

After a Diagnosis of Alzheimer's Disease or other Dementia



Most families are not prepared for a diagnosis of Alzheimer's disease or another related dementia. Finding information and support can help with what to expect and what to do next. Use these action steps to help you get started.

LEARN MORE ABOUT DISEASE AND WHAT TO EXPECT

Being informed about the disease will help you know what to expect as the disease progresses.

- Contact the Alzheimer's Association alz.org or call the 24/7 Helpline at 1-800-272-3900
- Find your local Area Agency on Aging k4ad.org/aaa-statewide-map or call 1-855-200-2372
- Contact KU Alzheimer's Disease Research Center www.kumc.edu/research/alzheimers-disease-research-center.html or call 1-913-588-0555

LEGAL & FINANCIAL PLANNING

It is important to handle legal affairs as early as possible to protect the rights and well being of a person with dementia.

- Learn about Advance Directives www.wichitamedicalresearch.org/info-for-advance-directives
- Visit www.alzheimers.gov/life-with-dementia/planning-after-diagnosis

FIND LOCAL SUPPORT & RESOURCES

Finding local support and resources are important to maintain a good quality of life for both the person with dementia and the caregiver. These resources may include information and referrals, education, care-options, or support groups.

- Contact the Alzheimer's Association alz.org or call our 24/7 Helpline at 1-800-272-3900
- Find your local Area Agency on Aging k4ad.org/aaa-statewide-map call 1-855-200-2372
- Eldercare Locator eldercare.acl.gov/Public/Index.aspx or 1-800-677-1116

SAFETY

At Home – simple changes can be made to make the home a safer and easier place for a person with dementia.

- Consider a medical ID bracelet or GPS device in case of wandering or needing help in the home.
- Learn more about home safety checklists: www.nia.nih.gov/health/safety/home-safety-checklist-alzheimers-disease

On the Road – At some point, a person living with dementia will have to give up driving. Planning can help to ease the transition.

- Learn more about discussion and tips on when and how to discontinue driving www.alz.org/help-support/caregiving/safety/dementia-driving

STAY HEALTHY

Healthy habits are important for both the caregiver and people living with dementia.

- Be active, eat well, stay social and remember to take time for self-care.
- Learn to modify activities and hobbies to keep your loved one engaged and active.
- Continue to get regular medical care for you and your loved one.

IF YOU LIVE ALONE

Making simple adjustments, taking safety precautions, and having support can keep you independent longer.

- Make legal and financial plans now.
- Identify someone who can visit regularly and be an emergency contact.
- Know when to ask for help.
- Read *Living Well: A Guide for Persons with MCI & Early Dementia* - actonalz.org/sites/default/files/2023-01/Living-Well.pdf

CONSIDER PARTICIPATING IN A CLINICAL TRIAL

Participating in clinical trials helps to advance research in treatments, prevention, or a cure.

- Search for a clinical trial or study near you or that you could participate in remotely:
NIA Clinical Trials Finder www.nia.nih.gov/alzheimers/clinical-trials
- Learn more about clinical trials through the Alzheimer's Association's TrialMatch by calling 1-800-272-3900
- Ask your doctor about local trials or studies.

YOUNGER-ONSET ALZHEIMER'S DISEASE

A diagnosis before the age of 65 is known as Younger-Onset Alzheimer's disease.

- Learn more about younger-onset Alzheimer's disease at www.alz.org/alzheimers-dementia/what-is-alzheimers/younger-early-onset or 1-800-272-3900
- Find out if you qualify for Social Security disability benefits through "compassionate allowances." www.ssa.gov/compassionateallowances or 1-800-772-1213
- Contact your local Area Agency on Aging to see what program you and/or your caregiver qualify under the Older Americans Act 1-855-200-2372

The information on this tipsheet is taken from

Kansas Dementia Road Map: A Guide for People Impacted by Dementia.

Download your copy of the Road Map by scanning the QR code or visit kdads.ks.gov/dementia-roadmap

