

## **Action Steps: A Checklist**

There are many things you can do to take charge of your life when you are living with memory loss. The checklist below is a good place to start. You'll find action steps based on the different chapters in this handbook:

### **My Diagnosis**

- Make a list of questions about your diagnosis. Take your list with you to your next healthcare visit and share it with your provider.
- Learn more about your diagnosis and what it means. Research online or attend a workshop.

### **My Next Steps**

- Talk with friends, a counselor, or support group about your feelings.
- Decide who you want to tell about your diagnosis.
- Begin creating a support system for yourself.

### **My Medical Care**

- Tell your primary care provider, dentist, and other healthcare providers that you have memory loss.
- Ask your memory specialist if a referral to speech and language therapy, physical therapy, or occupational therapy might help.
- Bring your medicines with you to every healthcare visit.

### **My Daily Life**

- Create a daily schedule. Includes social, physical, and mental activity.
- Think about your safety. Use items you find helpful. Try a kitchen timer, an ID bracelet, pill boxes, and other tools.

### **My Relationships and Activities**

- Make a list of all the things you like to do. Every day, do at least one thing that makes you happy.

- Tell your friends and family what support you want. Also tell them what help you don't want.

### **My Strengths**

- Ask your healthcare team about your strengths.
- Find one way to regularly use your strengths and gifts.

### **Support for Care Partners**

- Write a list of what help you need as a care partner. Ask for support for these things.
- Call the Alzheimer's Association at 800.272.3900. Ask them what resources they have for care partners.
- Find a support group, online forum, or other program for people living with memory loss that you can attend with your loved one.

### **My Community**

- Call the Alzheimer's Association at 800.272.3900. Ask them what support groups or resources are in your area.
- Visit [www.momentiasseattle.org](http://www.momentiasseattle.org). Try out a community program for people living with memory loss.
- If you can't find the resources you want, think about what new programs or activities you might develop. Ask for help from others in your community.

### **My Plans for the Future**

- Talk with your loved ones about what kind of health care you do or do not want in the future. Fill out an Advance Directive form.
- Choose a trusted person to be your power of attorney so that this is in place if needed later. Fill out a Durable Power of Attorney form.
- Check what insurance benefits you might qualify for. Apply for them.