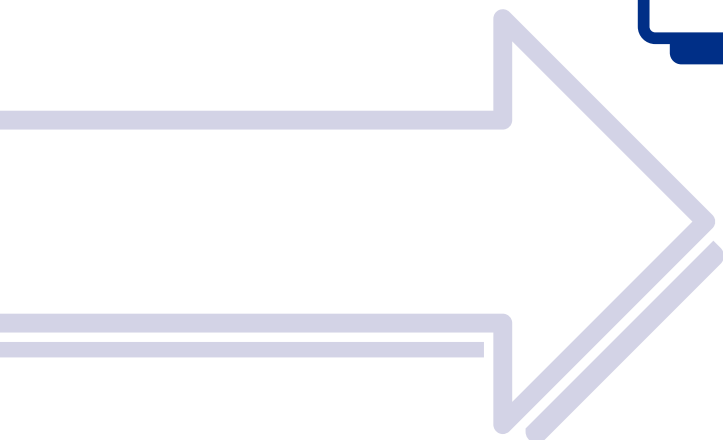
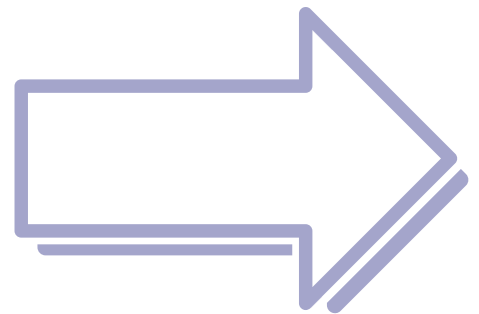


*Alzheimer Society*

ALBERTA AND  
NORTHWEST TERRITORIES

# **Young Onset** Planning Ahead Checklist



**Being diagnosed under the age of 65 presents unique challenges and there are many topics to consider, including, finances, children, employment, and health wishes.**

Living with dementia can cause big changes in individuals and families future plans as many need to consider how life needs and wishes may change as a person's dementia progresses.

Since there is no cure or treatment and dementia is a progressive disease that can affect reasoning and communication it is important to plan for your future and ensure that others know how they can assist you with putting those plan into action, when needed.

This document is meant to be a starting guide and may not fully cover everything that you need to consider in planning ahead for your individual and unique circumstances.

For Personal Directives, Enduring Power of Attorneys, and Wills it is highly recommended to seek advice from a legal professional to ensure these documents are prepared properly.

During or after a diagnosis of a dementia, it is important to think about what you want your future to look like for you. Consider and discuss these topics with others:



## **HEALTHCARE**

*What are your wishes in terms of healthcare?*

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*Who would you trust to name as an Agent on your Personal Directive to make healthcare and personal decisions and communicate on your behalf in the future?*

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*Should more than one person be named as an Agent on your Personal Directive? If so, will the people work together to make decisions or is the extra person named as a backup?*

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## FINANCES

*What are your expected future income and expenses?*

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*Are there security measures that can be added to your bank account to utilize?*

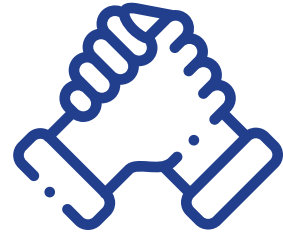
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*Who would you trust to be responsible for your finances? Who would you name as your Attorney on your Enduring Power of Attorney and what should be discussed while you are able to continue making your own financial decisions?*

---

*Are there any changes that should be made to your Will to reflect the current situation?*

---



## OCCUPATION THROUGH EMPLOYMENT OR VOLUNTEERISM

*How do you like to and want to continue engaging in the world?*

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*If employed: How can you work with your employer to continue working or to retire early?*

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*Is there volunteer, service, or recreational activities that you want to be involved?*

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## **SUPPORT SYSTEM**

*Who can you reach out to for help?*

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*How can someone best support you?*

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*When could you reach out to those in your support system about your future plans?*

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## HOUSING

*What is important to you about where you live?*

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*What makes a place feel like home?*

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*How accessible and safe is your current living environment for you? Are there any changes that you would like to make to prepare your home to work for you? (Consider access to services, lighting, ease of navigating, security, upkeep, etc.)*

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*Is there technology or other tools that could assist you in living independently in your home and community? (i.e. phone or home assistant speaker for reminders, locating device when out exercising or driving, meal or shopping services, etc.)*

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*When are the times that you would want to move to a different type of housing?*

*Downsize:*

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*Supported Living:*

---

*Long Term Care:*

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## **END OF LIFE CARE AND WISHES**

*What care wishes do you have for when you are at the end of your life?*

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*Where would you like to live your last days? (i.e., in your own home, in a care home, in a hospice, in palliative care of a hospital, etc.)*

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*Who would you like to be with you at the very end of your life? Are there any ceremonies or rites that should occur, or a religious or spiritual leader that should be asked to be with you at the very end of your life?*

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*Do you have any wishes for your body after you have passed away? (i.e., organ donation for health or research purposes, burial, cremation, etc.)*

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*What are your wishes for your funeral or celebration of life? Who would you like to organize and make these decisions on your behalf?*

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**Choose who will speak for you for personal and healthcare decisions and take on responsibilities of finances.**

*Agent (s) for Personal Directive:*

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*Attorney (s) for Enduring Power of Attorney*

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**Talk to who you choose to ensure they are willing and understand the responsibilities involved.**

For Personal Directives, Enduring Power of Attorneys, and Wills it is highly recommended to seek advice from a legal professional to ensure these documents are prepared properly.

Express your wishes and what is important to you in writing through these documents:

**Personal Directive**

*Date Completed/Updated:* \_\_\_\_\_

**Enduring Power of Attorney**

*Date Completed/Updated:* \_\_\_\_\_

**Will**

*Date Completed/Updated:* \_\_\_\_\_

A lawyer can assist to ensure that documents convey what you meant for your wishes and reduce any confusion when they are being used in the future.

Once completed ensure that the appropriate people know where the documents are stored for them to be found when they need to be utilized.

**Personal Directive's Agent (s) notified of document storage:**

*Date Completed & Location:* \_\_\_\_\_

**Enduring Power of Attorney's Attorney(s) notified of document storage:**

*Date Completed & Location:* \_\_\_\_\_

**Will's Executor (s) notified of document storage:**

*Date Completed & Location:* \_\_\_\_\_

Discuss and share your wishes and plans with your support team, including those named in documents, family, health care team, etc.

You may want to discuss with those that expected to be named in documents who you did choose, why, and how they can support that person and you in the future.

Adapted from resources and  
information from Speak Up Canada.  
[www.advancecareplanning.ca](http://www.advancecareplanning.ca) 2021



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