

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

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.

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	✓
<p>Through your local Alzheimer society, register for:</p> <ul style="list-style-type: none"> • Information and education sessions • Care partner support groups 	<p>Coping with middle stage of dementia: Seeds of Hope Family learning series: https://www.helpfordementia.ca/seeds-of-hope/</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>		✓

Adjusting to Changes	Resource Links	Who/When/Comments	✓
<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>Make alternate driving and transportation plans. You can make or change these plans as needed.</p>	<p>Driving and Transportation: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care/driving-transportation</p>		
<p>Abilities of the person will change. This can change your relationship.</p>	<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>		

Safety Issues	Resource Links	Who/When/Comments	✓
<p>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"> • Have changes in their vision. They might have a hard time finding things in the house. • Forget how certain objects work and how to use them. • Have a hard time walking around at home. <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 where they need more support.</p>	<p>Home Safety:</p> <p>Making your Environment Safe: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/ensuring-safety-security/making-your-environment-safe</p>		
<p>Here are some examples of situations that can happen to the person living with dementia:</p> <ul style="list-style-type: none"> • Getting lost • Having an altercation with someone in public • Having an altercation with their care partner/s <p>Make a safety plan for:</p> <ul style="list-style-type: none"> • Yourself • The person living with dementia • Anyone else involved in the person’s care or life <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>			

Community services and taking a break	Resource Links	Who/When/Comments	✓
<p>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>Emergency preparedness:</p> <p>Ready, set, plan – For Care Partner absence https://alzheimer.ca/durham/sites/durham/files/documents/Care-partner-absence-form_Alzheimer-Society-Durham.pdf</p>		
<p>Tell your own doctor that you are a care partner for someone living with dementia.</p> <p>This is to make sure that your own health is checked and monitored.</p>			
<p>At this stage, some care partners and people living with dementia may need support with some tasks.</p> <p>Contact Home Care to discuss your needs.</p>	<p>Community services:</p> <p>Finding help: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/finding-help</p> <p>Community Care Access: https://www.albertahealthservices.ca/cc/Page15487.aspx</p> <p>Reducing Stress: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/looking-after-yourself/reducing-caregiver-stress</p>		

<p>Write a document about their life experiences and who they are as a person.</p> <p>Use the link for the “All About Me” document to help guide you. This can help people like care workers to get to know the person.</p>	<p>All about me: https://alzheimer.ca/en/help-support/im-living-dementia/managing-changes-your-abilities/helpful-routines-reminders#All about me</p>		
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Legal and financial issues	Resource Links	Who/When/Comments	✓
<p>Review income tax benefit options.</p>	<p>Income tax benefit options:</p> <p>Family and Caregiving Benefits: https://www.canada.ca/en/services/benefits/family.html</p>		
<p>Read and review the residential care home application process.</p>	<p>Residential care home process: https://www.albertahealthservices.ca/cc/Page15487.aspx</p> <p>Designated Supportive Living: https://www.albertahealthservices.ca/cc/Page15490.aspx</p>		
<p>Assess financial resources. Think about which is better, the increasing in-home support versus moving into a care home. Investigate Self-Managed Care options.</p>	<p>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</p>		

Living arrangements	Resource Links	Who/When/Comments	✓
<p>Assess living arrangements. Think about:</p> <ul style="list-style-type: none"> - Are there supports that could be put in place? - Should you start thinking about residential care home? <p>It's good to explore and know your options now. This will help you and the person living with dementia to plan ahead for the future.</p>	<p>Considering Long Term Care: https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/long-term-care</p>		
<p>Work with your local home care providers. They can guide you through looking at the options.</p>	<p>Community Care Access: https://www.albertahealthservices.ca/cc/Page15487.aspx</p>		

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