

Your Loved One Has Alzheimer's... Now What?

Awareness. Education. Support.

WHAT TO DO FIRST...

- **Pack Your Patience** - It's okay to feel scared or uncertain.
- **Get Educated** - Learn about stages, symptoms, and what to expect.
- **Talk To Their Doctor** - Ask about care, medication, and next steps.
- **Build Your Team** - Connect with family, friends, and support organizations.

WHO TO CONTACT

- Alzheimer's Association 24/7 Helpline: 800.272.3900
- Email: Awareness@alz4all.com
- Website: www.alz4all.com
- Serving Central Florida

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WORDS OF ENCOURAGEMENT

“You may be overwhelmed, but you will gain strength with each day. Pack your patience. Help is available; remember to ask for it.”

Sandra R. Kiser

HOW TO HELP YOUR LOVED ONE NOW

- Create a **Daily Routine** to reduce stress.
- Ensure **Safety at Home**, label items, secure hazards.
- Encourage **Independence** for as long as possible, but offer support.
- Plan for **Future Legal, Financial, and Care**, early decisions matter.