Help is available. There are people and resources available to listen and assist you.

- Call the Aging and Disability Resource Connection of Oregon (ADRC): 1-855-673-2372. [www.helpforalz.org](http://www.helpforalz.org)
- Call the Alzheimer’s Association 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org)
- Review the guide book, *Help is Here: When someone you love has dementia.*
- Review the guide book, National Institute on Health (NIH) Resources.

You have a lot of questions and there is a lot to think about. It is not all going to get done right away, and that is OK!

- Continue to do things you and the person diagnosed enjoy - together.
- Make a follow-up medical appointment for the person within three months or less.
- Talk with the person’s health care provider about safety concerns (driving, self-care, falling, etc.), as well as activities of daily living (eating, dressing, bathing, etc.)
- Begin planning for the future, involving the person as much as possible.

**IMPORTANT ISSUES TO ADDRESS**
# After a Dementia Diagnosis: What to Do Next

Access this form online at: [www.oregonspado.org](http://www.oregonspado.org)

By clicking on the underlined words or phrases, you can access information on these topics.

## Safety
- Home safety
- Medication safety
- Wandering
- Driving
- Change in Behavior
- Financial Protection

## Caregiver Health
- Caregiver assessment
- Education and counseling
- Support groups
- *Help is Here: When someone you love has dementia*
- Family Caregiver Alliance
- Caregiver Respite
- OR Care Partners

## Communication with Healthcare Professionals
- Working with the healthcare professional
- Questions to write down and ask the healthcare professional
- In the Hospital
- Care coordination

## Quality of Life
- The Rights of People with Dementia
- Staying engaged
- Music and art
- Activities that the person and caregiver can both enjoy
- Depression & Dementia

## Living Arrangements
- Care options
- Finding care
- Transitions of care
- Financial Considerations
- Payment for Care

## Daily Care and Communication
- Memory loss and confusion
- Tips for communicating
- Food and eating
- Personal care
- Change in Behavior

## Planning for the Future
- Legal planning
- Legal and financial planning education
- Paying for care
- Medicare vs. Medicaid
- What is HIPPA

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State Plan for Alzheimer’s Disease and Related Dementias in Oregon (SPADO)
Adapted from ACT on Alzheimer’s® developed tools and resources.