



DEMENTIA CONVERSATION

S

Driving, Doctor Visits,
Legal & Financial Planning

alzheimer's  association®

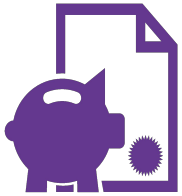
Some of the most difficult conversations are:



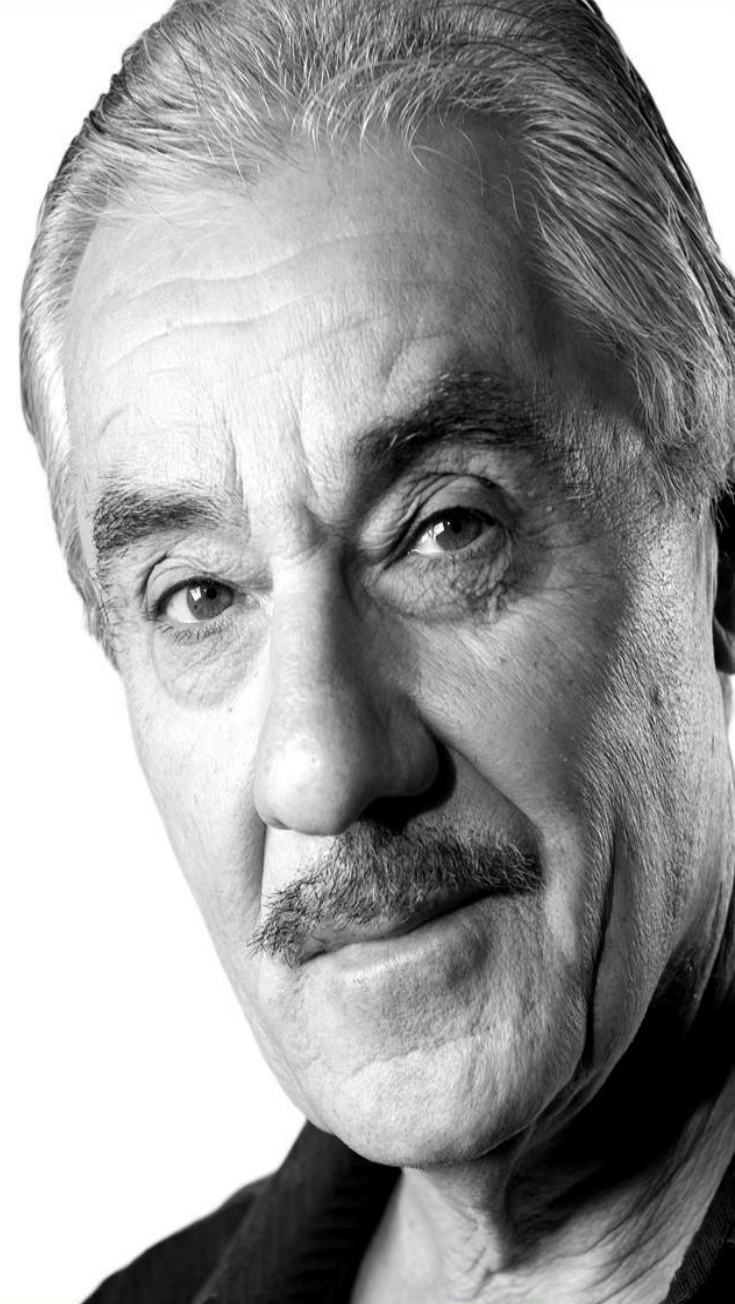
Going to the doctor



Deciding when it is necessary to stop driving



Making legal and financial plans to cover future care needs



Today's program will...

- Provide tips on how to “break the ice” and have the most common difficult conversations
- Help you plan ahead and build a care team that communicates well
- Give you the opportunity to hear from people who are dealing with similar issues
- Connect you with helpful resources



“My sister lives close by and she can help.”

“She has always been fiercely independent and if I step in she will be offended.”

“We are just starting to notice some changes. We’re not sure there is even a problem.”

“You’re busy with your own life.”

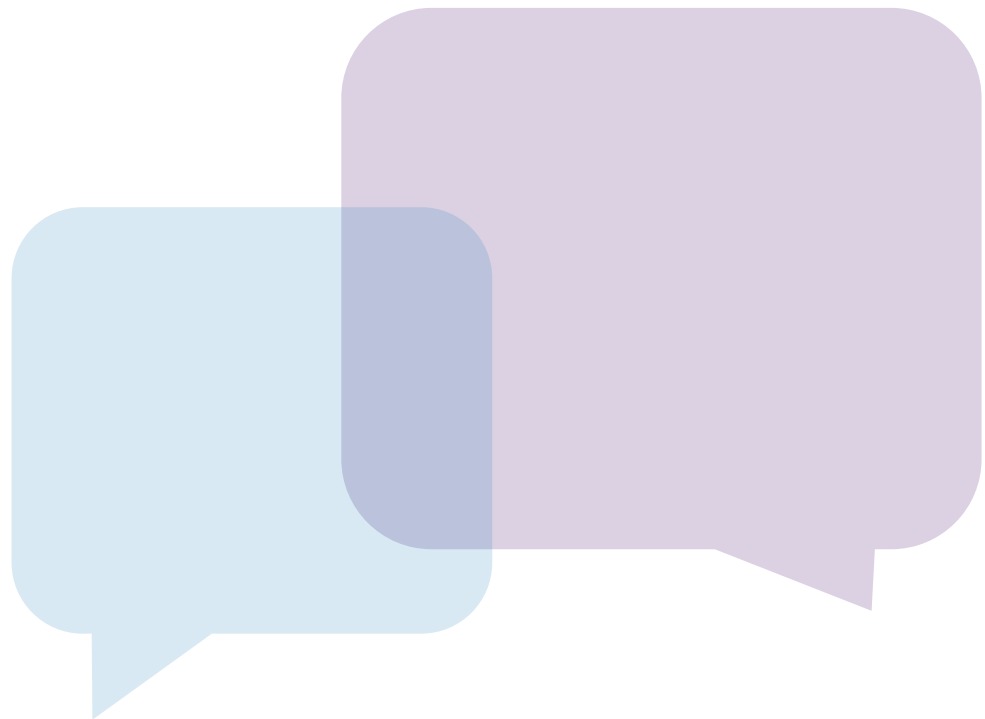
“I’m fine. Don’t worry about me.”

“Wait till you’re my age. Things are a little harder than they used to

Successful Conversations



Sooner is better
than later –
don't wait for a
crisis



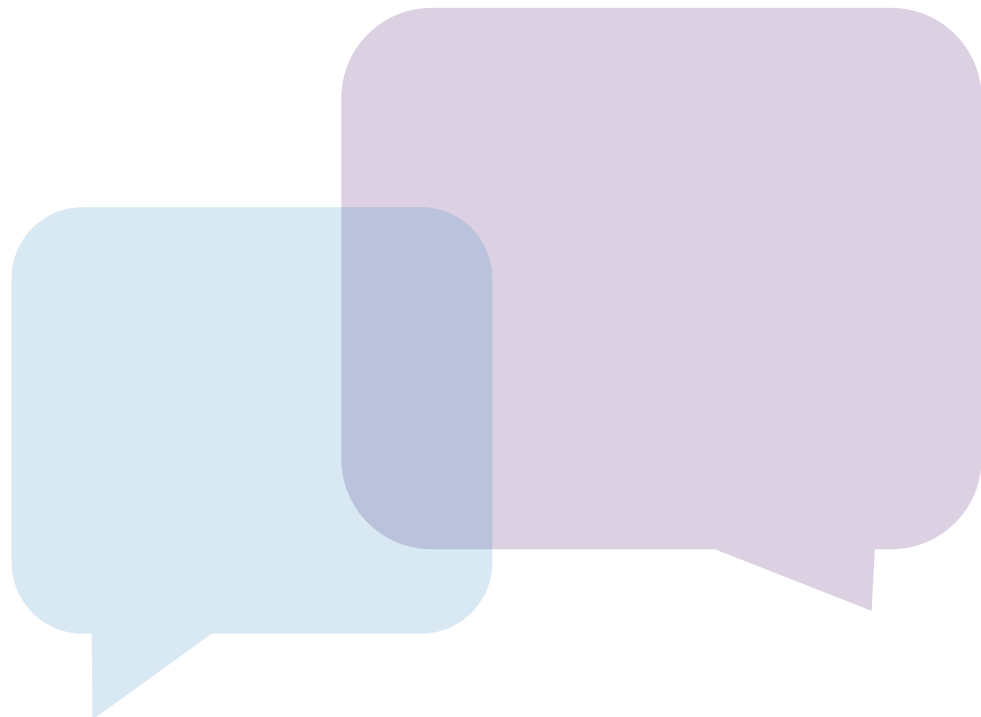
Successful Conversations



Sooner is better than later – don't wait for a crisis



Develop a plan for using “finesse”



Successful Conversations



Sooner is better than later – don't wait for a crisis



Develop a plan for using “finesse”



Take notes about the changes you see

Successful Conversations



Sooner is better than later – don't wait for a crisis



Develop a plan for using “finesse”



Take notes about the changes you see



Practice in advance

Successful Conversations



Sooner is better than later – don't wait for a crisis



Develop a plan for using “finesse”



Take notes about the changes you see

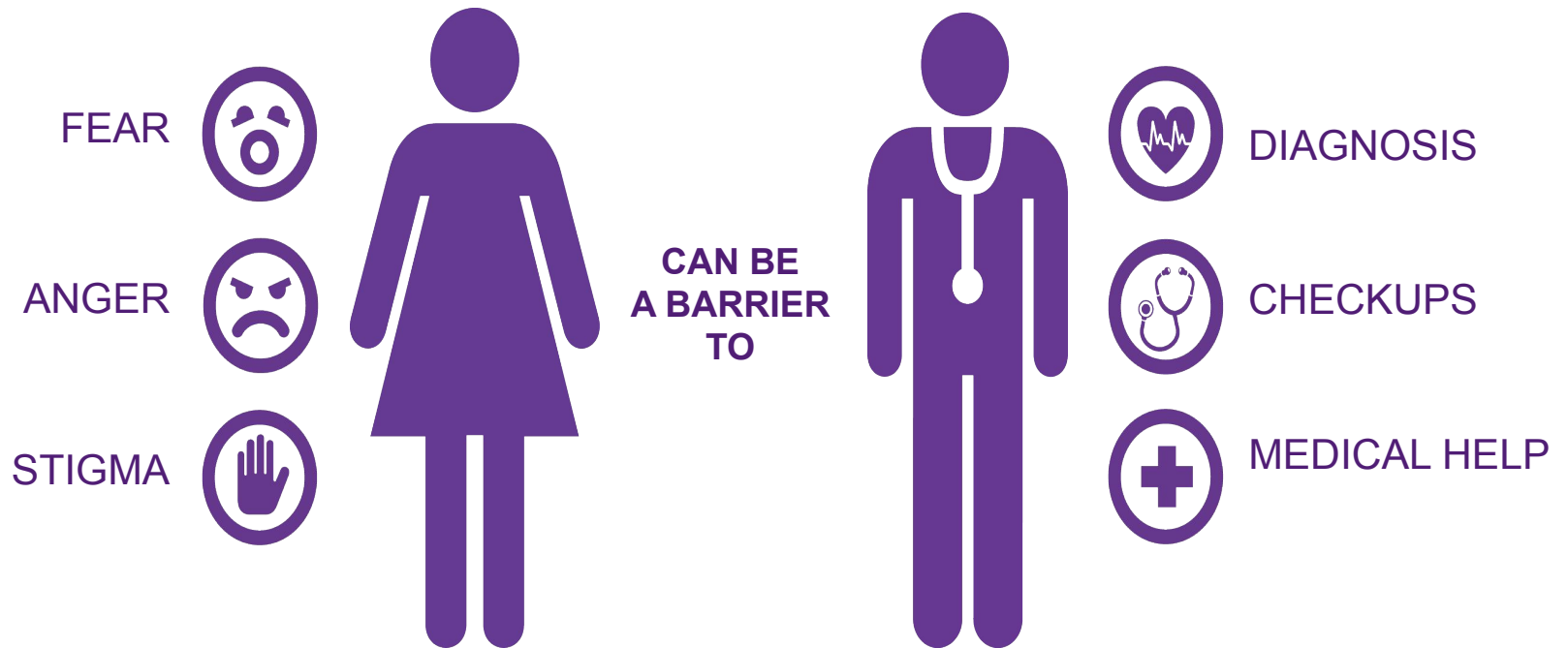


Practice in advance



Talk when you are both relaxed and comfortable

Conversations About Going to the Doctor





Donna knows the importance of talking
about getting help.

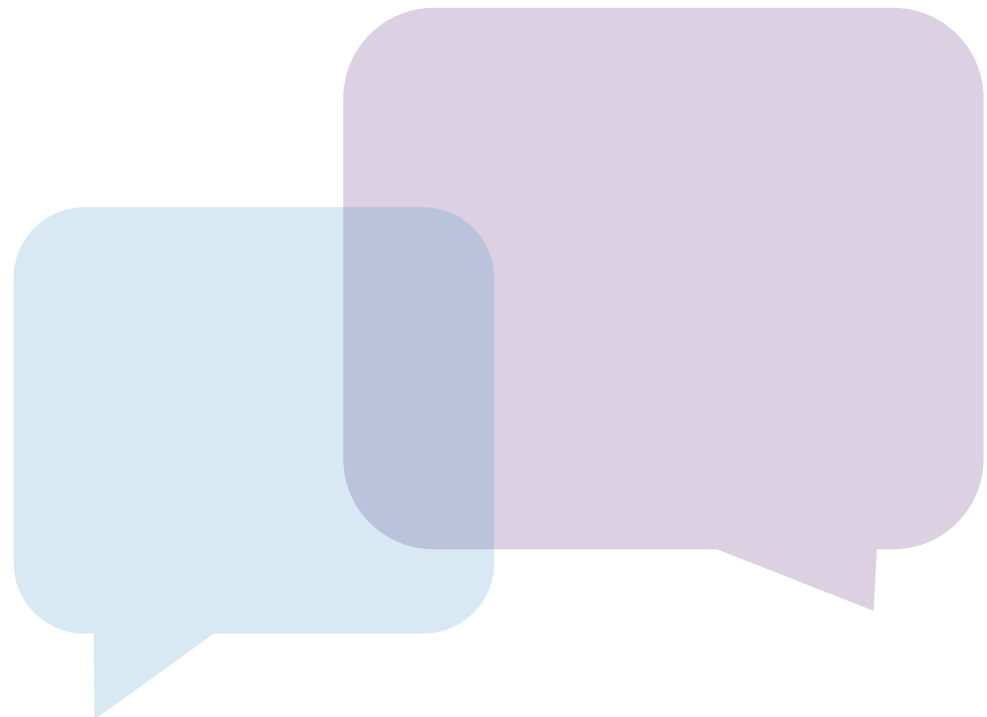


Donna knows the importance of talking about getting help.

Tips to Help with the Conversation Going to the Doctor



Use words that
are most
comfortable for
the person



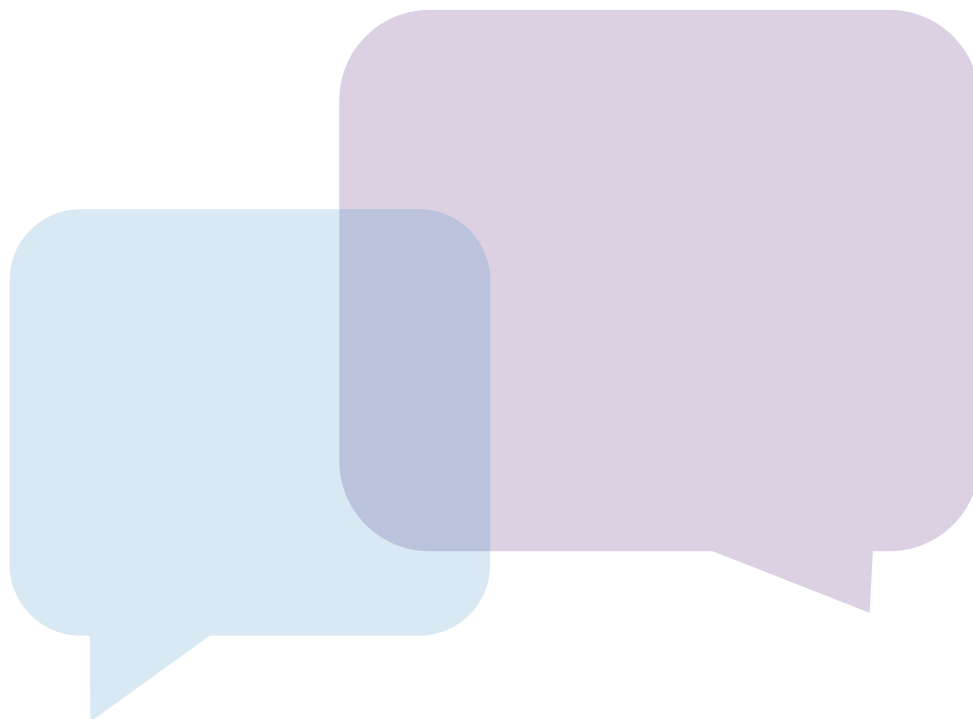
Tips to Help with the Conversation Going to the Doctor



Use words that
are most
comfortable for
the person



Suggest
Medicare's free
Annual
Wellness Visit



Tips to Help with the Conversation Going to the Doctor



Use words that
are most
comfortable for
the person



Suggest
Medicare's free
Annual
Wellness Visit



Pair an
enjoyable
outing with the
doctor's visit

Tips to Help with the Conversation Going to the Doctor



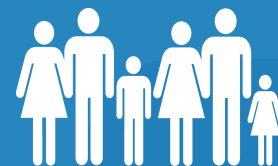
Use words that are most comfortable for the person



Suggest Medicare's free Annual Wellness Visit



Pair an enjoyable outing with the doctor's visit



Invite family to communicate concerns and questions to the doctor

Tips to Help with the Conversation Going to the Doctor



Use words that are most comfortable for the person



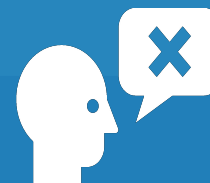
Suggest Medicare's free Annual Wellness Visit



Pair an enjoyable outing with the doctor's visit



Invite family to communicate concerns and questions to the doctor



If still reluctant, try using a "therapeutic fib"

Conversations About When to Stop Driving

HAVE
YOU
NOTICED?



Accidents



Traffic Tickets



Scrapes on
the Car



Mistakes While
Driving



Chris' family needed to ask his father to stop driving.



Chris' family needed to ask his father to stop driving.

Tips to Help with the Conversation When to Stop Driving



Plan ahead
before an
accident occurs

Tips to Help with the Conversation When to Stop Driving



Plan ahead
before an
accident occurs



Express your
concern about
specific
changes you
noticed

Tips to Help with the Conversation When to Stop Driving



Plan ahead
before an
accident occurs



Express your
concern about
specific
changes you
noticed



Appeal to the
person's sense
of responsibility
and concern
for others



Sheila addressed the issue of driving with her father.



Sheila addressed the issue of driving with her father.

Tips to Help with the Conversation When to Stop Driving



Plan ahead
before an
accident occurs



Express your
concern about
specific
changes you
noticed



Appeal to the
person's sense
of responsibility
and concern
for others



Offer alternate
plans for
transportation

Tips to Help with the Conversation When to Stop Driving



Plan ahead
before an
accident occurs



Express your
concern about
specific
changes you
noticed



Appeal to the
person's sense
of responsibility
and concern
for others



Offer alternate
plans for
transportation



Incorporate the
voice of
an esteemed
professional
and have
empathy



Wendy recommends using empathy to help with the conversation.



Wendy recommends using empathy to help with the conversation.



When to Stop Driving



Maximize Independence

OPTIONS

CHOICES

PLANNING



Legal and Financial
Planning





Chris' family is dealing with the financial costs of Alzheimer's and dementia.



Chris' family is dealing with the financial costs of Alzheimer's and dementia.

Conversations About Legal and Financial Planning

YOU MAY FEEL:

- Reluctant
- Uncomfortable
- Intrusive
- Disrespectful

TALK ABOUT IT





Julie gives advice to friends who have anxiety about the financial conversation.

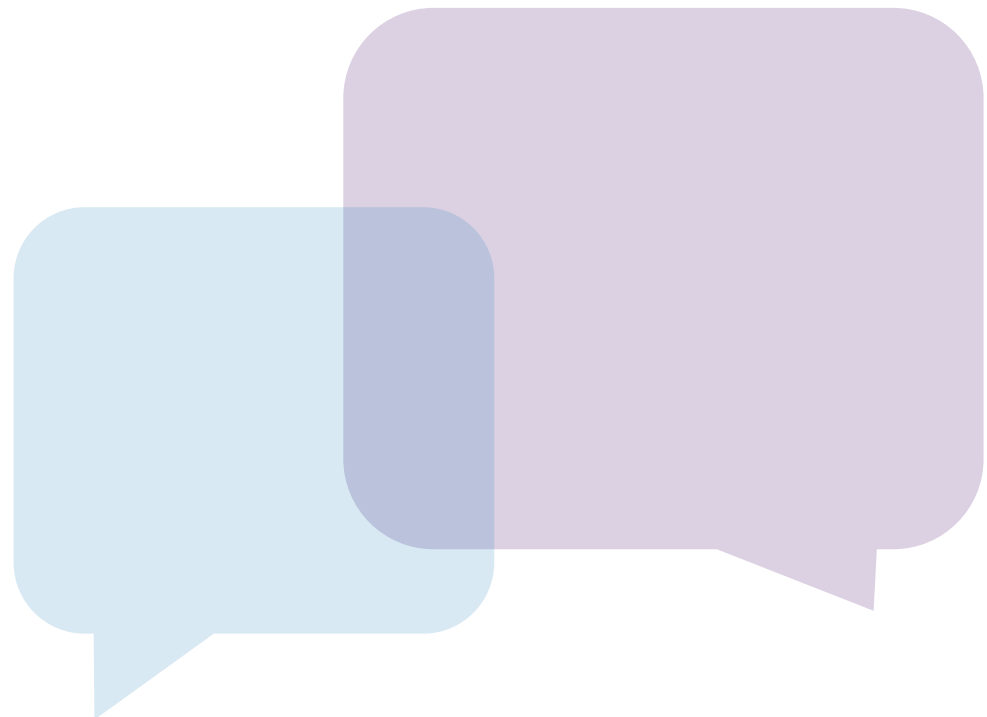


Julie gives advice to friends who have anxiety about the financial conversation.

Tips to Help with the Conversation Legal and Financial Planning



Begin by
explaining that
you are in
this together



Tips to Help with the Conversation

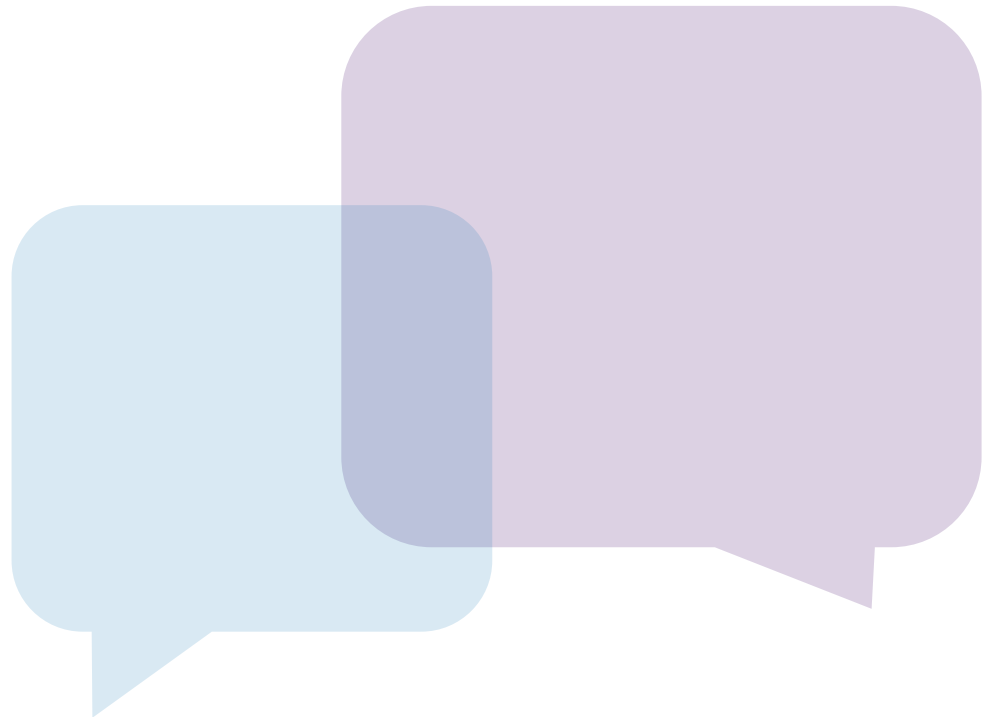
Legal and Financial Planning



Begin by explaining that you are in this together



Start by asking questions and gathering documents



Tips to Help with the Conversation

Legal and Financial Planning



Begin by explaining that you are in this together



Start by asking questions and gathering documents



Explain that these are standard plans that need to be made as we get older

Tips to Help with the Conversation

Legal and Financial Planning



Begin by explaining that you are in this together



Start by asking questions and gathering documents



Explain that these are standard plans that need to be made as we get older



Break the conversation into parts, and try different times and locations

Tips to Help with the Conversation Legal and Financial Planning



Begin by explaining that you are in this together



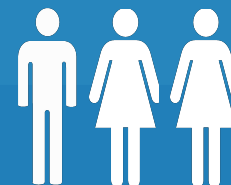
Start by asking questions and gathering documents



Explain that these are standard plans that need to be made as we get older



Break the conversation into parts, and try different times and locations



Involve others as needed

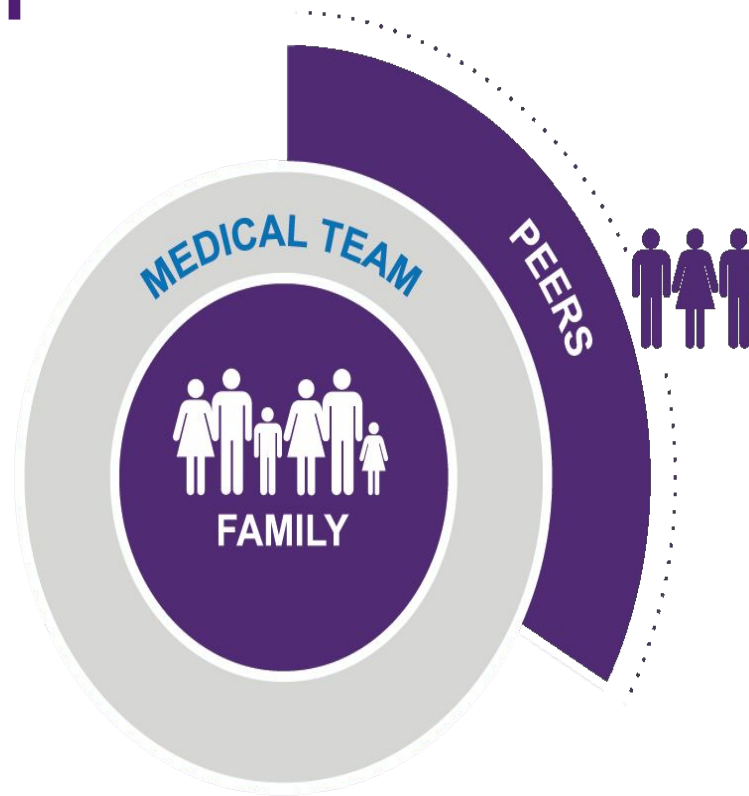
The Care Team



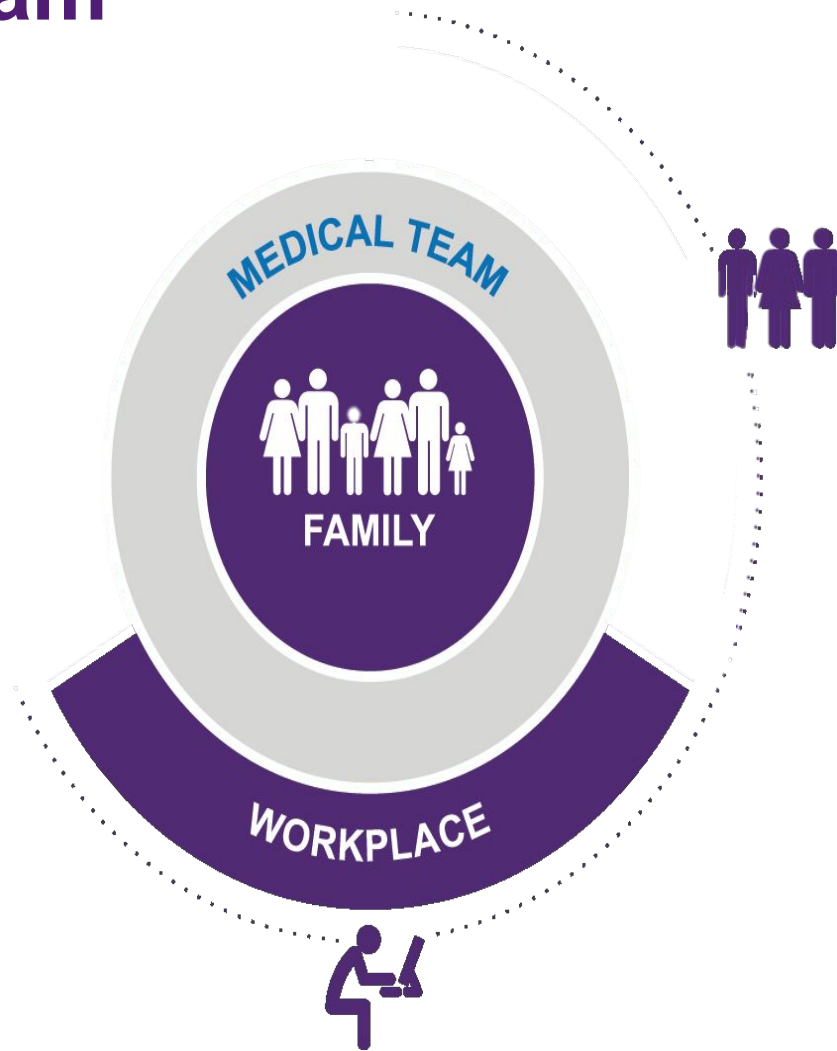
The Care Team



The Care Team



The Care Team



The Care Team



Contact us – we can help



alz.org

- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Center



800.272.3900

- 24/7 Helpline – Available all day every day



alz.org/findus

- Support groups, education programs and more available in communities nationwide



training.alz.org

- Free online education programs available at training.alz.org

Get involved



alzheimer's  association®
trialmatch®

POWERED BY  EmergingMed

**Remember, no one
can provide all of this
support alone.**

Form a care team and talk
with family about concerns as
they arise.

TALK ABOUT IT



Questions?

THE ALZHEIMER'S ASSOCIATION IS HERE FOR YOU

24/7 Helpline: 800.272.3900

alz.org[®]



This program is the property of the Alzheimer's Association and its contents may be used only by its authorized training staff and licensed representatives of the Association for presentations of "Dementia Conversations." It may not be reproduced or used for any other purpose without the prior written consent of Alzheimer's Association. © 2013 Alzheimer's Association. All rights reserved.

All photos contained in this program are being used for illustrative purposes only; any person depicted therein is a model.