

*LIVING WITH MEMORY LOSS SERIES*

**MAKING JOB DECISIONS**

If you are still working when you are diagnosed with Alzheimer's disease or a related disorder, you will need to make decisions about eventual changes in your work life.

- ❖ Talk to your employer about your diagnosis.
- ❖ You and your employer may want to pare down and simplify job tasks or reduce the number of hours you work.
- ❖ Continue to work as long as you and your employer feel you can do the job.
- ❖ Decide with your employer when and who else will need to know about your diagnosis.
- ❖ Provide information about Alzheimer's disease and related disorders so co-workers will know about the disease and how to help you.
- ❖ Use strategies such as memos, calendars and other coping devices to help you do your job effectively.
- ❖ Explore your options for early retirement.

- ❖ Consider volunteer work. Volunteer work can be rewarding, flexible and less stressful.