



## Remembering Together, Supporting Always

Alzheimer's disease and other forms of dementia touch millions of lives impacting not only those diagnosed, but also their families, caregivers, and communities. During **Alzheimer's & Dementia Awareness Month**, we come together to raise understanding, foster compassion, and remind those affected that they are not alone. Through education, connection, and support, we can make a meaningful difference in the lives of those navigating this journey.

### How You Can Support Those Impacted by Alzheimer's & Dementia:

- **Learn the signs** – Early awareness can lead to earlier support and better care.
- **Practice patience and empathy** – Small acts of kindness can ease daily challenges.
- **Stay connected** – Regular visits, calls, or messages help reduce isolation.
- **Support caregivers** – Offer help, listen without judgment, and encourage breaks.
- **Advocate and spread awareness** – Share information and participate in community efforts.

### ACCESS WEBINARS ON-DEMAND

- [Building Foundations of Caregiving](#)
- [Exploring Care and Support Services](#)

## How Employees Can Support Colleagues

- **Lead with empathy** - Understand they may be managing work and personal challenges.
- **Be flexible** - Help adjust deadlines or share workload when possible.
- **Respect privacy** - Let them share only what they're comfortable with.
- **Check in** - A simple, supportive message can make a difference.
- **Offer practical help** - Assist with tasks or help prioritize work.
- **Encourage support resources** - Remind them of available programs like your EAP.
- **Stay inclusive** - Keep them connected to the team and workplace community.

## How Can National EAP Help?

- ▶ **Member Portal Resources:**  
Explore a rich library of articles, webinars, and tools. Log in, search "Alzheimer" or "dementia" to find relevant content.



- ▶ **Wysa: Mental Resilience App**  
Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



- ▶ **EAP Services - Available 24/7.**  
Free, confidential support, counseling, stress management resources, and guidance



**Call 800-624-2593 or  
Contact Us Online.**