

Breaking the Silence on Alzheimer's: Conversation Starters



Honest and empathetic conversations with friends, loved ones or a healthcare provider can be critical to improving outcomes and combating fear and stigma associated with Alzheimer's disease. Fear and stigmas can prevent early diagnoses by deterring people from seeking information, assistance, or obtaining a diagnosis.

Use one of our conversation starters to reach out to a friend or loved one who may need support as they experience signs of Alzheimer's disease:

- I recently read an article related to Alzheimer's Disease. Would you be interested in learning more about it together?

- I've noticed some changes in your memory and behavior lately. Have you noticed any changes?

- I've noticed you struggling to remember some of your daily tasks and I want to support you however I can. Have you noticed any changes or challenges?

- What kinds of hobbies and activities have you enjoyed over the years? Do you still enjoy them? If not, I'd love to find a new hobby that perhaps we can try together.

- I care about you and have noticed some changes. How would you describe your mood lately?

- I noticed you forgot my name when I greeted you this morning. I just wanted to check in with you — I'm always here if you want to talk about it.

- When was the last time you had a check-up with your doctor? Have they ever discussed ways to improve your brain health and well-being?

- I'm always here for you, but how frequently do you see your friends? Do they ever talk about what they do to take care of or improve their brain health?

If you or someone you know is experiencing signs of Alzheimer's contact your doctor or health specialist. Please visit [TakeOnALZ.com](https://www.TakeOnALZ.com) to learn more about the disease, signs and actions you can take to protect yourself and your loved ones.

