

A Sample Letter Informing Others About a Loved One's Alzheimer's Diagnosis

Dear ----,

I'm writing to share the news that ____ has been diagnosed with symptoms of Alzheimer's disease. We've all been noticing changes and are relieved to have an explanation. ____ has begun treatment to slow the disease's progression and is [optimistic/unfazed/surprisingly cheerful/disappointed but philosophical].

Please know that _____ is still the same person [he/she] was before this diagnosis. Although some activities are more challenging and [his/her] short-term memory is poorer, _____'s general health is unchanged.

Doctors explain that this disease affects everyone at a different pace and in different ways. It usually progresses pretty slowly. Our hope, of course, is that ____ remains stable for years and, with everyone's love and support, continues to live a happy life. There is no cure today -- but we remain hopeful that there will be one in time to help _____ and millions of others.

Please keep us in your thoughts at this difficult time -- and don't be a stranger. ____ still likes to [play cards/take walks/see friends and family]. [He'll/She'll] enjoy short visits to talk about old times. Alzheimer's experts say families, too, need the support of friends and family as this disease progresses and takes up more of our time and energy. Your continued involvement will cheer all of us.

Feel free to ask me if you have any questions or want to know specific ways to lend a hand. I'll keep you posted on [his/her] condition and changing needs. Thanks for caring.

Sincerely,