**What to Do After an Early Alzheimer's Diagnosis**

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**Step 1: Accept the Diagnosis**

Give yourself time to process the diagnosis emotionally and mentally.

**Step 2: Build a Care Team**

Include a neurologist, primary doctor, family members, and support groups.

**Step 3: Legal and Financial Planning**

* Complete important documents like:
* Power of Attorney
* Living Will
* Healthcare Proxy

**Step 4: Learn and Plan**

Educate yourself about Alzheimer's. Make short- and long-term care plans.

**Step 5: Communicate**

Discuss your diagnosis with loved ones and consider joining a support group.