



# PEOPLE WITH ALZHEIMER'S & THEIR CAREGIVERS



## People with Alzheimer's & Their Caregivers

- ▶ Actively pursue needed dementia-related information for yourself and loved ones.
- ▶ Share your personal network of resources with others and increase awareness of Alzheimer's disease - "Pay It Forward."
- ▶ Speak out about Alzheimer's disease at educational and/or faith based engagement opportunities and share your personal journey. Encourage others to do the same.
- ▶ Become more aware of dementia-related research studies in the state of Arizona and the benefits to self and society.
- ▶ Engage local policy makers about dementia related concerns in Arizona. Explore, create and regularly review a safety and emergency preparedness plan for people with dementia and their caregiver.
- ▶ Speak to your employer about a "Dementia-Friendly" workplace to normalize facts of dementia.
- ▶ Interact with children and teenagers social networks, and encourage your children to talk to their peers about being a youth with a family member who has Alzheimer's disease.
- ▶ Engage children and teenagers in the conversation about Alzheimer's disease and dementia.
- ▶ Normalize dementias with children and teenagers inside your household.