



community resources — from home care services to residential care — can make the transition easier. So will the support and assistance of those around you.

8. Make legal and financial plans.

dementia allows the person living with the disease to participate in decision-making. Having these plans in place can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of a legal professional. However, if you're unsure about how to complete documents or make financial plans, you may want to seek assistance from an attorney specializing in elder law, a financial advisor who is familiar with elder or long-term care planning, or both.

9. Know you're doing your best.

Remember that the care you provide makes a difference and that you're doing the best you can. You may the disease progresses. Regardless of how care is delivered, you can make sure that the person living with dementia is well cared for and safe.

10. Visit your doctor regularly.

Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

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