

ALZHEIMER'S PLANNING ROADMAP

Prepare for Key Life Changes

How to Use: Review this table to understand what key life changes to expect and things to do in each stage.

	Key Life Changes	Things to Think About
BEGINNING STAGE	Decline in ability to live independently	<p>Assess needs and get support to maintain daily routines:</p> <ul style="list-style-type: none"> • Cleaning, groceries, meal preparation, home affairs • Medication management • Managing personal finances • Exercise, social interaction and companionship • Transportation
	Decline in memory and cognitive function	<p>Designate person(s) for future healthcare oversight before patient is unable to express consent and needs:</p> <ul style="list-style-type: none"> • Substitute Decision Maker / Power of Attorney for health care • Point person(s) for communication and coordination of care • Companion for appointments and tracking of medical information <p>Settle personal affairs proactively while patient can still express preferences:</p> <ul style="list-style-type: none"> • Critical account access, passwords, contacts (e.g. banks, life insurance) • Will & Estate Planning • Advance Care Plan discussions • End of Life Wishes (e.g. legacy leaving & funeral planning)
MIDDLE STAGE	Increase in care needs	<p>Assess ability to provide care at home and consider professional services to:</p> <ul style="list-style-type: none"> • Assist feeding, bathing, hygiene care, dressing, toileting • Prevent wandering or getting lost • Prevent falls (walker, cane, wheelchair)
	Require full-time supervision	<p>Assess home environment to ensure safety:</p> <ul style="list-style-type: none"> • Modify home to prevent risk of injury and/or wandering • Explore alternative living arrangements (e.g. enhanced home support) • Consider need for and transition to care facility <p>Prevent Loneliness & Isolation:</p> <ul style="list-style-type: none"> • Explore ways for social interaction/companionship <p>Identify and support family caregivers:</p> <ul style="list-style-type: none"> • Find resources and strategies to prevent burnout
LATE & END STAGE	Major changes in function and significant overall decline	<p>Discuss and make decisions with a focus on quality-of-life such as:</p> <ul style="list-style-type: none"> • Recall advance care planning discussions to inform decision-making • Discuss Do-Not-Resuscitate / Allow-Natural-Death designation • Discuss pros and cons of antibiotics for infections • Seek resources for grief support <p>Prepare for end-of-life care</p> <ul style="list-style-type: none"> • Discuss stopping unnecessary medications • Understand the burdens of artificial nutrition and hydration • Prepare for bedridden care • Understand what natural dying looks like with Alzheimer's • Explore resources for bereavement support after death

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