

GATHER YOUR GEAR

When someone gets diagnosed with dementia, IT TAKES A VILLAGE. This tool is designed to help you plan for current and future needs. While you are exploring the reality of the person with dementia and getting used to the water, you will need to gather your gear for the journey. By gathering our gear, we are able to dive in prepared and gives us time to come to the surface, get a breath a fresh air - time to be us, not a care partner - and dive back in again.

LIFE SAVER



- » **Planning** - Learn your options, create a plan to avoid a crisis, understand your financial needs
- » **Respite** - Take care of yourself, gather family, friends, neighbors, support group, counseling
- » **Education** - Learn as much as you can about how dementia is affecting the person
- » **Self-Development** - Practice intervention and communication skills so they become second nature

SCUBA MASK



- » **Day-to-Day Needs** - Meals, medications, personal cares, housekeeping, getting ready, going to bed
- » **Engagement** - Activity that is stimulating, social visits, laughter, enjoyment
- » **Support Independence** - What can they still do? Accommodate for their needs while encouraging independence
- » **Implement a Plan** - It's time to get more help

DEEP WATER GEAR



- » **24 Hours a Day / 7 Days a Week** - Supervision, Companionship, Safety Checks, Risk Management
- » **Life Line Time** - Now is the time to bring together every piece of your plan to ensure there are no loose ends and everything is ship-shape

NOTES / RESOURCES

