



Overcoming Barriers

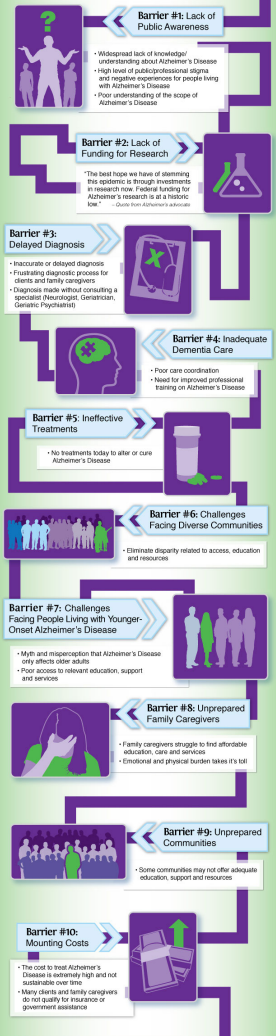
by NEWLIFEOUTLOOK TEAM

A Review of Barriers and Best Practices

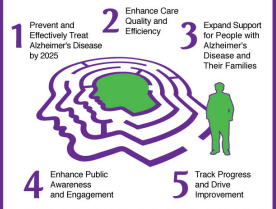
Whether you have Alzheimer's or know someone who is beginning to develop Alzheimer's, there are a few memory tools that you can use to help you remember. Using mnemonics, you can attach a new concept or idea to something that you already know, preferably an image or an object. You can also put sticky notes in key areas around your house where you'd likely need them. You can include a bullet list about things to remember when you're cooking, things to do when you're getting ready in the morning, and so on. You can also keep a chest somewhere to keep all of the information that you need to remember. Since all of the information is there, you won't misplace any of it. The chest can be in a place that you can easily find like under your bed or in your closet.



The Alzheimer's Association National Office has released a 2013 update to the National Plan to Address Alzheimer's Disease. Read on to learn about the top 10 barriers and best practice tools and resources that can help.



The US Department of Health and Human Services has released the top 5 goals for the National Alzheimer's Plan 2013



Source: United States Department of Health and Human Services - <http://www.hhs.gov/alzheimersplan2013>

Alzheimer's Disease Solutions Toolkit

<p>Understand and Support People Living with Alzheimer's Disease: bit.ly/1haa0H4</p> <p>Learn About Alzheimer's Disease Diagnosis: bit.ly/1d5QDS</p> <p>Learn About Clinical Trials: 1.usa.gov/HtHMCA</p> <p>Learn About Younger-Onset Alzheimer's Disease: bit.ly/1ha1fBU</p> <p>Learn About Best Practice Community Outreach Programs: bit.ly/18Ttw89C</p> <p>Learn About Financial Assistance Programs: bit.ly/161MRZ0</p> <p>Learn About Alzheimer's Disease Caregiving: bit.ly/1b77Ywa</p>	<p>Advocate for Alzheimer's Disease Research: bit.ly/1aAm8At</p> <p>Create an Action Plan: bit.ly/19v10U</p> <p>Learn About Health Disparity and Alzheimer's Disease: 1.usa.gov/NCLouB</p>
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