



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

Because awareness deserves action

## 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](mailto:Awareness@alz4all.com)
- Website: [www.alz4all.com](http://www.alz4all.com)
- Serving Central Florida

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## WORDS OF ENCOURAGEMENT

“The Alzheimer’s journey can feel overwhelming, but with each day, you will discover strength you didn’t know you had. Pack your patience. Ask for help. Resources are available - and asking for help is a sign of courage, not weakness.”



Sandra 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.