Navigating Care

Essential Resources and Strategies for Dementia Caregivers

Laura Banner, FNP-c
Oasis Senior Advisors North GA

Objectives

- Understand the most common types of dementia and their impact on caregiving.
- Be familiar with available resources, including community support, healthcare services, and educational materials.
- Learn practical strategies for creating a safe and effective care plan tailored to the needs of their loved one.

Types of Dementia



Alzheimer's Disease

Most common type



Vascular Dementia

Due to blood flow problems



Lewy Body Dementia

Involves Lewy bodies



Frontotemporal Dementia

Affects behavior

Understanding Dementia

- Overview of dementia types and progression
  - Alzheimer's
  - Vascular
  - Lewy Body
  - Frontotemporal
  - Mixed
- Common symptoms and caregiving challenges

Medical and Healthcare Resources

- Primary care, gerontologist specialists/neurologist, memory clinics
- Role of care coordination
- Role of a Senior Care Advisor/Advocate

Local and National Resources

- Alzheimer's Association
- Area Agency on Aging (Medicaid)
- Support groups and hotlines

Miscellaneous Resources: Technology and Safety Tools

- GPS tracking
- Medication reminders
- Safety monitoring systems

How to Create a Dementia Care Plan

- Definition and purpose
- When to create one and who should be involved

Assessing Care Needs

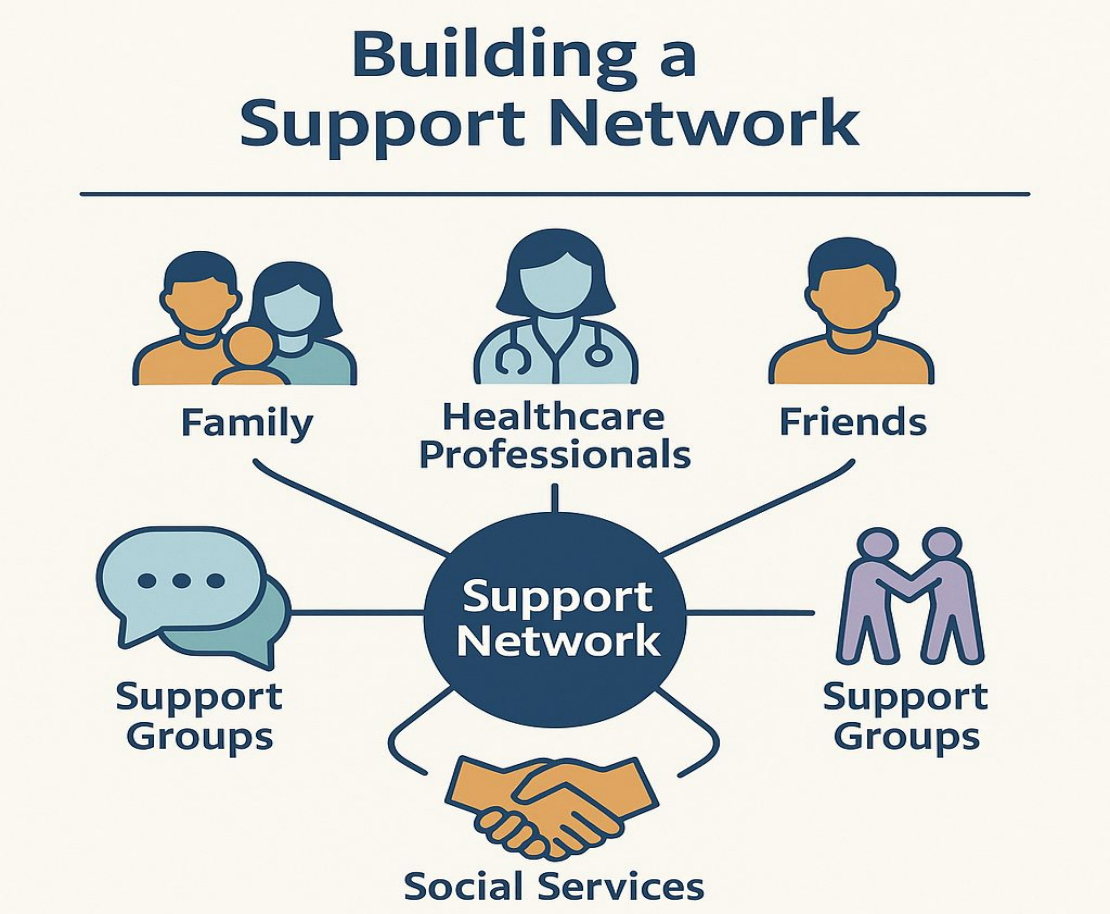
- Tools for evaluating care levels
- Importance of flexibility in planning

Key Elements of a Care Plan

- Daily routines (activities, ADLs, purpose)
- Medical management
- Safety measures
- Legal and financial planning
- Contingency plan “Plan B”

Person-Centered Care Approach

- Honoring preferences, history, and dignity
- Cultural and spiritual considerations


Building a
Support Network
Family
Healthcare
Professionals
Friends
Support
Network
Support
Groups
Support
Groups
Social Services

Building a Support Network

- Identify trusted family, friends, and neighbors
- Join local or online caregiver support groups
- Connect with professionals: social workers, care managers, therapists
- Delegate tasks and ask for help when needed
- Stay in regular communication with your network


Confidence
in Caregiving
Knowledge
Skills
Confidence

Confidence in Caregiving

- Recognize your progress and accomplishments
- Educate yourself continuously about dementia care
- Practice patience—with yourself and your loved one
- Seek support and guidance when needed
- Trust your instincts and decisions

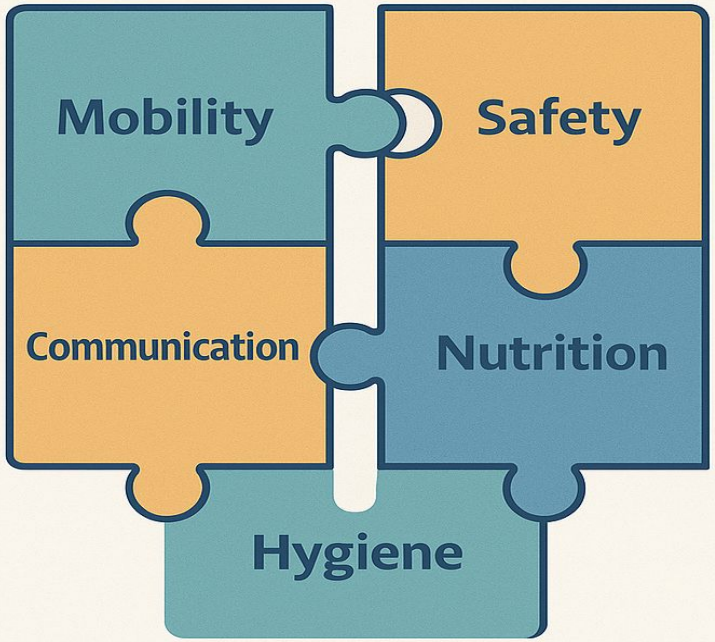
Reality of Caregiving

- Emotional, physical, and logistical demands
- Balancing care with personal wellbeing

Self-Care for Caregivers

- Signs of burnout
- Support groups, therapy, and schedule "time off"!!!

Tailored Solutions for Individual Needs



Tailored Solutions for Individual Needs

- Assess your loved one's unique strengths and challenges
- Consider their preferences, routines, and personality
- Adapt care approaches based on current abilities
- Involve the person in decision-making when possible
- Modify the environment to support independence and safety

Community-Based Services

- Adult day programs
- Respite care
- Transportation and meal services

In-Home Care Options

- Types of in-home caregivers
- Hiring privately vs. through an agency

Residential Care Choices

- Assisted Living (ALF) vs. Memory Care (MC) vs. nursing homes (SNF)

- Tips for selecting a facility (listen to your gut)!!!

Emergency and Crisis Planning

- Hospital bags
- Emergency respite plans in place
- Having POA/Advanced Directives in place
- Having and Enacting “Plan B”

Empowermennt Through Education



Empowerment Through Education

- Understand the disease process and its progression
- Stay current with care strategies and research
- Access reliable educational materials and tools
- Participate in caregiver training programs
- Ask questions and seek expert guidance

Closing & Q&A

- Recap key points
- Encourage action/avoid paralysis
- Questions???

THANK YOU FOR JOINING US TODAY!

Your donation helps us build dementia preparedness in our communities with impactful programs like this symposium.

PLEASE FOLLOW QR CODES TO DONATE

AND, PLEASE COMPLETE YOUR SURVEY !

ALZHEIMER'S ASSOCIATION

GEORGIA CHAPTER

Beyond Dementia Coalition

2025 DOUBLING DOWN on Dementia DEMENTIA SYMPOSI