

Memory Loss Connection

Editor's Note: This is a new monthly column provided by the Big Stone County Memory Loss Connection Committee.

By Mary Ross

Practical Steps in Overcoming Alzheimer's Stigma

...Adapted from the Alzheimer's Assoc Website

- 1. Be open and direct.** Engage others in discussions (in person and on message boards) about the disease, and treatments.
- 2. Learn and share the facts about the disease.** It dispels misconceptions and reduces fear.
- 3. Seek support and stay connected.** People care about you, and they will help you cope. Family, friends, and support groups are invaluable to a good life. Befriending another couple in the same situation can be helpful.
- 4. Don't be discouraged.**
 - a. Stay active with your spouse or close friend. Adapt activities as needed for your level of and enjoyment.
 - b. Communicate directly with your spouse or caregiver about what kind of help you need...and what you can, and still want to do.
 - c. Work together to get future decisions/plans in place. Organize documents, and research options for possible necessary future services, such as housekeeping, respite care, or other resources.
 - d. Discuss any role changes, or intimacy concerns in your relationship with a professional counselor/clergy.

Be a part of the solution. If you are living with Alzheimer's, you have a powerful voice to raise awareness and end stigma.

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.