

Life with Memory Loss

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Have you
noticed changes
in your memory

- Don't assume it is a natural part of aging.
 - Be Proactive
 - See your Doctor
 - Speak with Family/Friends
 - Learn about brain health
 - Knowledge is Power
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You have a diagnosis, now what

Take time to process the information

- What does this mean to you?
- What does this mean to your relationships?
- How do you want to live your life?

The range of emotions:

- Denial, Anger, Bargaining, Depression, Acceptance

Knowledge is power, educate yourself.

- Read articles, books
- Look to National Organizations for information
- You are not alone
- Have conversations with those you love and trust.



Make plans,
change is
inevitable

1. Advance Care Planning:

Advance Directive

Living Will

Will

Funeral Plans

2. Financial

Consult a Financial Planner

Learn about the cost of care

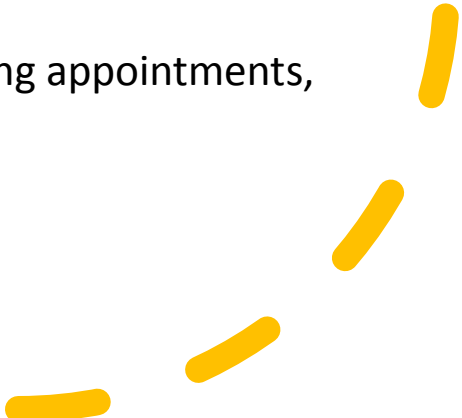
Do you have a Long Term Care policy?

Are you a Veteran?

County assistance


3. Daily life:

Ask for assistance: Bill paying, driving, scheduling appointments,
cooking, medication management, Identification






Continued

- Learn about Care options:
 - Memory Café
 - Adult Day programs
 - Care in the home
 - Assisted Living/Independent Living
 - Small assisted living group homes
 - Nursing Home
 - Ask for a tour, learn pricing
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Emotional support

- Support groups
 - Counseling
 - Medications
 - 24/7 Help Line
 - Exercise
 - Sleep hygiene
 - Build a support team
 - Religious/faith/spiritual community
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Of Note:

- The care of dementia is actually the care of two people: the person with the illness and the person taking care of them,” says Johns Hopkins geriatric psychiatrist [Deirdre Johnston, M.D.](#)
- Approximately 6 million people age 65 and older have Alzheimer’s.
 - 73% are age 75 and older
 - 30% of caregivers are 65 or older
 - Two thirds are women



Caregivers:

- Ask for help
 - When you help someone, it improves your brain health. Thank you!
- Be specific with your needs
- You can't do it all
- Laughter is the best medicine
- Take care of yourself!
 - You can't pour from an empty cup
 - Build a support team

Resources


- Alzheimer Association: alz.org 800 272-3900
- Alzheimer Foundation of America: alzfdn.org
• 866 232-8484
- Aid and Attendance Pension Benefit: va.gov
- Montgomery county: Aging and Disability Resource Unit 240 777-3000
- The Senior Resource Guide: thebeaconnewspapers.com
- The Guide to Retirement Living Source Book: retirementlivingsourcebook.com

Resources Continued

- Five Wishes: [5wishes.org](https://www.5wishes.org)
- [Marylandattorneygeneral.gov](https://www.marylandattorneygeneral.gov)
- Care Manager: [aginglifecare.org](https://www.aginglifecare.org)
- Village: Coordinator, 240 777-1231
Pazit.aviv@montgomerycountymd.gov
- Medstar Health Center for Successful Aging,
Olney 301 570-7400
- GTUH Memory Disorder Clinic 202 784-6671
- GW Memory Clinic 202 741-3000



Remember

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- You are not alone
 - Communication is key
 - Learn from others who have walked in this path
 - Reach out for assistance

 - Thank you!
 - Mary Ann Buckley, LCSW-C C-ASWCM
 - Corewood Care