



Helping Kids and Teens Understand Alzheimer's

We Can Help You Help Your Children

Alzheimer's disease impacts family life. The Alzheimer's Association can help you talk with the children and teens in your family so that they understand what is happening to the person with Alzheimer's. The degree to which children and teens are affected by the disease depends on who has it — a parent or grandparent, relative or friend. Other factors include how close the child or teen is to the person and where the person lives (in the same home, assisted living or nursing home, out-of-state, etc.).

Resources for You

Visit our Kids & Teens website (www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp) to access the many resources we offer to help you support and educate your children.

- Learn about the common feelings and reactions after a loved one is diagnosed with Alzheimer's
- Learn ways to help kids and teens cope
- View our list of activities that can be done as a family
- Hear from others about how they discussed Alzheimer's disease with their children
- Find additional resources (books, videos, websites, etc.)

Resources for Kids & Teens

The Alzheimer's Association also provides resources to help kids and/or teens learn about Alzheimer's disease and understand how it affects them. It's important for kids/teens to know that they are not alone. Alzheimer's changes the lives of everyone it touches.

Our website provides support specifically for kids and teens that includes information about the disease process and videos to learn how other kids/teens are coping.

Kids Look at Alzheimer's Disease Video Series

Part 1: What *Is* Alzheimer's Disease?

Part 2: What Can I Expect and How Can I Deal With It?

Part 3: Is It *Me* or Is It the Disease?

Part 4: How Can I Help and What's Out There to Help Me?

Teens Look at Alzheimer's Disease Video Series

Part 1: What *Is* Alzheimer's Disease?

Part 2: What Can I Expect and How Can I Deal With It?

Part 3: If the Person with Alzheimer's Lives with Us, What Can I Expect?

Part 4: How Can I Help and What's Out There to Help Me?

To access the above resources or view any of these free videos go to
www.alz.org/living_with_alzheimers_just_for_kids_and_teens.asp