

## Middle Stage Planning

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

Your caregiving role is dependent on the needs of the person with dementia and your unique situation.

Use this checklist as a guide to help plan ahead. Each activity is a suggestion. This guide may not fully cover everything that applies to your own circumstances.

- Use the "who/when/comments" column to write down anything you need.
- This can be reminders, information, appointment details, etc.
- The "✓" column is a checkbox for you to fill out when you finish the task.

This will help you keep track of your progress.

Below are some common terms used in the checklist. You can refer back to these when you need reminders for the definitions.

\* **Altercation** is when people have a noisy argument or disagreement, especially in public. These arguments can be heated, angry, and upsetting for the people involved.

▶ - **Each flag has a number beside it to guide you to the specific resource in the resource link document. Use the QR code below to access the links:**

Open the camera function on your cell phone or tablet.

Hold it over this QR code. Click on the yellow link that appears to access the document.



To navigate through the checklist, use your mouse to hover over the item in the Table of Contents that you wish to move to, then click to proceed to that item.

## Table of Contents

Education and Support.....	3
Adjusting to Changes .....	3
Safety Issues .....	4
Community services and taking a break.....	5
Legal and financial issues .....	6
Living arrangements .....	6

Education and Support	Who/When/Comments	✓
<p>▶<sup>1</sup> Through your local Alzheimer society, register for:</p> <ul style="list-style-type: none"> <li>• Information and education sessions</li> <li>• Care partner support groups</li> </ul> <p>Living with changes can be challenging emotionally. Do you have support for yourself? Reach out to your Alzheimer Society.</p>		

Adjusting to Changes		✓
<p>Plan activities for the person living with dementia.</p> <p>Make sure that the activities are appropriate for them. This means that the activities help them feel satisfied and accomplished.</p>		
<p>Update weekly schedule. Ask for help from your support system.</p>		
<p>▶<sup>2</sup> Make alternate driving and transportation plans. You can make or change these plans as needed.</p>		
<p>▶<sup>3</sup> Living with changes can challenge your relationship.</p>		

<p><b>Safety Issues</b></p>		<p>✓</p>
<p>▶<sup>4</sup> Dementia can affect a person's abilities over time. Check if you need to make changes at home.</p> <p>For example, people living with dementia might:</p> <ul style="list-style-type: none"> <li>● Have changes in their vision. They might have a hard time finding things in the house.</li> <li>● Forget how certain objects work and how to use them.</li> <li>● Have a hard time walking around at home.</li> </ul> <p>Changes in the house depend on what the person needs. Not all changes are the same for each house. Learn what they need and what they struggle with at home.</p>		
<p>Here are some examples of situations that can happen to the person living with dementia:</p> <ul style="list-style-type: none"> <li>● Getting lost</li> <li>● Having an altercation with someone in public</li> <li>● Having an altercation with their care partner/s</li> </ul> <p>Make a safety plan for:</p> <ul style="list-style-type: none"> <li>● Yourself</li> <li>● The person living with dementia</li> <li>● Anyone else involved in the person's care or life</li> </ul> <p>It's important to update these safety plans as changes occur with dementia.</p> <p>Keep note of who to call and what supports you can reach out to.</p>		

<p><b>Community services and taking a break</b></p>		✓
<p>▶<sup>5</sup> Make an emergency plan if something were to happen to you as a care partner. For example, if you were to get sick, need to self-isolate, or get injured, etc.</p> <p>This plan should have support and services in place if something were to happen to you.</p>		
<p>Tell your own doctor that you are a care partner for someone living with dementia. This is to make sure that your own health is checked and monitored.</p>		
<p>▶<sup>6</sup> At this stage, some care partners and people living with dementia need help with care. Contact Community Care Access to discuss your needs.</p>		
<p>▶<sup>7</sup> Your person living with dementia might have a hard time remembering details about themselves. They might forget their likes, dislikes, hobbies, etc.</p> <p>Write a document about their life experiences and who they are as a person. Use the “All About Me” document in the resource page to help guide you. This will be helpful for other people who don’t know them that well (like care workers). It will help them get a clear picture of who they are.</p>		

<b>Legal and financial issues</b>		✓
▶ <sup>8</sup> Review income tax benefit options.		
▶ <sup>9</sup> Read and review the residential care home application process.		
▶ <sup>10</sup> Assess financial resources. Think about which is better, the increasing in-home support versus moving into a care home. Investigate Self-Managed Care options.		

<b>Living arrangements</b>		✓
▶ <sup>11</sup> Assess living arrangements. Think about: <ul style="list-style-type: none"> <li>- Are there supports that could be put in place?</li> <li>- Should you start thinking about residential care home?</li> </ul> <p>It's good to explore and know your options now. This will help you and your person living with dementia to plan ahead for the future.</p>		
▶ <sup>12</sup> Work with Alberta Health Services Case Manager through <b>Community Care Access</b> . They will assist you to determine when and where the relocation will take place.		

Adapted from Alzheimer Society of Alberta and Northwest Territories  
“Care Planning Checklist for Young Onset Care Partners” 2022



# Alzheimer *Society*

ALBERTA AND  
NORTHWEST TERRITORIES

Suite 306, 10430-61 Avenue Edmonton, AB T6H 2J3

TEL: (780) 761-0030 | FAX: (780) 761-0031

WEBSITE: [www.alzheimer.ca/en/ab](http://www.alzheimer.ca/en/ab) | EMAIL: [info@alzheimer.ab.ca](mailto:info@alzheimer.ab.ca)

CHARITABLE REGISTRATION NUMBER: 12969-0343 RR0001