ACT on Alzheimer’s® is a volunteer driven, statewide collaboration preparing Minnesota for the impacts of Alzheimer’s disease and related dementias.

Creating an informed, safe and respectful community for people with dementia includes:

- Raising awareness and transforming attitudes about Alzheimer’s
- Supporting caregivers and families
- Being inclusive of diverse communities with health differences
- Promoting meaningful participation in community life
- Having supportive options that foster quality of life

Concerned?

Call your doctor OR access St. Paul-specific memory screening diagnostic resources:

**HealthEast Care System**  
Bethesda Hospital  
Alzheimer’s & Memory Loss Care  
651-326-2150  
HealthEast.org/Bethesda

**HealthPartners Center for Memory & Aging**  
651-254-7000  
HealthPartners.com/memoryloss

Help make St. Paul a dementia friendly community. Sign up to become a Dementia Friend or Dementia Champion.

**Dementia Friend** is someone who attends an information session (lasting one hour) and then turns their understanding into practical action that could help someone with dementia living in their community.

**Dementia Champion** is trained to lead Friends’ information sessions for people in their personal networks or communities.

To learn more, visit ACTonALZ.org/St.-Paul-neighborhood or call 651-695-5106.
Who to call for help with:

- Accessing community resources
- Navigating family situations
- Finding in-home help
- Connecting to support groups
- Providing emotional support
- Finding culturally-specific resources and information

Alzheimer’s Association
Minnesota-North Dakota
24/7 Helpline
800-272-3900
alz.org/mnnd

Senior LinkAGE Line®
800-333-2433
MinnesotaHelp.info

Amherst H. Wilder Foundation
651-280-CARE [2273]
wilder.org

What’s the difference?

<table>
<thead>
<tr>
<th>Signs of Alzheimer’s/Dementia</th>
<th>Typical age-related changes</th>
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<tbody>
<tr>
<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
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<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
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<tr>
<td>Losing track of the date or the season</td>
<td>Forgetting which day it is then remembering</td>
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<tr>
<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
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<tr>
<td>Misplacing things and being unable to retrace steps</td>
<td>Losing things from time to time</td>
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