

Care Planning Checklist for Care Partners

MIDDLE STAGE PLANNING

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.

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.

Glossary:

Here are some common terms that will be used throughout the document. You can refer to the top of the document to understand terms used. Below are common terms used in the checklist. You can refer to these when you need reminders of the definitions.

***Enacting** legal documents means the documents take effect. When enacted, the agent or Power of Attorney makes the decisions on behalf of the person. We encourage you to complete the enacting process with the guidance of your lawyer and health care professional as each document will contain specific instructions. Until that time, we encourage care partners to take on a supportive role with the person living with dementia to maintain their independence.

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
Adjusting to Changes.....	4
Safety Issues	5
Community services and taking a break.....	6
Legal and financial issues	7
Living arrangements	8

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>Connect with your Alzheimer Society: In Alberta or NWT, call us at 1-866-950-5465 Programs and services Alzheimer Society of Alberta and Northwest Territories</p> <p>Seeds of Hope Family learning series: Seeds of Hope - HelpForDementia</p> <p>Ways to Communicate with person living with dementia: Communicating with people living with dementia Alzheimer Society of Canada</p> <p>Understanding the symptoms of dementia: Understanding symptoms Alzheimer Society of Canada</p> <p>Living positively with ambiguous loss and grief: checklist_ambiguous-loss-and-grief_for-individuals-and-families_0.pdf (alzheimer.ca)</p> <p>By us for us: Living and transforming with grief: Living and Transforming with Loss and Grief (the-ria.ca)</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>		

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 successful, satisfied and accomplished.</p>	<p>By Us For Us guide: Living and celebrating life through leisure BUFU-Guide-Living-and-Celebrating-Life-Through-Leisure AODA.pdf (the-ria.ca)</p>		
<p>If using a calendar, consider having 1 week displayed at a time so it is manageable for the person living with dementia.</p> <p>Ask for help from your support system.</p>			
<p>Make alternate driving and transportation plans. This can include taxis, friends, family or paid services. You can make or change these plans as needed.</p>	<p>Driving and Transportation: Helping a person get around safely with dementia – including driving, walking and more Alzheimer Society of Canada</p>		
<p>Abilities of the person will change. This can change your relationship.</p> <p>The changes can have an emotional impact on care partners. Reach out for our resources and support.</p>	<p>How Relationships Change: Understanding how your relationship may change Alzheimer Society of Canada</p> <p>Consider joining a support group: In Alberta or NWT, call us at 1-866-950-5465 Programs and services Alzheimer Society of Alberta and Northwest Territories</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. ● Forget how certain objects work and how to use them. ● Have a hard time walking around at home. <p>Learn what the person living with dementia needs and where they need more support.</p>	<p>Making your Environment Safe: Making your environment safe Alzheimer Society of Canada</p>		
<p>Here are some examples of situations that can happen to the person living with dementia:</p> <ul style="list-style-type: none"> ● Becoming confused and anxious while out in the community ● Expressing frustration or anger with someone in public or their care partner(s) <p>Make a safety plan to navigate these situations if they happen. Your plan should consider:</p> <ul style="list-style-type: none"> ● How to keep everyone safe ● How to reduce anxiety, fear and frustration ● Who to call ● Supports you can reach out to <p>Plan for:</p> <ul style="list-style-type: none"> ● Yourself ● The person living with dementia ● Other care partners <p>Update the plans regularly as changes occur with dementia.</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 or to the person living with dementia. Example: needing to be in hospital, environmental disaster, etc.</p> <p>This plan should have support and services in place if something were to happen to you.</p>	<p>Emergency preparedness: Be ready for an emergency department visit Alzheimer Society of Canada Ready, set, plan – For Care Partner absence <i>(Ontario resource, some legal terms may differ from Alberta)</i> 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>It is important for care partners to take time for themselves.</p> <p>Contact Home Care to discuss your needs.</p>	<p>Finding help: Finding help Alzheimer Society of Canada Community Care Access: Accessing Continuing Care Alberta Health Services Past webinar: Home Care & the Continuing Care System: How does it work Home Care & the Continuing Care System: How Does it Work? - HelpForDementia</p>		
<p>Engage with the person living with dementia in completing a document about 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: Call your Alzheimer Society for copies or explore online: all about me a conversation starter e.pdf (alzheimer.ca)</p>		

Legal and financial issues	Resource Links	Who/When/Comments	✓
Review income tax benefit options.	Family and Caregiving Benefits: Family benefits - Canada.ca		
Assess financial resources and try to anticipate future expenses.	Care Home Costs: Continuing care – Resident accommodation charges Alberta.ca		
Engage and support the person living with dementia in completing the following while they are able to make decisions: <ul style="list-style-type: none"> ● Advance Care Planning discussions ● Enduring Power of Attorney ● Personal Directives ● Legal Will 	Please refer to: Care Partner Checklist – Early Early Stage - HelpForDementia Seeds of Hope Family Learning series: Early stage – Planning Ahead: Advanced Care Planning		
Once completed and signed, keep all legal documents in a safe place. Your role is to support your person living with dementia to remain independent. When the time comes for enacting* the documents, you will do this in collaboration with your health care professional and/or lawyer.	Please refer to: Care Partner Checklist – Early Early Stage - HelpForDementia		

Living arrangements	Resource Links	Who/When/Comments	✓
<p>Assess living arrangements. Think about which is better, the increasing in-home support versus moving into a care home.</p> <ul style="list-style-type: none"> - Are there supports that could be put in place? - Investigate the different programs for support offered through Home Care - Should you start thinking about residential care home? <p>It's good to explore and know your options. This can help you and the person living with dementia to plan ahead for the future.</p>	<p>Home & Community Care – Continuing Care Home & Community Care Alberta Health Services</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 for services.</p>	<p>Accessing Continuing Care Accessing Continuing Care Alberta Health Services</p>		
<p>To better prepare for when the time comes to consider a care home, read about the type of care homes in Alberta.</p>	<p>Continuing Care Home Type B: Continuing Care Home Type B & Type B Secure Space Alberta Health Services</p>		

Adapted from Alzheimer Society of Alberta and Northwest Territories
“Care Planning Checklist for Young Onset Care Partners” 2022



Alzheimer*Society*
ALBERTA AND
NORTHWEST TERRITORIES

Suite 306, 10430-61 Avenue NW Edmonton, AB T6H 2J3 TEL: 1-866-950-5465 | FAX: 1-877-788-5993:
www.alzheimer.ab.ca | info@alzheimer.ab.ca
CHARITABLE REGISTRATION NUMBER: 12969-0343 RR0001