Let’s Make a Plan

I like spontaneity as much as the next person, but during this period of Covid 19, social distancing, and living quarantined, that is yet another thing to miss. Where are the potluck dinners? The last minute family gatherings and open invitations to join friends on a beach trip or coffee chats with my neighbors?

I do miss an adventure with no exact destination; it’s about the journey, right? In fact, my husband and I went to Spain on our honeymoon with no itinerary - only a plane ticket home and an English-Spanish dictionary.

But when the diagnosis is Alzheimer’s disease or another dementia, throwing all caution to the wind could have terrible consequences. There is much that cannot be predicted with a dementia-type illness, but what we do know, is that it will progress.

I have worked with hundreds of families impacted by dementia. I always advise folks to create a plan and the sooner the better. Although I am a Dementia Care Specialist with a Masters Degree, it is my years as a Girl Scout leader that helps me to appreciate the value of Plan A, Plan B, and Plan C. When there is a crisis, our options are limited and sometimes the choices are entirely out of our hands.

At the Alzheimer’s Association, my colleagues and I can sit down with you and your family (virtually, for now) and help you develop a plan tailored to your own unique situation. Some of the topics we cover are:

- Legal and financial considerations
- Building a care team
- Independence and safety, including driving, owning of firearms, living alone, etc.
- Community resources
- Disease education
- Caregiving strategies
- Living well with dementia

Please give us a call at 800.272.3900 and schedule a care consultation for you and your family.

Hopefully next summer, I will rent that RV and drive out West towards the Grand Canyon.

Jessica Samet
Care Consultant