

Resources for Early-Stage Planning

Early-Stage Planning: **Education and Support**

1 Contact your local Alzheimer Society	https://alzheimer.ca/ab/en/about-us/offices-alberta-northwest-territories
2 First Link	https://alzheimer.ca/ab/en/help-support/programs-services/first-linkr
3 Seeds of hope	https://www.asantcafe.ca/learn/program/3 Sessions 1-4 cover topics pertinent to the early-stage.
4 Community Support	Create a planning list: www.asantcafe.ca/learn/?session=15&part=4 Call 1-866-950-5465 for more information and to reserve your space in support groups https://alzheimer.ca/en/help-support/programs-services Finding help: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help 211 Alberta: 211 Alberta 211 Alberta. Help Starts Here
5 Family support	First steps for families after diagnosis: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/first-steps-families-after-diagnosis Reducing caregiver stress Alzheimer Society of Canada Helping Children Understand: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/helping-children-understand-dementia Helping Teens Understand: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/helping-teens-understand-dementia Support Matters: A guide for young carers and their allies: 14YCW001_Cpt1_v4b.indd (the-ria.ca) Young Caregivers Association: Young Caregivers Association - Empowering Young Caregivers
6 Safety Plan	Finding your way: Living safely with dementia – Finding Your Way (findingyourwayontario.ca)

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Early-Stage Planning: **Employment**

7 Rights to Accommodation	www.albertahumanrights.ab.ca/employment/employer_info/accommodation/Pages/duty_to_accommodate.aspx https://www.dementiaalberta.ca/
8 Long Term Illness Leave	www.alberta.ca/long-term-illness-injury-leave.aspx
9 government programs	www.canada.ca/en/financial-consumer-agency/services/insurance/disability.html#toc2 www.alberta.ca/personal-family-responsibility-leave.aspx

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Early-Stage Planning: **Advance Care Planning, Legal issues, and Finances**

10 Enduring Power of Attorney (EPOA)	EPOA in Alberta: https://www.alberta.ca/enduring-power-of-attorney You can update to an immediate EPOA for the person to provide permission for their named attorney(s) to support in monitoring and operating the account while maintaining the person living with dementia to continue having access to their account.
11 Personal Directive	Personal Directive in Alberta: https://www.alberta.ca/personal-directive
12 Wills	Wills in Alberta: https://www.alberta.ca/wills-in-alberta
13 Advance Care Planning	https://compassionatealberta.ca/plan-ahead/advance-care-planning My Wishes Workbook: https://compassionatealberta.ca/plan-ahead/my-wishes-alberta-workbook
14 National Do Not Call List	https://lnnte-dncl.gc.ca/en
15 Financial Support	Alberta Supports: https://myalbertasupports.alberta.ca/CitizenPortal/application.do AISH: https://www.alberta.ca/aish Income Support: https://www.alberta.ca/income-support Canada Pension Plan (CPP): https://www.canada.ca/en/services/benefits/publicpensions/cpp.html CPP Disability: https://www.canada.ca/en/employment-social-development/programs/pension-plan-disability-benefits.html
16 Tax Benefits	Canada Caregiver Credit: https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/ompleting-a-tax-return/deductions-credits-expenses/canada-caregiver-Amount.html Disability Tax Credit: www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html

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Early-Stage Planning: **Organization**

17 Personal Health Record	Alberta: myhealthrecords (alberta.ca) Northwest Territories: https://www.hss.gov.nt.ca/en/services/accessing-correcting-personal-health-information Advance Care Planning and Green sleeve: https://myhealth.alberta.ca/advance-care-planning/keep-advance-care-planning-documents-in-a-green-sleeve Capsule of Life®: https://emsfoundation.ca/what-we-do/caring-programs/capsule-of-life-2/
18 Supported Decision-Making	Alberta Supported Decision-Making: https://www.alberta.ca/supported-decision-making
19 Safety Considerations	Driving: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation Safety at Home: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe Living Alone: https://alzheimer.ca/en/help-support/im-living-dementia/living-well-dementia/living-safely-independently Living Alone – Moving someone living with dementia in with you: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/long-distance-caregiving/inviting-someone-move-you
20 Living arrangements & in-home help	Continuing Care – Home Care, Supportive Living, and Long-Term Care: https://www.albertahealthservices.ca/cc/page15328.aspx Continuing Care – Self-Managed Care: https://www.albertahealthservices.ca/assets/info/seniors/if-sen-self-managed-care-brochure.Pdf