Support for an end to Alzheimer’s

Alzheimer’s disease impacts so many families, and we want to equip families and patients to prepare for disease progression and continue to capture as many precious memories as we can. Here are some ways you can bring awareness for Alzheimer’s this month.

Wear Purple. Turn the community into a purple feast for the eyes to bring awareness to National Alzheimer’s Awareness Month. Wear purple ribbons, hang signs and pass out purple t-shirts for observing this month’s focus.

Conduct a Memory Screening. The Alzheimer’s Foundation offers free memory screening events around the country to assess risk of Alzheimer’s. For more details, visit the AYoW Resource Center online for links to screening resources.

Hold a Fund Raiser. Coordinate a grass roots fund raising activity to raise money for the Alzheimer’s Association. Including employees and families in a community bake sale or garage sale can raise funds while also strengthening the sense of community.

Plan Sensory Stimulation Activities. The smell of freshly popped popcorn. The snuggly feel of a plush stuffed animal. The sound of music heard when we were children. All of these activities can help stimulate the brain and bring back parts of our memory associated with them.

Educate. Invite a local Alzheimer’s specialist to come to the community and present an information session to the community on the signs, symptoms, treatment and support activities for your community.

