



Dementia Progression Roadmap - Early Stage

For people living with Dementia and their care partners

 Changes in managing day to day tasks such as finances, shopping and medication.

 Difficulty concentrating, limited attention span and mild coordination problems.

 Difficulty handling problems at work and other settings.

CARE PARTNERS DO NOT
HAVE TO DO IT ALL.
CONSIDER ADAPTATIONS.

FEELINGS OF LOSS AND
UNCERTAINTY ABOUT
THE FUTURE.

FAMILY AND FRIEND
CONNECTIONS
CAN HELP SUPPORT.

NOT SURE WHAT
TO EXPECT.

- **Advance Care Planning:** Talk with the person living with dementia about their wishes.
- **Assist with Personal Directives and Enduring Power of Attorney.**
- **Learn more about dementia, its progression and community resources by attending a First Link Connection.**
- **Connect with others through Alzheimer Society Support groups.**
- **Consider helpful technology like a simplified cell phone or tracker.**
- **Asks friends and family for help such as with meals, shopping, socializing and more.**



Possible Changes
Observed



Heads up for
Care Partners



Strategies