



# 10 WAYS TO MAKE AN ALZHEIMER'S DIFFERENCE

1. **Tell your story on** social media or speak to local organizations such as community centers, religious affiliations, hospital groups, or your local Alzheimer's Association
2. **Practice empathy** for those diagnosed AND for past, present, and future caregivers
3. **Fundraise** with a Walk to End Alzheimer's team or participate in other fundraising efforts, such as The Longest Day events from the Alzheimer's Association
4. **Educate yourself** by staying updated on the latest research, clinical trials, and developments in the field
5. **Participate** in these clinical trials or find local groups that need volunteers
6. **Advocate for policy** with groups like the Alzheimer's Impact Movement (AIM) and learn how to engage your state or federal elected officials to help pass laws and increase funding to fight the disease
7. **Engage with media** if you are advocating for a federal or state bill or fundraising: tell the local media about it, and share your story with television, radio, print, bloggers, and more in your area
8. **Use social media** to share the latest news on scientific advances and spread the news of your advocacy goals and fundraising efforts
9. **Invite others** who are living with the disease as a patient, acting as a caregiver, or just want to get involved to join you in your advocacy work
10. **Keep at it** because your passion, commitment, and effort will eventually influence change

[www.surviving-alzheimers.com](http://www.surviving-alzheimers.com)

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