

Resources for Early-Stage PlanningEarly-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 Family Learning series	https://www.helpfordementia.ca/courses/seeds-of-hope-family-learning-series/
4 Community Support	<p>Call 1-866-950-5465 for more information and to reserve your space in support groups https://alzheimer.ca/en/help-support/programs-services</p> <p>Finding help: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help</p> <p>211 Alberta: 211 Alberta 211 Alberta, Help Starts Here</p>
5 Family support	<p>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</p> <p>Reducing caregiver stress Alzheimer Society of Canada</p> <p>Helping Children Understand: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/helping-children-understand-dementia</p> <p>Helping Teens Understand: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/helping-teens-understand-dementia</p> <p>Support Matters: A guide for young carers and their allies: 14YCW001 Cpt1 v4b.indd (the-ria.ca)</p> <p>Young Caregivers Association: Young Caregivers Association - Empowering Young Caregivers</p>
6 Safety Plan	Finding your way: Living safely with dementia – Finding Your Way (findingyourwayontario.ca)

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

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

<p>10 Enduring Power of Attorney (EPOA)</p>	<p>EPOA in Alberta: https://www.alberta.ca/enduring-power-of-attorney</p> <p>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.</p>
<p>11 Personal Directive</p>	<p>Personal Directive in Alberta: https://www.alberta.ca/personal-directive</p>
<p>12 Wills</p>	<p>Wills in Alberta: https://www.alberta.ca/wills-in-alberta</p>
<p>13 Advance Care Planning</p>	<p>https://compassionatealberta.ca/plan-ahead/advance-care-planning My Wishes Workbook: https://compassionatealberta.ca/plan-ahead/my-wishes-alberta-workbook</p>
<p>14 National Do Not Call List</p>	<p>https://lnnte-dncl.gc.ca/en</p>
<p>15 Financial Support</p>	<p>Alberta Supports: https://myalbertasupports.alberta.ca/CitizenPortal/application.do</p> <p>AISH: https://www.alberta.ca/aish</p> <p>Income Support: https://www.alberta.ca/income-support</p> <p>Canada Pension Plan (CPP): https://www.canada.ca/en/services/benefits/publicpensions/cpp.html</p> <p>CPP Disability: https://www.canada.ca/en/employment-social-development/programs/pension-plan-disability-benefits.html</p>
<p>16 Tax Benefits</p>	<p>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</p> <p>Disability Tax Credit: www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html</p>

Early-Stage Planning: **Organization**

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