***Caring for a Loved One in the Early Stage of Alzheimer's***

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**What to Expect:**

Your loved one may still be independent but will need more support with:

* Remembering appointments
* Managing medications
* Handling finances

**How You Can Help:**

* Offer reminders and support with planning
* Be patient and positive
* Encourage hobbies and activities
* Attend doctor visits together

**Self-Care for Caregivers:**

* Take breaks
* Join caregiver support groups
* Maintain your own health and social life