

# Dementia Caregiver Roadmap

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## First Signs

1. See and Elder Attorney with your person with dementia to settle power of attorney and to move their assets into a living trust (ideally for 5 years).
2. Have them make lifestyle improvements (Read Alzheimers Solution)

## Early Stage Dementia Part 1

1. Get diagnosis
2. Take over their bills
3. Monitor their driving or arrange for alternatives to driving
4. Set up their home so they can be independent for as long as possible (see shopping lists for specific items)
5. See Elder Attorney or set up POA if this hasn't been done.

## Early Stage Dementia-Part 2

1. Network with family, friends, charities and churches on free or traded help (see Free Help & Family Help Guides)
2. Start the process of moving them to a place where they can be cared for or setting up their home so someone can care for them
3. Get diagnosis if you haven't already

## Middle Stage Dementia-Part 1

1. They now should live with someone to care for them ie. your house, long term care, 24/7 home health, a spouse without dementia
2. If you haven't already, see an Elder Attorney if they still have some lucidity
3. Network with family, friends, charities if you haven't already
4. Dementia proof your home or move them to Independent/Assisted Living

## Middle Stage Dementia-Part 2

1. If they qualify, start applying for Medicaid 6 months to a year sooner than you think you need it
2. If you're planning on placing them in long term care, this is the time most people will pull the trigger

## Middle Stage Dementia-Part 3

1. If you haven't settled POA, go to court to get Guardianship or Conservatorship
2. If you're feeling burnt out and overwhelmed, consider hiring a care manager or Medicaid professional to do the transition process for you

## Late Stage Dementia

1. Contact hospice
2. Get more physical support ie long term care or 24/7 home health
3. Lean on friends, family, caregiver community

## Post Caregiving

1. Settle their estate
2. Plan and attend funeral
3. Grieve and rest
4. Move on to something else
5. OR Give back to the dementia community