

## **Resources for End-of-Life Stage Planning**

### End-of-Life Stage Planning: **Education and support**

|                             |   |
|-----------------------------|---|
| <b>1</b> End Stage Dementia | End of Life Care:<br><a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care</a><br><br>Seeds of Hope Family Learning series: <a href="https://www.asantcafe.ca/learn/program/3">https://www.asantcafe.ca/learn/program/3</a> |
|-----------------------------|---|

### End-Stage Planning: **Care partner role**

|                           |   |
|---------------------------|---|
| <b>2</b> Comfort Measures | Comforting the person:<br><a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-do-i-need-know-about-caring-person#Comforting_the_person">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-do-i-need-know-about-caring-person#Comforting_the_person</a>                         |
| <b>3</b> Pain Management  | Understanding pain management:<br><a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-do-i-need-know-about-caring-person#Understanding_pain_management">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-do-i-need-know-about-caring-person#Understanding_pain_management</a> |
| <b>4</b> Brain autopsy    | Brain donation and/or autopsy<br><a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-decisions-will-i-need-make#Brain_donation_and/or_autopsy">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/what-decisions-will-i-need-make#Brain_donation_and/or_autopsy</a>                  |

### End-Stage Planning: **Caring for yourself**

|                                       |  |
|---------------------------------------|--|
| <b>5</b> Caring for Yourself & Family | How do I care for myself and my family?<br><a href="https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/how-do-i-care-myself-my-family">https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/end-life-care/how-do-i-care-myself-my-family</a> |
|---------------------------------------|--|