

Dementia Progression Roadmap

For people living with Dementia and their care partners

Early Stage



Everyday tasks are harder.

CARE PARTNER HELPS MORE

UNCERTAINTY

NOTICEABLE CHANGES

FEELING OF LOSS

- Discuss healthcare wishes and put plans in place.
- Learn about dementia.
- Connect with others.

Middle Stage



Completing a task is challenging.



Noticeable changes in expressions of emotion.

SELF CARE NEEDED

SOCIAL ISOLATION

OVERWHELMED

STRESS

- Ask professionals for help dealing with changes.
- Look for respite options.
- Join a support group.

Late Stage



Physical decline is evident.



Severe difficulty with memory and conversation.

GRIEF AND LOSS

MANY PEOPLE PROVIDE CARE

DECISION MAKING

- Get support with the transition to an alternate level of care.
- Know the financial, legal and practical supports needed.
- Continue attending support group.

End of Life



Sleeping more.



Eating and drinking less.



Irregular breathing.

INTENSE EMOTIONS

END OF LIFE DECISIONS

- Stay socially connected.
- Ask health professionals what to expect.



Changes observed



Heads up for Care Partners



Strategies