## **ALZHEIMER'S CARE CARD #9**



## Alzheimer's Caregiver Checklist

- ✓ Evaluation/Assessment. Medical, neurological, and psychological assessments will assist in determining an accurate diagnosis of the person's symptoms. Find a doctor you can trust and be sure to tell them about all symptoms and changes in the individual. A log or journal is helpful to track your observations and to communicate concerns with the doctor.
- ✓ Educate yourself. Learn about Alzheimer's disease through books, websites, workshops, and local community services.
- ✓ Hold a family conference. Everyone who will be involved in caregiving and planning for the future should attend the conference. E-mail is a useful tool to keep everyone informed on a regular basis.
- ✓ Assess your support system. As a caregiver, you will need a good support system. Join a caregiver support group. Accept help from friends. Talk about what is going on at home with someone you trust.
- ✓ Home Safety. Assess the need for wandering safety devices such as door and window alarms, and an ID bracelet. Remove dangerous items from within easy reach--hide car keys if patient can no longer drive, lock up poisons, sharp knives, guns, power tools, etc. Rugs may be a walking hazard. Remove distracting paintings or wall hangings if they start to confuse the individual.
- ✓ Legal & Financial. Check the following:
  - Durable Power of Attorney or guardian
  - Living will
  - Insurance
  - Income Sources (social security, pensions)
  - Accounts (checking, savings, investments)
  - Safe deposit boxes
  - Eligibility for Medicare and Medicaid
- ✓ Relief for Caregivers. Your health is just as important as your loved one's health. Try to get enough rest. Exercise regularly. Eat well-balanced meals. Be kind to yourself! Remember that it is OK to have fun. Caring for yourself involves taking a break from the caregiving role. Find out what agencies can offer assistance (day care, respite care).

## Supporting Arkansas Families Since 1984

Alzheimer's Arkansas Programs and Services is an independent non-profit 501(c)(3) organization governed by a local volunteer Board of Directors.

Our services include:

- 24 hour telephone support
- 24 hour telephone support Family and professional education
- Support groups for patients and caregivers •
- Financial assistance
- Community awareness presentations •
- Monthly newsletter and Lending Library

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