



Alzheimer's or Related Dementia Diagnosis? What's Next for You and Your Family.

Getting a diagnosis of Alzheimer's disease or another form of dementia affects you and your loved ones. Here are some steps you can take together to prepare for the future.

Get regular medical care.

- Keep up with all medical appointments and follow up with doctor referrals.
- Work together with family to prepare questions in advance.

Make legal and financial decisions.

- Discuss legal and financial considerations with family or other responsible parties and make sure documents are signed and accessible.
- Identify who will pay bills and help with medical decisions.
- Discuss long-term care options and find out what is available.

Update your home and daily routine.

- Create safety measures in your home by removing rugs, installing grab bars and improving lighting. For more information on safety measures, visit alz.org/homesafety.
- Set up 24/7 medical emergency services to relay your critical medical condition in times of need like if you wander or are lost. For more information, visit medicalert.org/alz.

- Get a calendar to keep track of appointments and use a notebook or sticky notes to write down important reminders.
- Create a plan to safely manage medications. For more information, visit alz.org/medicationsafety.
- Get help with tasks such as cooking, paying bills, transportation or shopping.

Make a care team with family and friends.

- Divide responsibilities for transportation, shopping, meal preparation, medication management, and other activities.
- Create a private online calendar or private social networking page to share information among family members.
- Designate one person who will keep family and friends informed.

Connect with caregiver resources.

- Contact local support organizations like the Alzheimer's Association and the Area Agencies on Aging for information about Alzheimer's, what changes to expect and how to care for one another.
- Consider a caregiver support group to learn about providing care to a loved one and caregiver self-care.

*Sourced from NIH Next Steps Checklist.

Now What? Next Steps After an Alzheimer's Diagnosis. National Institute on Aging. (2020, September). <https://order.nia.nih.gov/sites/default/files/2020-09/next-steps-after-alzheimers-diagnosis.pdf>



Texas Department of State
Health Services

Where to Turn for Alzheimer's and Dementia Resources and Support

Alzheimer's support organizations in Texas

Alzheimer's Association

800-272-3900 (24/7 Helpline)

TDD: 866-403-3073

alz.org

alz.org/local_resources/find_your_local_chapter

Alzheimer's Texas (Central Texas)

512-241-0420 (24/7 Helpline)

txalz.org

Resources available through the Texas Health and Human Services Commission (HHSC)

Call 2-1-1

211texas.org

2-1-1 is a hotline for people looking for community and care services.

Area Agencies on Aging (AAA)

800-252-9240

apps.hhs.texas.gov/contact/aaa.cfm

28 area agencies on aging provide services to help people age 60 and older.

Aging and Disability Resource Center (ADRC)

855-937-2372

hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center

ADRC helps you find and apply for long-term care programs for seniors or people with disabilities.

Resources for legal support and advance directives

Legal Hotline for Texans

800-622-2520

tlsc.org

Offers free legal advice, self-help publications, and referrals for Texans over the age of 60.

Texas Health and Human Services Commission (HHSC) Advance Directives

hhs.texas.gov/laws-regulations/forms/advance-directives

Provides information about legal, financial and health directives and free forms.

National Academy of Elder Law Attorneys

naela.org

Listing of attorneys who specialize in elder care.

Caregiver support

Take Time Texas

apps.hhs.texas.gov/taketimetexas

Learn more about respite care for primary caregivers in your area.

Family Caregivers Online

familycaregiversonline.net

AARP Caregiver Resource Center

877-333-5885 (888-971-2013 in Spanish)

aarp.org/caregiving

Caregiver Action Network

855-227-3640

caregiveraction.org

Family Caregiver Alliance

800-445-8106

caregiver.org

Eldercare Locator

eldercare.acl.gov

A nationwide service that connects older Americans and their caregivers with trustworthy local support resources.

Rosalynn Carter Institute for Caregivers

rosalynncarter.org

The Rosalynn Carter Institute for Caregivers was established to promote the health, strength, and resilience of America's 53 million family caregivers.

Best Programs for Caregiving: A partnership between Benjamin Rose Institute on Aging and Family Caregiver Alliance

bpc.caregiver.org/caregivers/search

Find dementia care programs near you.

National resources to learn about Alzheimer's and other dementias

Alzheimers.gov (In English)

Alzheimers.gov/es (En Español)

Provides information, resources for people living with dementia and their caregivers, and clinical trials.

Alzheimer's Disease and Related Dementias Education and Referral (ADEAR) Center

800-438-4380; TTY: 800-222-4225

nia.nih.gov/health/alzheimers

Provides current and comprehensive information from the National Institute on Aging.

Additional information

Find out more about Alzheimer's disease, ways to start a conversation with your loved one, and available community resources in Texas at dshs.texas.gov/alzheimers.