

## **Resources for Middle-Stage Planning**

### Middle-Stage Planning: **Education and Support**

<b><sup>1</sup></b> Coping with middle stage of dementia	<p>Seeds of Hope: <a href="https://www.asantcafe.ca/learn/program/3">https://www.asantcafe.ca/learn/program/3</a> Sessions 5-9 covers topics common to this stage.</p> <p>Ways to Communicate with person living with dementia: <a href="https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/communicating-people-living-dementia">https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/communicating-people-living-dementia</a></p> <p>Understanding the symptoms of dementia: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/understanding-symptoms">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/understanding-symptoms</a></p> <p>Anticipatory loss: <a href="https://alzheimer.ca/sites/default/files/documents/checklist_ambiguous-loss-and-grief_for-individuals-and-families_0.pdf">https://alzheimer.ca/sites/default/files/documents/checklist_ambiguous-loss-and-grief_for-individuals-and-families_0.pdf</a></p> <p>By us for us: Living and transforming with grief: <a href="https://the-ria.ca/wp-content/uploads/2018/11/BUFU_LossandGrief_eversion_A.pdf">https://the-ria.ca/wp-content/uploads/2018/11/BUFU_LossandGrief_eversion_A.pdf</a></p> <p>mygrief.ca As Illness progresses: Dementia, ALS, MS, Parkinson's, or Huntington disease <a href="https://www.mygrief.ca/mod/lesson/view.php?id=1035">https://www.mygrief.ca/mod/lesson/view.php?id=1035</a></p>
--	--

### Middle-Stage Planning: **Adjusting to Changes**

<b><sup>2</sup></b> Driving / transportation plans	Driving and Transportation: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation</a>
<b><sup>3</sup></b> Changes in relationship	How Relationships Change: <a href="https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/understanding-how-your-relationship#Intimacy">https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/understanding-how-your-relationship#Intimacy</a>

### Middle-Stage Planning: **Safety issues:**

<b><sup>4</sup></b> Home Safety	Making your Environment Safe: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe</a>
---------------------------------	--

### Middle-Stage Planning: **Community services and taking a break:**

<b>5</b> Emergency preparedness	Ready, set, plan – For Care Partner absence <a href="https://alzheimer.ca/durham/sites/durham/files/documents/Care-partner-absence-form_Alzheimer-Society-Durham.pdf">https://alzheimer.ca/durham/sites/durham/files/documents/Care-partner-absence-form_Alzheimer-Society-Durham.pdf</a>
<b>6</b> Community services	Finding help: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help</a>  Community Care Access: <a href="https://www.albertahealthservices.ca/cc/Page15487.aspx">https://www.albertahealthservices.ca/cc/Page15487.aspx</a>  Reducing Stress: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/reducing-caregiver-stress">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/reducing-caregiver-stress</a>
<b>7</b> “All About Me” document	All about me: <a href="https://alzheimer.ca/en/help-support/im-living-dementia/managing-changes-your-abilities/helpful-routines-reminders#All_about_me">https://alzheimer.ca/en/help-support/im-living-dementia/managing-changes-your-abilities/helpful-routines-reminders#All_about_me</a>

Middle-Stage Planning: **Legal and financial issues:**

<b>8</b> Income tax benefit options	Family and Caregiving Benefits: <a href="https://www.canada.ca/en/services/benefits/family.html">https://www.canada.ca/en/services/benefits/family.html</a>
<b>9</b> Residential care home process	Designated Supportive Living: <a href="https://www.albertahealthservices.ca/cc/Page15490.aspx">https://www.albertahealthservices.ca/cc/Page15490.aspx</a>
<b>10</b> Care Home	Care Home Costs: <a href="https://www.alberta.ca/continuing-care-accommodation-charges">https://www.alberta.ca/continuing-care-accommodation-charges</a> Self-Managed Care – Home Care: <a href="https://www.albertahealthservices.ca/assets/info/seniors/if-sen-self-managed-care-brochure.pdf">https://www.albertahealthservices.ca/assets/info/seniors/if-sen-self-managed-care-brochure.pdf</a>

Middle-Stage Planning: **Relocation to a care home:**

<b>11</b> Living arrangements	Considering Long Term Care: <a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/long-term-care">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/long-term-care</a>
<b>12</b> Accessing Continuing Care	Community Care Access: <a href="https://www.albertahealthservices.ca/cc/Page15487.aspx">https://www.albertahealthservices.ca/cc/Page15487.aspx</a>