

First Steps:

<p>Partner with Medical Team.</p> <p>Attend your primary care and specialist appointments. Bring your questions, concerns to your doctor, social worker and nurses. Sign up for online patient portal/chart for ease of communication. Ask about care coordination.</p>	<p>Legal & Financial Matters.</p> <p>Address early to allow the person with dementia to be involved, eliminate guesswork for families, and time to work through the complex situations and avoid crisis later.</p> <ul style="list-style-type: none"> ✓ Obtain Releases, Authorizations, identify Emergency Contacts ✓ Address Supported Decision Maker, Powers of Attorney for Health & Finance ✓ Consult Financial Planner & Elder Law Attorney 	<p>Maximize Independence.</p> <p>Connect with the Aging & Disability Resource Center for resources to enhance independence. For guidance to questions about planning current and future needs, paying for services, caregiver topics, long term care, information on available options, & more.</p> <p>Call 608-785-5700 or Visit lacrossecounty.org/adrc</p>
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Next Steps:

<p>Be Informed.</p> <p>Learn about what to expect with disease progression, medications and nonpharmacological approaches, symptoms, palliative care, strategies for daily-to-day needs, coping strategies and more topics.</p> <ul style="list-style-type: none"> ✓ wisconsin caregiver.org ✓ training.alz.org/ ✓ alzfdn.org ✓ www.aarp.org/caregiving/ 	<p>Connect Local.</p> <p>Staying cognitively and socially connected improves quality of life, can decrease, or improve symptoms and it's beneficial for the brain! There are many local resources, that appeal to a variety of needs and preferences - whether it be in a group or self-directed, for learning enrichment or just for fun, in person or virtual; <u>there's something for you</u>. Check out offerings at the ADRC, Libraries, Parks & Recreation, Community Centers, Higher Education, County Departments, Churches & other Non-Profits Organizations</p> <ul style="list-style-type: none"> ✓ lacrossecounty.org/adrc/dementia ✓ www.alz.org/help-support/brain health/stay mentally and socially active ✓ Sign up for ADRC Senior Life, Guided Light & Caregiver Connection Newsletters! Call 608-785-5700
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What else should I be thinking about?

Circle of Support	Safety	Engagement
<p>Begin identifying who is on your team. Who will you partner with and rely on throughout your journey? You are in the center, but you are not alone. Do you need help to develop a network of people?</p>	<ul style="list-style-type: none"> ✓ Driving, Falls, Firearms ✓ Living Alone ✓ Sensory Changes ✓ Nutrition ✓ Personal Care ✓ Wandering 	<ul style="list-style-type: none"> ✓ What programs & opportunities are available to increase quality of life? ✓ Caregiver Education, Support & Self-Care