

Resources for Middle-Stage Planning

Middle-Stage Planning: **Education and Support**

1 Coping with middle stage of dementia	<p>Seeds of Hope: https://www.asantcafe.ca/learn/program/3 Sessions 5-9 covers topics common to this stage.</p> <p>Ways to Communicate with person living with dementia: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/communicating-people-living-dementia</p> <p>Understanding the symptoms of dementia: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/understanding-symptoms</p> <p>Anticipatory loss: https://alzheimer.ca/sites/default/files/documents/checklist_ambiguous-loss-and-grief_for-individuals-and-families_0.pdf</p> <p>By us for us: Living and transforming with grief: https://the-ria.ca/wp-content/uploads/2018/11/BUFU_LossandGrief_eversion_A.pdf</p> <p>mygrief.ca As Illness progresses: Dementia, ALS, MS, Parkinson’s, or Huntington disease https://www.mygrief.ca/mod/lesson/view.php?id=1035</p>
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Middle-Stage Planning: **Adjusting to Changes**

2 Driving / transportation plans	<p>Driving and Transportation: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation</p>
3 Changes in relationship	<p>How Relationships Change: https://alzheimer.ca/en/help-support/i-have-friend-or-family-member-who-lives-dementia/understanding-how-your-relationship#Intimacy</p>

Middle-Stage Planning: **Safety issues:**

4 Home Safety	<p>Making your Environment Safe: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe</p>
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Middle-Stage Planning: **Community services and taking a break:**

5 Emergency preparedness	Ready, set, plan – For Care Partner absence https://alzheimer.ca/durham/sites/durham/files/documents/Care-partner-absence-form_Alzheimer-Society-Durham.pdf
6 Community services	Finding help: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help Community Care Access: https://www.albertahealthservices.ca/cc/Page15487.aspx Reducing Stress: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/reducing-caregiver-stress
7 “All About Me” document	All about me: https://alzheimer.ca/en/help-support/im-living-dementia/managing-changes-your-abilities/helpful-routines-reminders#All_about_me

Middle-Stage Planning: Legal and financial issues:

8 Income tax benefit options	Family and Caregiving Benefits: https://www.canada.ca/en/services/benefits/family.html
9 Residential care home process	Designated Supportive Living: https://www.albertahealthservices.ca/cc/Page15490.aspx
10 Care Home	Care Home Costs: https://www.alberta.ca/continuing-care-accommodation-charges Self-Managed Care – Home Care: https://www.albertahealthservices.ca/assets/info/seniors/if-sen-self-managed-care-brochure.pdf

Middle-Stage Planning: Relocation to a care home:

11 Living arrangements	Considering Long Term Care: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/long-term-care
12 Accessing Continuing Care	Community Care Access: https://www.albertahealthservices.ca/cc/Page15487.aspx