

Care Planning Checklist for Care Partners

END-OF-LIFE STAGE

End-of-Life 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.

Each person living with dementia is unique, and your relationship as a care partner will develop in its own way

Use the checklist below 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.
- Click on the links in the Resource Links column to access additional information and resources.

This will help you keep track of your progress.

Feel free to reach your local Alzheimer Society. If you live in Alberta or the Northwest Territories, you can call us at: 1-866-950-5465.

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.

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Education and Support	Resource Links	Who/When/Comments	✓
Talk to the Alzheimer Society in your area to find out what happens in the End-of-Life stage of dementia. They have helpful information.	Seeds of Hope Family Learning series: https://www.helpfordementia.ca/courses/end-of-life-stage/ End of Life Care: End-of-life care Alzheimer Society of Canada		
Tell people that you trust about what you are going through. It's okay to let others know you need support.	How do I care for myself and my family? Alzheimer Society of Canada		

Care partner role	Resource Links	Who/When/Comments	✓
<p>Let the healthcare staff know the end-of-life wishes of the person.</p>	<p>Refer to the Advance Care Planning discussions and the person's Personal Directives document.</p>		
<p>The goal is to provide comfort to the person. Help to give comfort measures as needed. This can look like:</p> <ul style="list-style-type: none"> - Using physical touch to let the person know you are close by. - Talking to the person calmly and naturally. - Washing their skin gently and patting it dry. - Apply lotion on their hands and feet. - Keep the lights low. - Move the head of the bed up using pillows if the person is having a hard time breathing. - Stay close to the person and make a connection using their senses, like holding their hand or listening to music they love. 	<p>Comforting the person: What do I need to know about caring for the person? Alzheimer Society of Canada</p> <p>Seeds of Hope Family Learning series End-of-Life care: Part 2 – Physical Comfort at the End-of-life https://www.helpfordementia.ca/topics/physical-comfort-at-end-of-life/</p> <p>Canadian Hospice Palliative Care Association and The order of St. Lazarus A Caregiver's guide: A Handbook About End-of-Life Care</p>		
<p>Maintain the dignity of the person. The person still needs you. Give them your attention through touch, music, and reading aloud.</p>			

<p>Talk about your favourite memories with them. Comfort them by:</p> <ul style="list-style-type: none"> • Saying “I’m here with you.” • Saying “You are safe with me.” • Holding their hand 			
<p>Give spiritual support based on the person’s wishes and life history. This can look like:</p> <ul style="list-style-type: none"> - Setting up visits from faith leaders - Praying with them - Listening to music 			
<p>Let the staff know if you see that the person is in pain or looking uncomfortable.</p>	<p>Understanding pain management: What do I need to know about caring for the person? Alzheimer Society of Canada</p>		
<p>Give regular updates to family members and friends. Let them know how the person is doing.</p>			
<p>If a brain autopsy has been asked for, make sure to notify:</p> <ul style="list-style-type: none"> - the doctor - Care home - Funeral home 	<p>Brain donation and/or autopsy What decisions will I need to make? Alzheimer Society of Canada</p>		

Caring for yourself	Resource Links	Who/When/Comments	✓
Ask friends or family to help take care of the person. Get others to spend time with them.			
Remember to plan some physical exercise daily for yourself.	How do I care for myself and my family? Alzheimer Society of Canada		
Consider joining a grief support group. It can be helpful to be open about your emotions with others who may be going through something similar.	Resources vary depending on your community. We suggest connecting with your local FCSS, your local Palliative Care Society or your healthcare provider to explore local options.		
Celebrate the person's life you've been looking after. Be proud of your hard work because you've helped make their life better.	Seeds of Hope Family Learning series: Saying Good-Bye and Moving Forward https://www.helpfordementia.ca/lessons/saying-good-bye-and-moving-forward/		

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Alzheimer *Society*

ALBERTA AND
NORTHWEST TERRITORIES

Suite 306, 10430-61 Avenue NW Edmonton, AB T6H 2J3 TEL: 1-866-950-5465 | FAX: 1-877-788-5993:
www.alzheimer.ab.ca | info@alzheimer.ab.ca
CHARITABLE REGISTRATION NUMBER: 12969-0343 RR0001