



Alzheimer's Tips and Resources During COVID-19

Get 24/7 support and resources for people living with dementia, caregivers and families.

Visit the
Help Center

alzheimer's
association®

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Sign up for ALZ magazine to learn about the brain — your body's command center driving your ability to think, feel, remember, work and play. You'll also learn about Alzheimer's and other dementias and find inspiration and useful tips for leading a healthy lifestyle. Sign up by visiting:

alz.org/ALZmag



CHECK OUT OUR SAFETY CENTER

The Alzheimer's Association Safety Center includes information and resources to help keep people safer, including:

- Dementia and Driving Center
- Home Safety Checklist
- Medication Safety
- Wandering Resources

For more information, visit alz.org/safety or call our free 24/7 Helpline: 800.272.3900.



General Home Safety Tips

- Store potentially hazardous items, such as medication, alcohol, matches, sharp objects or small appliances and tools, in a securely locked cabinet.
- Keep all cleaning products, such as liquid laundry pacs and bleach, out of sight or secured to avoid possible ingestion of harmful chemicals.

EXPLORE NEW FINANCIAL, ESTATE, AND HEALTH CARE PLANNING GUIDE

Montana State University Extension released a new MontGuide that explores memory loss and its impact on estate planning and health care. The guide, "Financial, Estate and Health Care Planning Documents for Montanans Concerned About Memory Loss," explores financial; estate or legacy; and health care documents recommended by legal professionals and gives three examples of Montana couples who face memory loss.

Download the MontGuide at <https://store.msuextension.org/publications/FamilyFinancialManagement/MT202005HR.pdf>, ask your MSU County Extension Agent for a copy, or call 406-994-3511.