

## Alzheimer's Disease and You

Alzheimer's disease is the most common form of dementia, which leads to changes in memory, thinking and behavior.

If you have been diagnosed with Alzheimer's or another dementia, you are not alone. Today, more than 35 million people worldwide have dementia including over 5 million Americans and 380,000 in New York state.

Learning as much as you can is the first step toward taking control. In the early stage of the disease, you can live well by empowering yourself by utilizing resources provided by the Alzheimer's Association, Central New York Chapter.



## Alzheimer's Association, Central New York Chapter

The Alzheimer's Association provides vital services to individuals, families and care partners in its 14-county region. Our team of dementia experts delivers information and referral services, care consultations, education programs, support groups and safety services to family and professional caregivers.

As a chapter of the Alzheimer's Association, we belong to a national network that serves and advocates for individuals diagnosed with Alzheimer's disease or other form of dementia and the communities impacted by it.

Information is available 24 hours a day, 7 days a week at **800.272.3900** or **alz.org/cny**.

## 10 Tips for Living with Alzheimer's

1. Carry a book of important notes and photos with you
2. Enroll in MedicAlert® + Alzheimer's Association Safe Return®
3. Accept help from others
4. Keep doing the things you most enjoy
5. Talk to others that have Alzheimer's
6. Find ways to laugh as often as you can
7. Maintain your physical health
8. Take steps to make your home safe
9. Extend the time you can live safely in your home with help from your family, friends and community
10. Consult legal and financial professionals to put future plans in place now

alzheimer's  association

Central New York Chapter

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

**Our vision is a world without Alzheimer's disease.**

For more information and support, contact  
the Alzheimer's Association,  
Central New York Chapter

**800.272.3900**  
**alz.org/cny**

alzheimer's  association™

Central New York Chapter

support for early-  
stage memory loss

Local resources from the world leader in  
Alzheimer's care and support.



**800.272.3900 | alz.org/cny**

## Early-Stage Support Groups



**Early-stage support groups** provide peer-to-peer conversation and support for individuals specifically diagnosed in the disease's early stages and their caregivers.

These groups provide a supportive, social environment, and offer meaningful interactions between other people experiencing the same challenges.

Early-stage support groups often provide a forum for both the individual diagnosed with the disease and their caregiver. Trained facilitators may conduct the group as one large gathering or as separate forums for people with the disease and caregivers.

In an effort to maintain a small participant-to-facilitator ratio, individuals must be screened prior to attending. Contact 315.472.4201 (Syracuse), 607.785.7852 (Binghamton), 315.617.4025 (Utica), or 607.330.1647 (Ithaca), and choose 6 from the menu.

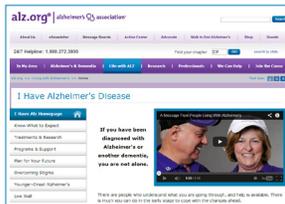
### 24-7 Helpline: 800.272.3900

You received a diagnosis of Alzheimer's disease or other form of dementia. What's next? Your first step is to contact the Alzheimer's Association. Our 24-7 Helpline (**800.272.3900**) provides answers to questions, assistance during crisis and confidential care consultations. Translation services for more than 140 languages are also available. We help you:

- Understand memory loss, dementia and Alzheimer's
- Learn about aging and brain health
- Find the best care from professionals
- Develop strategies to manage lifestyle changes
- Make decisions about legal and financial issues, and living arrangements

## alz.org/ihavealz

A diagnosis of Alzheimer's disease or another dementia is life changing and raises a lot of questions and emotions. It can leave the person with the disease feeling isolated and unsure of where to turn for information and support. The Alzheimer's Association created **I Have Alzheimer's** — a 23-page section of the site at [alz.org/ihavealz](http://alz.org/ihavealz) — to help empower those living in the early stage of the disease to move past the feeling of isolation that often comes with a diagnosis and on to planning, preparing, receiving support and living their best life after diagnosis.



I Have Alzheimer's was developed with input from individuals living with the disease, is easy to navigate and helps answer many questions, including:

- How do others respond to their diagnosis?
- What should I expect as the disease progresses?
- How should I plan for my future?
- How do I live day to day?
- What resources are available through the Alzheimer's Association?

## alz connected

ALZConnected, available at [www.alzconnected.org](http://www.alzconnected.org), combines the features of social networking with matching services and the Alzheimer's Association's popular message boards. Individuals with early-stage dementias can create "connections" by extending and receiving invitations. They are then able to communicate and share as they please, including:

- Post a personal update and read what their "connections" have to share.
- Share questions and opinions with a diverse community via message boards.
- Get answers to questions or support others by offering solutions to their challenges.
- Rate solutions by indicating if that solution has been successful.
- Send private messages to "connections" within a secure system.
- Join public or private groups focused on a topic or shared experience.

## Living With Alzheimer's

**Living with Alzheimer's: For People with Alzheimer's** is a three-part program where we will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life.

Topics covered include:

- Understanding Alzheimer's disease and memory loss
- Partnering with your medical team
- Effective communication and sharing the diagnosis with others
- Coping with changes and making decisions
- Opportunities for supporting research
- Resources for people with early-stage Alzheimer's disease

Visit [alz.org/cny](http://alz.org/cny) for our calendar of in-person sessions or an on-demand version of the program at the Marty Manning Online Education Center. **Living With Alzheimer's For Early-Stage Caregivers** is also available online or in-person.

## Take Action



As an individual with Alzheimer's disease, your voice has amazing power in helping us raise awareness. The Central New York Chapter team encourages you to visit [alz.org/cny](http://alz.org/cny) and take action in the fight against Alzheimer's. Here are two ways:

**Alzheimer's Association Advocates** do more than just send emails and meet with elected officials. They tell their story and influence how state and federal legislators see Alzheimer's disease. There is no more powerful advocate for our cause than a person living with the disease.

**Walk To End Alzheimer's** unites communities in the fight against America's sixth-leading cause of death. Join a team or start a team of family and friends in this inspiring event that takes place annually in cities throughout CNY.

