

# AFTER A DEMENTIA DIAGNOSIS: WHAT TO DO NEXT

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

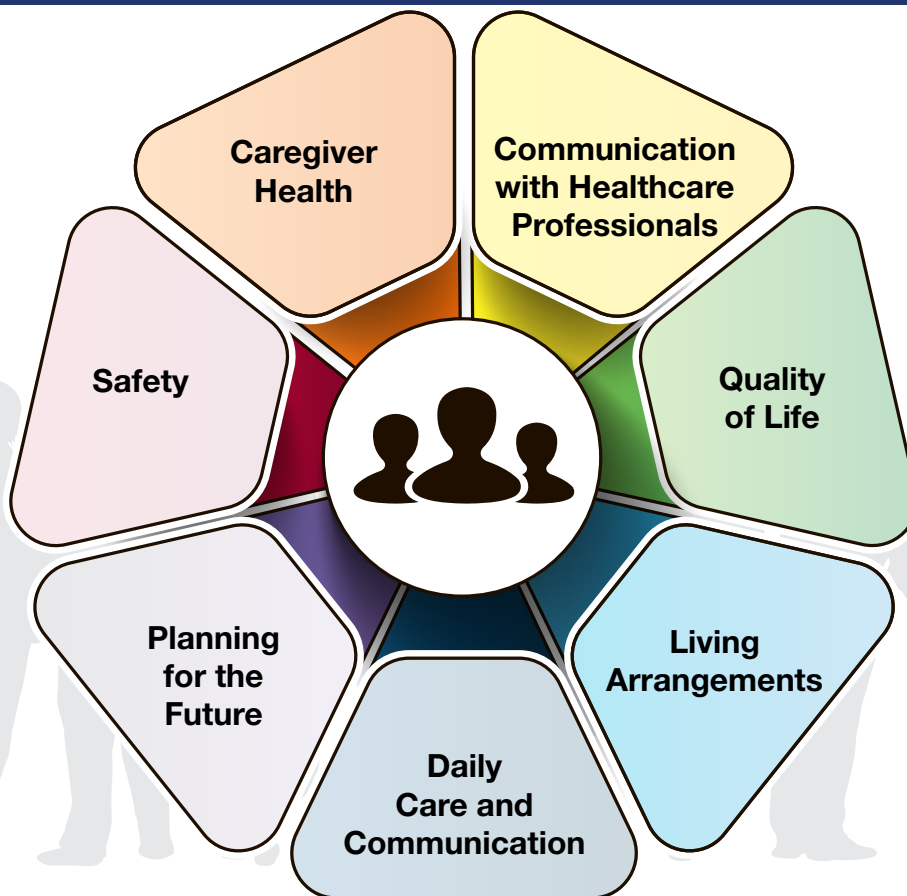
- Call the **Aging and Disability Resource Connection of Oregon (ADRC)**: 1-855-673-2372. [www.helpforalz.org](http://www.helpforalz.org)
- Call the **Alzheimer's Association** 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org)
- Review the guide book, **Help is Here: When someone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

**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



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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](#)