

# You are not alone.

A diagnosis of Alzheimer's disease or other dementia is life changing and creates many questions. Knowing what to expect and connecting with others living with the disease can lessen the fear of the unknown, and will help you and your family prepare for the future. Understanding your diagnosis is an ongoing process, but there are steps you can take to move forward and live your best life for as long as possible.

## Get educated.



Visit [alz.org/IHaveAlz](https://alz.org/IHaveAlz) to start learning and planning in order to live your best life today. Developed with input from people living with Alzheimer's, this site helps answer many of the questions a diagnosis creates.



Take our **free** *Living with Alzheimer's: For People with Alzheimer's* workshop online at [alz.org/elearning](https://alz.org/elearning) or through a chapter near you ([alz.org/findus](https://alz.org/findus)).

## Connect with others.



### 24/7 Helpline – 800.272.3900

Care specialists and master's-level clinicians provide reliable information and support all day, every day.



Participate in an **early-stage support group**. Locate a group in your area at [alz.org/communityresourcefinder](https://alz.org/communityresourcefinder).



Visit the *I Have Alzheimer's or Another Dementia* message boards on **ALZConnected**<sup>®</sup>, our online networking community at [alzconnected.org](https://alzconnected.org).



Contact your local chapter to learn more about programs available for people living with dementia. To find a chapter near you, call [800.272.3900](tel:800.272.3900) or visit [alz.org/findus](https://alz.org/findus).



The diagnosis put a name to the challenges I was facing. Now, I could do something about it.

*Lou B. - An individual living with Alzheimer's disease*



Call our **24/7 Helpline. All day, every day. 800.272.3900.**

alzheimer's  association<sup>®</sup>