Help is available. There are people and resources available to listen and assist you.

- Call the Aging and Disability Resource Connection of Oregon (ADRC): 1-855-673-2372. [www.helpforalz.org](http://www.helpforalz.org)
- Call the Alzheimer’s Association 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org)
- Review the guide book, *Help is Here: When someone you love has dementia*.

You have a lot of questions and there is a lot to think about. It is not all going to get done right away, and that is OK!

- Continue to do things you and the person diagnosed enjoy - together.
- Make a follow-up medical appointment for the person within three months or less.
- Talk with the person’s health care provider about safety concerns (driving, self-care, falling, etc.), as well as activities of daily living (eating, dressing, bathing, etc.)
- Begin planning for the future, involving the person as much as possible.

**IMPORTANT ISSUES TO ADDRESS**

- Caregiver Health
- Communication with Healthcare Professionals
- Safety
- Quality of Life
- Planning for the Future
- Daily Care and Communication
- Living Arrangements
### AFTER A DEMENTIA DIAGNOSIS: WHAT TO DO NEXT

**Access this form online at:** www.oregonspado.org

By clicking on the underlined words or phrases, you can access information on these topics:

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• Financial Protection | • Caregiver assessment  
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• Help is Here: When someone you love has dementia  
• Family Caregiver Alliance  
• Caregiver Respite  
• OR Care Partners | • Working with the healthcare professional  
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