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.
- 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.