



The
**Dementia
Society**
Ottawa and Renfrew County

CARE PLANNING CHECKLIST FOR CAREGIVERS MIDDLE STAGES



Your caregiving role is dependent on the needs of the person with dementia. In the middle stages, a person with dementia may have significant challenges performing every day tasks. They may be resistant to help and have difficulty expressing their needs. They may also have new symptoms and behaviours.

At this stage, caregiving can become quite challenging. It is important to take breaks, learn strategies, and rely on your support network. If you have not yet created an **advanced care plan**, it is very important to do so now. Plan for future care options, including resolving financial and legal issues.

The following activities are for consideration only and offered as a guide. Remember, you do not need to do everything yourself!

Education and Support

- Contact the Dementia Society.
 - Register for **Education Sessions** and **Caregiver Support Groups** – [Click Here](#)
- Learn strategies for coping with the middle stage of dementia.
 - Reconnect with your Dementia care Coach – [Click Here](#)
 - Understanding Changes** and **Communication** fact sheets available – [Click Here](#)
- Find respite/take breaks.
 - Contact the Local Health Integration Network (LHIN). Set up in-home personal support and create an individualized care plan – [Click Here](#)
 - Talk to your LHIN Care Coordinator about respite options like **Adult Day Programs** – [Click Here](#)
 - Arrange for days or weeks of respite care if needed. Contact the Guest House – [Click Here](#)
 - Preparing for In-Home Help and Support** fact sheet is available – [Click Here](#)
 - Taking a Break: Why It's Essential** fact sheet is available – [Click Here](#)

The Caregiving Role

- ❑ Plan activities for the person with dementia. Choose activities that are appropriate, promote satisfaction, and promote achievement.
 - ❑ **Meaningful Activities document** available – [Click Here](#)
 - ❑ Check out this Meaningful Activities webinar – [Click Here](#)
- ❑ Develop alternative driving/transportation plans if necessary.
 - ❑ **Planning for a Day When You Can No Longer Drive** fact sheet is available – [Click Here](#)
- ❑ Update weekly schedule and ask for help from your support system.
- ❑ Make your own health and wellness a priority.
 - ❑ Caregiving can be stressful and place a burden on physical and mental health. Tell your own doctor that you are a caregiver of a person with dementia.
 - ❑ Engage in activities that are meaningful to you.
- ❑ Register for Medic Alert® Safely Home® for the person with dementia: 1-855-581-3794 or [Click Here](#)
- ❑ Assess living arrangements.
 - ❑ Should a move to assisted living (Retirement Home or Care Facility) be made?
 - ❑ **When a Move is Necessary** fact sheet available – [Click Here](#)
- ❑ Write a life history. Include key facts about the person's life to share with care workers who come into the home.
 - ❑ Fill out My Life's Story – [Click Here](#)

Legal and Financial

- ❑ Plan for the future. For a guide to advanced care planning, [Click Here](#)
- ❑ Review income tax benefit options.
 - ❑ **Financial Planning** fact sheet available – [Click Here](#)
- ❑ Become familiar with the long term care application process.
 - ❑ Register **Making the Decision** learning session – [Click Here](#)
- ❑ Assess financial resources against the cost of increasing in-home support to keep the person in the home as long as possible.
- ❑ Register for a workshop on **Financial Information for Caregivers** – [Click Here](#)

If Relocating to Assisted Living or a Care Home

- ❑ Work with the LHIN Care Coordinator. Determine if, when, and where relocation will take place.
- ❑ If the person with dementia decides to move or their substitute decision maker decides on a move, prepare your loved one for the transition.
 - ❑ **When a Move is Necessary** and **When Home is No Longer an Option** fact sheets available – [Click Here](#)
- ❑ Day of the move, go with the person and stay until they settle.
- ❑ Talk to your **Dementia Care Coach**. Learn strategies for adjusting, communicating, working with staff, and visiting.
- ❑ Read **After the Move** fact sheets – [Click Here](#)
- ❑ Watch Making the Transition Videos – [Click Here](#)

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