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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.

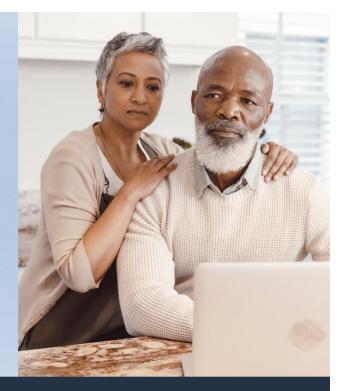
See your doctor as recommended.

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.nla.nlh.gov/alzhelmers-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 <u>managing money for people with Alzheimer's</u>

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