

Steps to Take After a Dementia Diagnosis

Receiving a dementia diagnosis can be challenging. You may not know what to expect or what to do next.

Use this **checklist** to get started:

- Learn about dementia so you can better understand your condition.
- See your doctor as recommended.
- Find local services and resources, such as support groups.
- Make legal, financial, and long-term plans.
- Make changes to your home, such as adding nonslip rugs, so tasks will be easier and safer.
- Join a clinical trial to help advance dementia research.



To learn more about clinical research and other steps you can take after a dementia diagnosis, visit www.nia.nih.gov/alzheimers-next-steps.