Navigating Dementia Caregiving

A Resource Roadmap for Every Stage

Northeast Georgia PHYSICIANS GROUP

The Caregiver's Journey®

Finally! Practical Tips and Candid Conversations for Alzheimer's and Dementia Family Caregivers

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2025 DOUBLING DOWN on Dementia DEMENTIA SYMPOSI

Stages of Dementia Caregiving

- In the Beginning
  - Your loved one receives a diagnosis of dementia
- Messy Middle
  - You start to assert control; that's when it gets messy!
- Later on
  - You are now managing all aspects of their care

In The Beginning:

First Steps - Right After the Diagnosis

1 Choose a palliative care organization

Scan to listen **TCJ Podcast Episode 42: When To Call In Palliative Care**

2 Create an Advance Care Plan

Scan to listen **TCJ Podcast Episode 31: Elder Law Attorneys**

Scan to view **Legal Documents**

Scan to view **End of Life Planning Worksheet**

3 Understand the financial situation

Scan to view **Overview of Financial Planning**

4 Find a support group

Scan to view **Dementia Support Group Finder**

5 Educate yourself on early caregiving topics

Scan to listen **TCJ Podcast Episode 2: Memory Loss**

Scan to listen **TCJ Podcast Episode 3. Communication – in the Beginning**

6 Investigate the US Medicare GUIDE program

Scan to listen **TCJ Podcast Episode 39: Is the Medicare GUIDE program for you**

Scan to view **Find a GUIDE program**

In The Beginning:

Next Steps - You are ready for more

7 Continue your education

Scan to view **Savvy Caregiver Course**

Scan to view **Virtual Dementia Tour**

Scan to view **Mayo Clinic Living with Dementia**

8 Start planning for the next stage of care

Scan to listen **TCJ Podcast Episode 40: Create Your Personal Support Network**

Scan to view **Dementia/Adult Day Programs Finder**

Scan to view **Memory Cafe Finder**

Scan to view **Home Safety Assessment**

9 Investigate your government community support

Scan to view **Area Agency on Aging Eldercare.acl.gov**

10 Evaluate driving risks

Scan to listen **TCJ Podcast Episode 5: Taking Away the Keys**

Messy Middle:

First Steps - You recognize it's time to assert more control

11 Focus on safety

Scan to listen **TCJ Podcast Episode 6: Home Alone**

Scan to listen **TCJ Podcast Episode 20: Medication Management**

Scan to listen **TCJ Podcast Episode 7: Home Safety**

Scan to listen **TCJ Podcast Episode 4: Wandering**

12 Focus on your self-care

Scan to listen **TCJ Podcast Episode 27: The Realities of Caregiver Self-Care**

13 Educate yourself on activities of daily living (ADL's)

Scan to listen **TCJ Podcast Episode 9: Preparing for Incontinence**

Scan to listen **TCJ Podcast Episode 14: Bathing and Dressing**

Scan to listen **TCJ Podcast Episode 15: Personal Care**

Scan to listen **TCJ Podcast Episode 16: Eating and Drinking**

14 Create a Care Plan - at minimum a Family Emergency Plan

Scan to listen **TCJ Podcast Episode 33: How to Create a Care Plan**

Messy Middle:

Second Steps - It's time for more support

15 Start leveraging dementia day programs

16 Start thinking about professional help

Scan to listen **TCJ Podcast Episode 28: Home and Community Living Options**

Scan to listen **TCJ Podcast Episode 32: Hiring a Paid Caregiver**

Scan to view **Potentially Leverage a Senior Care Advisor**

Scan to view **Home Care and Communities Finder**

17 Continue your education

Scan to view **Savvy Caregiver Advanced Course**

Scan to listen **TCJ Podcast Episode 23: Delusions**

Scan to listen **TCJ Podcast Episode 10: Incontinence Begins**

Later On

You are now managing all aspects of their care

18 Plan ahead for their End of Life Service

Scan to listen
TCJ Podcast Episode 30: End of Life Service Preplanning

Scan to view
End of Life Planning Worksheet

19 Call in hospice

Scan to listen
TCJ Podcast Episode 29: When To Call In Hospice

20 Continue your self-care, learn about **Anticipatory Grief**

Scan to read
How To Manage Mourning a Loss Before It Happens



Scan to view **Aspects of Anticipatory Grief**

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

AND, PLEASE COMPLETE YOUR SURVEY !

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