


# Dementia Progression Roadmap

For people living with Dementia and their care partners

## Early Stage

 May need support with completing day to day tasks.

CARE PARTNER HELPS MORE



UNCERTAINTY

NOTICEABLE CHANGES

FEELING OF LOSS

- Discuss the person's wishes for the future.
- Assist with writing legal documents.
- Learn about dementia.
- Connect with others.
- Contact the Alzheimer Society.

## Middle Stage

 May need extra help completing tasks.  
 Changes in expressions of feelings and unmet needs.

SELF CARE NEEDED


NEED FOR INFORMATION

KEEPING HOBBIES AND FRIENDSHIPS HARDER

MAY HAVE MANY EMOTIONS

- Learn helpful strategies to use as changes occur.
- Take breaks and keep social connections
- Join an Alzheimer Society support group.

## Late Stage

 Physical and cognitive symptoms are increasing.



GRIEF AND LOSS

DECISION MAKING

EXTRA CARE CAN BE HELPFUL

- Explore options to ensure the person's needs are met.
- Know the financial, legal and practical supports needed.
- Continue attending an Alzheimer Society support group.

## End of Life

 Sleeping more.  
 Eating and drinking less.

VARIETY OF EMOTIONS

ONGOING CARE DECISIONS

- Stay socially connected.
- Ask health professionals what to expect.
- Continue attending Alzheimer Society support group.

 Possible Changes Observed

 Heads up for Care Partners

 Strategies