



Information for People Living with Dementia - 02

ABOUT YOU... EARLY PLANNING

If you have been diagnosed with dementia, this Help Sheet may be useful. It makes suggestions about planning for the future. It also tells you who can assist you to do this.

Planning ahead

It is a good idea in the early stage of your diagnosis to think about planning ahead. You can participate in the planning process which ensures you have some control over future decisions.

Talking with your family about your preferences for the future will assist them to help you in the way you have chosen.

Money matters

Make sure that all your important documents such as insurance policies, mortgage and financial papers are the way you want them to be. Tell someone you trust where they are kept.

A person can sign a document called an enduring power of attorney. An enduring power of attorney is a legal arrangement that enables a nominated person to look after your financial affairs if you become unable to do so.

Planning ensures you have some control over future decisions

Legal matters

You may need to review your will to make sure that it is up to date and the way you want it to be.

A person can appoint one or more people they trust to make important personal and lifestyle decisions on their behalf when they need assistance including health and medical decisions.

Many people and organizations can help explain about money, legal and medical arrangements

Work

If you are still working, consider speaking to your employer about dementia and your symptoms. It may be useful to take someone with you to help you explain. It may be possible to keep working a little longer by cutting down on your hours or your responsibilities. If you eventually must give up work, find out about your retirement benefits or Social Security.

If you are already retired, or must stop working because of the condition, it is important to keep active. For some people, taking on voluntary work is one way to keep involved while continuing to make a valuable contribution to the community.



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Medical care

It is possible to appoint someone you trust to make medical decisions on your behalf if it becomes necessary. If you have not planned. Two types of tools are available to help plan ahead about medical treatment:

1. An enduring power of attorney covering health matters. This allows you to appoint a person to be your substitute decision maker for medical decisions
2. An advance directive is a written document expressing your wishes about medical treatment.

Who can help

Many people and organizations can help explain these arrangements and how to make them work for you and your family:

- Bank manager
- Accredited financial adviser
- Lawyers

Care arrangements

At some point, you may need extra assistance in your home, or alternative living arrangements. Consider what services are available, and where and with whom you might want to live. Talk about it with your family and friends.

FURTHER INFORMATION: locally call Dementia Friendly Wyoming 307-461-7134 or visit our website <http://www.dwfsheridan.org> or The Sheridan Senior Center 307-672-2240. Nationally contact the Alzheimer's Association at 1-800-272-3900, or visit their website at <http://www.alz.org>.