

WHAT'S NEXT?

Talk to someone you trust.

When you notice any of these signs in yourself or someone else, it's important to have a conversation as soon as possible. It's natural to feel uncertain about how to discuss your concerns, but the Alzheimer's Association® can help with tips to guide your conversation. Visit alz.org/memoryconcerns to learn more.



See a doctor.

Get a full medical evaluation. Early diagnosis offers a chance to plan for the future, access support services and explore medication that may address some symptoms for a time. Visit alz.org/evaluatememory to learn what an evaluation may include.

Get support and information.

Call the **Alzheimer's Association 24/7 Helpline (800.272.3900)** to have a confidential conversation with trained specialists and master's-level clinicians who can connect you to resources, or visit alz.org/10signs.

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800.272.3900 | alz.org®

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TURN TO THE ALZHEIMER'S ASSOCIATION

Learn about Alzheimer's — its warning signs, who's at risk and how to join the cause.

Connect with the Association by participating in a support group, receiving information about care options or attending one of our education workshops.

Advocate for those affected by Alzheimer's and urge legislators to increase funding for research, care and support.

Join hundreds of thousands of participants across the country for the Alzheimer's Association **Walk to End Alzheimer's®** and **The Longest Day®**.

Donate to help fund vital research and care programs.

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The Alzheimer's Association is the 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®.

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