



The
**Dementia
Society**
Ottawa and Renfrew County

CARE PLANNING CHECKLIST FOR CAREGIVERS EARLY STAGES



Your caregiving role is dependent on the needs of the person with dementia. In the early stages, a person with dementia will have noticeable symptoms. Symptoms will depend on the type of dementia, their personality, and the environment. They might have challenges with memory, problem-solving, thinking, or language.

At this stage, people are still independent but may need some help with tasks. You can help by promoting a daily routine. Encourage social connection, independence, and be flexible. While the person is still able, it is time to plan for the future. Help them plan their 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. Compile information for the person with dementia and the caregiver.
 - Speak with a **Dementia Care Coach** about your unique situation.
 - Ottawa: 613-523-4004
 - Renfrew County: 1-888-411-2067
 - Create a **Careteam profile** – [Click Here](#)
- Discover community supports in your area. Hold onto the list for future reference.
- Expand your knowledge and your circle of support - [Click Here](#) to register for:
 - Dementia Basics and/or other education sessions.
 - Support groups. Consider **Dementia Society Caregiver Support Groups**.
- Talk or meet with other family members. Share care responsibilities and keep everyone informed.
- Focus on the person's strengths and abilities. Engage in activities that help promote the person's independence. Find activities that promote cognitive abilities and reduce social isolation.
 - [Click Here](#) to register for **Social Program** like music, exercise, art, or lunch meetups.

Getting Organized

- Identify your support system:
 - Who can you contact for help?
 - Link certain responsibilities to specific people.
 - Share information through your **Careteam** account.
- Create a schedule of activities and appointments for the person with dementia.
 - Include time for breaks/respite for yourself.
- Make a list of personal contacts in case of an emergency. Keep a copy on the fridge for first-responders.
- Develop a health information record including medications, dosages, and purpose. Keep it up to date.
 - Personal Health Record** fact sheet available - [Click Here](#)
- Develop a list of household information, companies, and contact information for utilities.
- Make a list of assets, bank account information, insurance information and policies. Make a list of titles and deeds to property, vehicle information, etc.
- Keep an eye on safety: Driving capabilities and safety in the home.
 - Planning for a Day When You Can No Longer Drive** fact sheet available - [Click Here](#)
- Register for Medic Alert® Safely Home® for the person with dementia.
 - 1-855-581-3794 or [Click Here](#)
- Consider starting to look at living arrangements and options.
 - Home to Retirement Home** – [Click Here](#)
 - When Home is No Longer an Option** fact sheet available - [Click Here](#)

Legal

- Power of Attorney for Property signed.
 - Get permission for another person (Power of Attorney) to operate their bank account(s).
 - You will need to show the signed copy and fill out the Bank POA Form. Meet with the Bank Manager.
- Power of Attorney for Personal Care signed.
 - A Guide to Advanced Care Planning** – [Click Here](#)
- Have a legal Will in place. Seek legal advice.

Financial

- If spouse or child is supporting the person with dementia, create a joint bank account.
- Establish direct deposits for cheques, pension benefits, and direct withdrawal for bill payments.
- Reduce the number of credit cards to one, and lower credit limits.
- Register the person on the National Do Not Call List for telemarketing calls.
- Managing Finances** and **Financial Planning** fact sheets are available – [Click Here](#)

Ottawa: 613-523-4004 Renfrew-County: 1-888-411-2067 | info@dsorc.org | DementiaHelp.ca

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