



Plan Your Lifespan: Memory Loss & Alzheimer's

Memory Loss can happen to people as they age

No one wants Alzheimer's disease or memory loss. Instead of saying, "It won't happen to me," it's important to plan ahead while you are still healthy.

"If it does happen to me, I want to be prepared."

Memory Loss & Daily Life

Memory loss can make everyday activities more challenging.

The following strategies may help you **maintain a simpler daily life**:

- Write notes and label items with their purpose
- Wake up and go to sleep at similar times each day to keep a routine
- Wear a medical alert bracelet with your name and emergency contact information
- If needed, arrange in advance for someone to visit at least once a week



If I Need More Help? (Support Options)

Many people with Alzheimer's disease can live independently for years with simple strategies and support. If living alone becomes too difficult, moving to a supportive setting may be an option.

- Assisted living or memory-support living
- Nursing homes or long-term care facilities
- Continuing care retirement communities

Planning ahead can help you feel more comfortable and stay safer over time.

Scan this QR code or click the link below to participate in the evaluation survey. A small incentive will be provided upon completion.

redcap.link/planyourlifespan2



For more information about KIMCHI and outreach and educational resources, please contact the study team with any questions or concerns you have about this study at (562) 977-4580 or email to kimchi@ucsf.edu.