

Care Planning Checklist for Care Partners

LATE STAGE PLANNING

Late 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.

Table of Contents

Education and Support..... 3
Relocation to alternate housing 4
Adjustments 4
Care partner role..... 5
Working with health care staff 6

Education and Support	Resource Links	Who/When/Comments	✓
<p>Contact your local Alzheimer Society.</p> <p>Through the Alzheimer Society of Alberta and Northwest Territories, you can sign up for:</p> <ul style="list-style-type: none"> ● First Link® Connection session ● Seeds of Hope Learning Series ● Support groups <p>We have in person, hybrid and online options.</p>	<p>What to Expect in Late-stage dementia: What to expect as the person's dementia progresses Alzheimer Society of Canada</p> <p>Finding Help: Finding help Alzheimer Society of Canada</p> <p>Seeds of Hope Family Learning series: Seeds of Hope - HelpForDementia</p>		
<p>In late-stage dementia, care partners often share they experience different feelings of loss and grief. This is normal and happens to many people going through a similar situation. Reach out for support during this stage.</p>	<p>Managing grief: Managing ambiguous loss and grief Alzheimer Society of Canada</p> <p>My Tools for Care – In Care: My Tools 4 Care - In Care - HelpForDementia</p> <p>MyGrief.ca As Illness progresses: Dementia, ALS, MS, Parkinson's, or Huntington disease As illness progresses: Dementia, ALS, MS, Parkinson's, or Huntington Disease: Introduction: Overview (mygrief.ca)</p>		

Relocation to alternate housing	Resource Links	Who/When/Comments	✓
Should the best solution for your situation be a move to alternate housing, take time to assist the person living with dementia prepare for the move.	Moving in to long-term care Alzheimer Society of Canada This link can be helpful for any move.		
To assist both you and the person living with dementia: <ul style="list-style-type: none"> - Review adjustment for the care partner - Communicate and work with staff - Ask the new location about visiting information 	Meaningful Visits: Making visits meaningful Alzheimer Society of Canada		

Adjustments	Resource Links	Who/When/Comments	✓
Right after the move, you might want to visit often. Over time, the person living with dementia may adjust to their new home. Trust in staff may increase for yourself and the person living with dementia. There is no right or wrong to how often you visit.			
Make a list of your support system that can assist you when you take a break. Consider hiring someone or a volunteer companion.	211 Alberta: https://ab.211.ca/ Family and Community Support Services Find Your FCSS Program - FCSSAA Accessing Continuing Care Alberta Health Services		
Know that your life will change during this process. It's still important to take care of yourself. You need to stay physically active. Spend time to reconnect and do activities that you have done and enjoyed in the past.	My Tools for Care – In Care: My Tools 4 Care - In Care - HelpForDementia		

Care partner role	Resource Links	Who/When/Comments	✓
<p>You can help others who provide care for your family member by:</p> <ul style="list-style-type: none"> • Helping care staff get to know the person • Give advice on how to approach the person • Be an advocate for the person living with dementia • Build relationships with the staff <p>This applies at any location that the person living with dementia is living in.</p>	<p>My Tools for Care – In Care: My Tools 4 Care - In Care - HelpForDementia</p> <p>Long term Care – Day to Day series Adjusting after the move Long-term-care-4-Adjusting-after-a-move-Alzheimer-Society.pdf</p>		
<p>Update the “All About Me” document regularly. Help the staff to use the information provided in how they connect with the person.</p>	<p>All-About-Me-en-Alzheimer-Society.pdf Contact your local Society for printed copies</p>		
<p>Take part in activities with the person. Join the activities when you’re able to and when it’s appropriate.</p>			
<p>If the person is in an alternate housing, make the environment home-like. Decorate the room seasonally, with familiar and appropriate non valuable articles from home.</p>			
<p>Spend positive time with the person living with dementia. Some examples are:</p> <ul style="list-style-type: none"> • Reminiscing (talk about past experiences) • Touch: hand massage, brush or comb hair, manicure. • Finding comfort in the silence together 	<p>Making visits meaningful Making visits meaningful Alzheimer Society of Canada</p> <p>Activity ideas to try: 44 things to do</p>		
<p>Adjust your communication approach based on the communication ability of the person living with dementia. Be a good listener.</p>	<p>Communication Strategies: Communicating with people living with dementia Alzheimer Society of Canada</p>		

Working with health care staff	Resource Links	Who/When/Comments	✓
<p>Tips to develop positive relationships:</p> <ul style="list-style-type: none"> • Get to know the staff. • Maintain regular contact. • Check if you can participate in some activities. • Give positive feedback. • Work together to find solutions to challenges 			
<p>If your person is in an alternate housing, attend Family/Resident care conferences. Participate in the development of a plan of care. This can be a safe space for you to suggest anything to improve the person's quality of life.</p>			
<p>If you have a concern about the care being provided, discuss with health care staff using effective communication skills such as:</p> <ul style="list-style-type: none"> - Clear and even tone - Active Listening - Maintain eye contact 	<p>My Tools for Care – In Care: Part 3 Helpful Resources - HelpForDementia</p>		

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