. Consultations are provided in-person or by phone at your convenience.

You and your network of family and friends can learn more about the disease through Alzheimer's Association education classes, books, brochures and more.

Connect and engage with others who understand what you are going through by attending any of our support programs. Meet with people in person, by phone or online to receive answers to your questions and help you adjust along the journey.

Throughout every stage of the disease, the Alzheimer's Association is here to provide support and information through Community Resources. We'll assist in finding attorneys, doctors, other service providers, and programs in your area.

For people with mild memory loss, we offer support through telephone and group meetings. We also offer social and cultural activities to keep people engaged while living with Alzheimer's.

Individuals with or without memory loss can sign up for TrialMatch to engage in local research studies and participate in advocacy efforts by lending their voice to help advance public policy.