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## Steps to Take After a Dementia Diagnosis

Dementia is a term for the loss of brain function — thinking, remembering, reasoning — to the point where it interferes with daily life. While receiving a dementia diagnosis can be challenging, understanding the condition and creating a support system can help you navigate the changes.

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## Steps to Take After a Dementia Diagnosis

**Receiving a dementia diagnosis can be challenging. You may not know what to expect or what to do next.**

Use this **checklist** to get started:

- ☒ Learn about dementia so you can better understand your condition.
- ☒ See your doctor as recommended.
- ☒ Find local services and resources, such as support groups.
- ☒ Make legal, financial, and long-term plans.
- ☒ Make changes to your home, such as adding nonslip rugs, so tasks will be easier and safer.
- ☒ Join a clinical trial to help advance dementia research.



To learn more about clinical research and other steps you can take after a dementia diagnosis, visit [www.nia.nih.gov/alzheimers-next-steps](http://www.nia.nih.gov/alzheimers-next-steps).



### You may also be interested in

- Learning more about [next steps after an Alzheimer's diagnosis](#)
- Exploring tips for [living alone with early-stage dementia](#)
- Reading about [managing money for people with Alzheimer's](#)

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