

**DEMENTIA CONVERSATIONS**

Driving, Doctor Visits,  
Legal & Financial Planning

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**Some of the most difficult conversations are:**


-  **Going to the doctor**

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-  **Deciding when it is necessary to stop driving**

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-  **Making legal and financial plans to cover future care needs**



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**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



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"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."

"I'm fine. Don't worry about me."

"You're busy with your own life."

"Wait till you're my age. Things are a little harder than they used to be."

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### Successful Conversations

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

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### Successful Conversations

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

Develop a plan for using "finesse"

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## Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>
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## Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>	 <p>Practice in advance</p>
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## Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>	 <p>Practice in advance</p>	 <p>Talk when you are both relaxed and comfortable</p>
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## Conversations About Going to the Doctor



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Donna knows the importance of talking about getting help.

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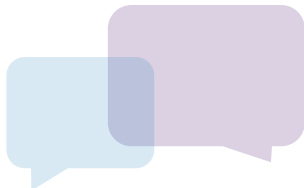
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## Tips to Help with the Conversation Going to the Doctor

Use words that are most comfortable for the person



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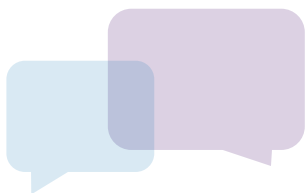
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### Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>
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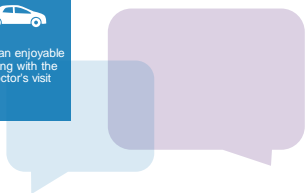
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### Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>	 <p>Pair an enjoyable outing with the doctor's visit</p>
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### Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>	 <p>Pair an enjoyable outing with the doctor's visit</p>	 <p>Invite family to communicate concerns and questions to the doctor</p>
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## Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>	 <p>Pair an enjoyable outing with the doctor's visit</p>	 <p>Invite family to communicate concerns and questions to the doctor</p>	 <p>If still reluctant, try using a "therapeutic fib"</p>
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## Conversations About When to Stop Driving

<b>HAVE YOU NOTICED?</b>	 <p>Accidents</p>	 <p>Traffic Tickets</p>
	 <p>Scrapes on the Car</p>	 <p>Mistakes While Driving</p>

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

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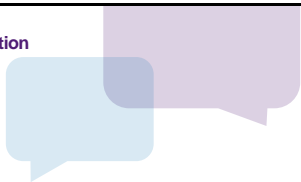
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## Tips to Help with the Conversation When to Stop Driving



Plan ahead  
before an  
accident occurs



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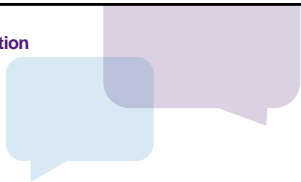
## Tips to Help with the Conversation When to Stop Driving



Plan ahead  
before an  
accident occurs



Express your  
concern about  
specific changes  
you noticed



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## 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



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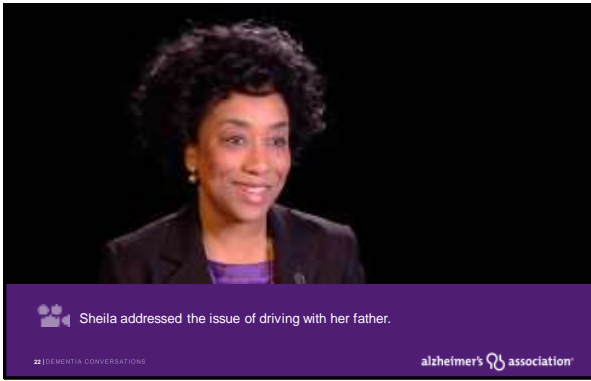
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Wendy recommends using empathy to help with the conversation.

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When to Stop Driving

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Maximize Independence

- OPTIONS
- CHOICES
- PLANNING

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Legal and Financial Planning

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27 DEMENTIA CONVERSATIONS

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

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## Conversations About Legal and Financial Planning

**YOU MAY FEEL:**

- Reluctant
- Uncomfortable
- Intrusive
- Disrespectful

**TALK ABOUT IT**

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

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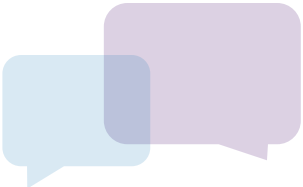
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## Tips to Help with the Conversation Legal and Financial Planning



Begin by explaining that you are in this together



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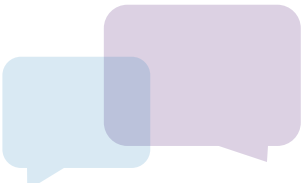
## Tips to Help with the Conversation Legal and Financial Planning



Begin by explaining that you are in this together



Start by asking questions and gathering documents



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## 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



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## Tips to Help with the Conversation Legal and Financial Planning




Begin by explaining that you are in this together



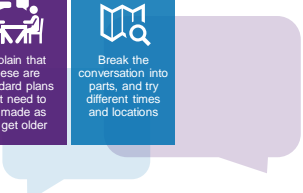
Start by asking questions and gathering documents



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



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## Tips to Help with the Conversation Legal and Financial Planning

 <p>Begin by explaining that you are in this together</p>	 <p>Start by asking questions and gathering documents</p>	 <p>Explain that these are standard plans that need to be made as we get older</p>	 <p>Break the conversation into parts, and try different times and locations</p>	 <p>Involve others as needed</p>
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## The Care Team



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## The Care Team



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## The Care Team



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## The Care Team



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## The Care Team



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## Resources to help you



By phone  
800.272.3900



In person  
alz.org/findus



Online  
alz.org/care

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**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**



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## Questions?

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THE ALZHEIMER'S ASSOCIATION IS HERE FOR YOU  
**24/7 Helpline: 800.272.3900**  
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