



What To Do After an Alzheimer's Diagnosis

I Just Got My Diagnosis: What Now?

Being diagnosed with Alzheimer's disease can be scary and overwhelming, but there are ways to help stay in control. Here are some tips for making financial, medical and legal plans.

1. Create a folder that includes financial & income information, legal documents and usernames and passwords for online accounts
2. Create an **advance directive**, which lays out your wishes for end-of life-care, and give a copy to a chosen family member or **healthcare proxy**
3. Assign people to make decisions about property, finances and health if you become unable to do so
4. Research care needs and costs and create a financial plan with your financial planner and/or family



Did you know?

The Alzheimer's Association can help with [future planning](#)

I Am Caring for a Loved One with Alzheimer's Disease: What Now?



Early-Stage Caregiving

Learn about **support groups** and develop a support network for your own self-care

Develop a caregiving plan and discuss it with family members of the person with Alzheimer's

Develop a plan to keep the person with Alzheimer's safe while helping them maintain their independence

Prepare for **emergencies** and have a concrete plan in place

Middle-Stage Caregiving

Encourage physical activity and daily routines

Set a routine for visiting the bathroom, sleeping and eating

Learn what behaviors are common at this stage and adjust caretaking based on immediate needs

Look for signs of pain or discomfort

Ensure that you're taking care of yourself (take breaks and engage in stress-relief activities)



Late-Stage Caregiving

Focus on senses by playing your loved one's favorite music, preparing favorite foods, looking at photo albums, brushing their hair, etc.

Ensure that your loved one stays nourished, is eating enough, and is maintaining their weight

Prioritize your own physical and mental health

Find ways to get support

Ask for Help

The [Alzheimer's Association](#) and [BrightFocus Foundation](#) offer support and advice for those with Alzheimer's and their caregivers.