

THE EMPOWERED CAREGIVER SERIES

EXPLORING CARE AND SUPPORT SERVICES




An education program presented by the Alzheimer's Association®



Presenter's Guide

ALZHEIMER'S  ASSOCIATION®

The Empowered Caregiver: Exploring Care and Support Services Presenter's Guide

Icon	Designation
	Instructions
	Talking points
	Notes

NOTES TO PRESENTER:

Response to personal questions

- Throughout this program, people may ask questions about their personal situations. The best way to respond is to acknowledge that everyone's situation is different.
- If a participant has questions about the disease or caregiving, encourage them to call the Alzheimer's Association 24/7 Helpline (800.272.3900) or visit alz.org.

Advancing slides

- This guide will show you where to click on the screen to advance to the next slide.
- Due to this program's interactive format, directions vary throughout.



Revisiting slides

- If you need to revisit a specific topic in the program, click the Menu button in the top left corner of the presentation. Then select the slide you wish to revisit within “Exploring Care and Support Services.”






Introduction

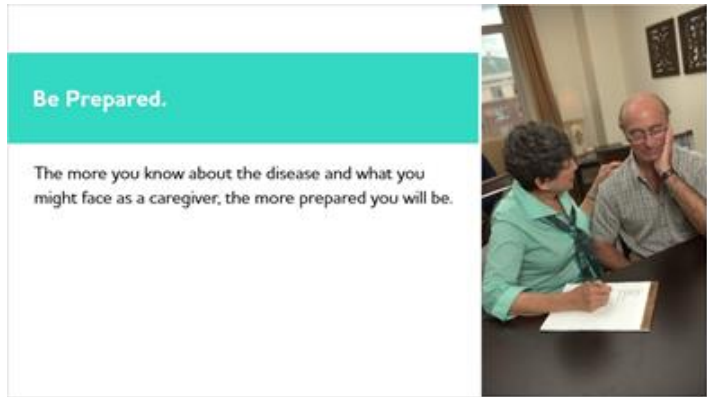


		<ul style="list-style-type: none"> • Welcome to “Exploring Care and Support Services.”
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.
		<ul style="list-style-type: none"> • Today’s session is part of the <i>Empowered Caregiver</i> series presented by the Alzheimer’s Association[®].

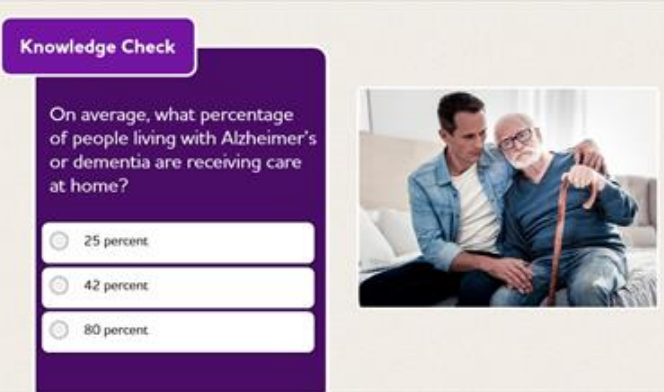



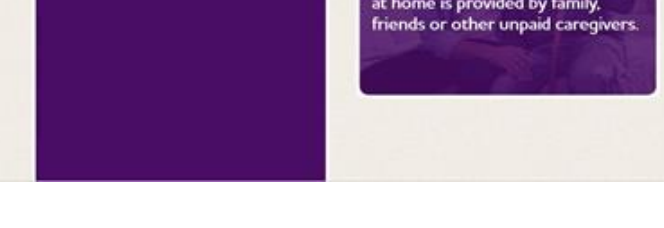

 <p>The Empowered Caregiver</p> <ul style="list-style-type: none"> Building Foundations of Caregiving Supporting Independence Communicating Effectively Responding to Dementia-Related Behaviors Exploring Care and Support Services 		<ul style="list-style-type: none"> ● Introduce yourself. <ul style="list-style-type: none"> ○ Name. ○ Role at/with chapter. (NOTE: Volunteer presenters are called “community educators.”) ○ Mention location of local office(s). ○ Connection to the disease, if applicable. ● This program is for people who want to learn information and skills to care for someone living with Alzheimer’s or another dementia. ● Today, we will watch some videos of dementia experts. Please let me know if you have trouble hearing the videos or me. ● <i>Tell people how you will handle questions.</i> <ul style="list-style-type: none"> ○ <i>Option #1:</i> I will stop at different times during today’s program to answer any questions. ○ <i>Option #2:</i> Our time is limited today, so please write down any questions you’d like to ask. We will have 10-15 minutes for questions at the end of the program.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.


<div data-bbox="226 264 449 297" data-label="Section-Header"> <h3>Learning Objectives</h3> </div> <div data-bbox="226 311 520 334" data-label="Text"> <p>After this presentation, you will be able to:</p> </div> <div data-bbox="226 341 659 574" data-label="List-Group"> <ul style="list-style-type: none"> • Explain why it is important to plan for care changes. • Describe kinds of respite care. This includes informal, home and day care. • Compare different kinds of long-term and residential care. • Describe end-of-life care options. • Know what's important when moving a person from one care setting to another. • Name Alzheimer's Association® resources that can help you find the right type of care. </div> <div data-bbox="688 240 865 360" data-label="Image"> </div> <div data-bbox="688 367 865 477" data-label="Image"> </div> <div data-bbox="688 483 865 597" data-label="Image"> </div>	<div data-bbox="947 204 1012 292" data-label="Image"> </div>	<p>Let's take a look at our learning objectives for today.</p> <ul style="list-style-type: none"> ● After this program, you will be able to: <ul style="list-style-type: none"> ○ Explain why it is important to plan for care changes. ○ Describe kinds of respite care. This includes informal, home and day care. ○ Compare different kinds of long-term and residential care. ○ Describe end-of-life care. ○ Know what's important when moving a person from one care setting to another. ○ And name Alzheimer's Association resources. These can help you find the right kind of care.
	<div data-bbox="947 1105 1012 1179" data-label="Image"> </div>	<ul style="list-style-type: none"> ● Click Next to advance to first module.

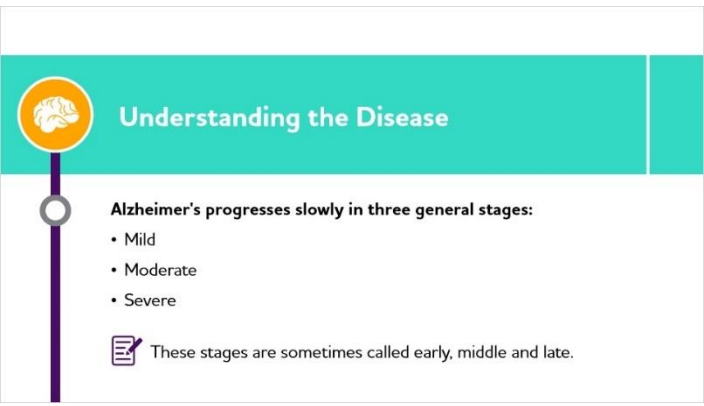
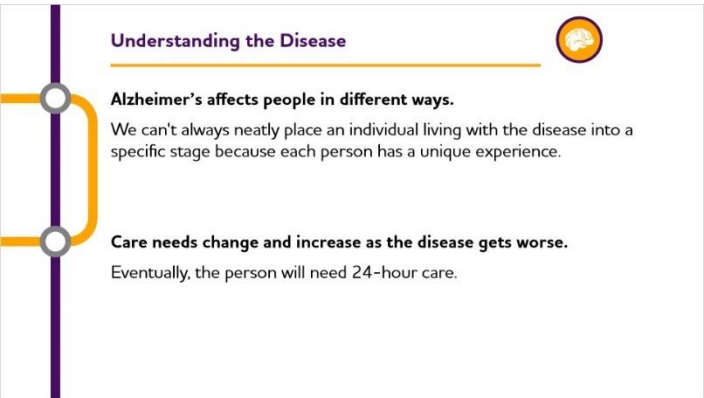


Preparing for the Future








		<ul style="list-style-type: none">• To start, let's talk about preparing for the future.
		<ul style="list-style-type: none">• Click Next to advance to the next slide.

		<p>Prepare yourself by learning as much as you can about Alzheimer's and dementia.</p> <ul style="list-style-type: none">• It is also important to learn about caregiving.• This knowledge will help you best prepare for the caregiving role.• Let's see how much you already know about Alzheimer's.
		<ul style="list-style-type: none">• Click Next to advance to the next slide.




		<ul style="list-style-type: none"> • Present all three choices to the audience and invite them to select an answer by raising their hands (or, if presenting virtually, typing their answers in the chat). • Pause to allow time for answers. • Click on the answer they select.
		<ul style="list-style-type: none"> • On average, what percentage of people living with Alzheimer's or dementia are receiving care at home? <ul style="list-style-type: none"> ○ 25 percent ○ 42 percent ○ 80 percent • The answer is "80 percent." • Most care at home is provided by family, friends or other unpaid caregivers.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.




		<p>Let's learn a bit more about Alzheimer's to help you prepare for the road ahead.</p> <ul style="list-style-type: none"> • Alzheimer's is a progressive brain disease. • It progresses in three stages. <ul style="list-style-type: none"> ○ In the earliest stage, brain changes occur but there are no symptoms.
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 <p>Understanding the Disease</p> <p>Alzheimer's progresses slowly in three general stages:</p> <ul style="list-style-type: none"> • Mild • Moderate • Severe <p>These stages are sometimes called early, middle and late.</p>		<ul style="list-style-type: none"> ○ Eventually the individual will experience problems with memory and thinking as the disease progresses. ○ Health professionals sometimes describe these three stages as mild, moderate and severe — sometimes called early, middle and late.
 <p>Understanding the Disease</p> <p>Alzheimer's affects people in different ways.</p> <p>We can't always neatly place an individual living with the disease into a specific stage because each person has a unique experience.</p> <p>Care needs change and increase as the disease gets worse.</p> <p>Eventually, the person will need 24-hour care.</p>		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.
		<ul style="list-style-type: none"> ● Alzheimer's affects people in different ways. <ul style="list-style-type: none"> ○ Because each person living with the disease has a unique experience, we can't always neatly place an individual into one specific stage. ○ In fact, some people may exhibit symptoms that overlap stages. ● Care needs change and increase as the disease gets worse. <ul style="list-style-type: none"> ○ Eventually, the person will need 24-hour care. ○ They will need help with all of their activities of daily living. This includes eating and drinking, taking a bath or shower, getting dressed and using the toilet. It also includes walking and moving from one position to another.




		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.
<div data-bbox="226 341 262 446"></div> <p data-bbox="298 365 535 386">Understanding the Disease</p> <hr data-bbox="298 397 724 402"/> <div data-bbox="739 349 793 397"></div> <p data-bbox="298 418 571 440">Know when and where to get help.</p> <p data-bbox="298 451 808 511">It can be challenging to care for someone living with dementia, but you don't have to do it alone. Resources and support are available at every stage of the disease.</p> <div data-bbox="352 548 394 592"></div> <p data-bbox="394 548 718 592">Be sure to check your insurance coverage before hiring anyone to help with care.</p> <div data-bbox="193 652 298 734"></div> <div data-bbox="298 652 892 734" style="background-color: #00c0c0; height: 50px;"></div>		<ul style="list-style-type: none"> ● Know when and where to get help. <ul style="list-style-type: none"> ○ It can be challenging to care for someone living with dementia, but you don't have to do it alone. ○ There are resources and support for every stage of the disease. This can help you feel more confident as a caregiver. ● We will learn about different care options today. ● Make sure you check your insurance before you pay anyone for help. <ul style="list-style-type: none"> ○ This includes Medicare, medical insurance or long-term care insurance. ○ These types of insurance can sometimes help you pay for care.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.


Respite Care




		The first care option we'll explore is respite care.
		<ul style="list-style-type: none">• Click Next to advance to the next slide.




<p>What is respite care?</p>  <p>Respite care gives caregivers a short break while someone else cares for the person living with dementia in a safe environment. Getting some rest can help you give the best care possible.</p>		Caregiving can be rewarding. But everyone needs a break sometimes. <ul style="list-style-type: none">• Respite care gives caregivers a short break from caregiving while someone else cares for the person living with Alzheimer's in a safe environment.• Getting some rest and taking care of yourself can help you give the best care possible.• Let's look at the different kinds of respite care.
		<ul style="list-style-type: none">• Click Next to advance to the next slide.

<p>Kinds of Respite Care</p> <p>1 Informal help</p>  <p>Informal help includes accepting offers for help from family, friends and other trusted individuals. When someone offers their help, take it. Be sure to tell them exactly what you need.</p> <p>This could include:</p> <ul style="list-style-type: none"> • Making appointments. • Paying bills or helping to manage finances. • Visiting with the person living with dementia so you can take a break. <p></p>		<p>Caregivers might want to find informal caregiving support. This means getting help from people you know.</p> <ul style="list-style-type: none"> • This could include family, friends and other trusted members of the community. • Accept offers of help from friends and family. Tell people exactly what you want help with. • People can help you with: <ul style="list-style-type: none"> ○ Making appointments ○ Paying bills or helping manage the person's finances ○ Visiting the person living with dementia. Friends and family can keep them company while you take a break
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.




<p>Kinds of Respite Care</p> <p>2 Home care</p>  <p>Home care involves paid professionals who help with daily living. It does not include medical care.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Companion services: Help with supervision, recreational activities or visiting. • Personal care services: Help with baths or showers, getting dressed, using the toilet, eating, exercising or other needs. • Household services: Help with cleaning the house, shopping or making meals. <p></p>		<p>There are also respite services that you can pay for. Not all in-home respite care services are the same. Let's explore two kinds of respite care.</p> <ul style="list-style-type: none"> • Home care professionals usually help with daily living. It does not include medical care. • Here are some examples of home care help. <ul style="list-style-type: none"> ○ Companion services: Help with supervision, activities the person may enjoy, or visiting. ○ Personal care services: Help with baths or showers, getting dressed, using the toilet, eating, exercising or other personal care needs.
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		<ul style="list-style-type: none"> ○ Household services: Help with cleaning the house, shopping or making meals.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.

<div data-bbox="191 540 884 930"> <p>Kinds of Respite Care</p> <p>3 Adult day centers</p> <p>Adult day centers offer a supervised place outside of the home where people living with dementia can be social and do activities such as music and exercise. This can be a good option for caregivers who work during the day.</p> <p>Benefits include:</p> <ul style="list-style-type: none"> • Gives you time to rest, run errands or finish other jobs. • Centers are typically open 7-10 hours per day and some have weekend and evening hours. • Many provide transportation and meals.  </div>		<p>Adult day centers are another respite care option. This is a supervised place where a person living with dementia can go during the day.</p> <ul style="list-style-type: none"> ● Here, they can be social and do different activities. <ul style="list-style-type: none"> ○ Examples include music and exercise programs. Trained people run these activities. ● Adult day centers can be a good choice for caregivers who work during the day. ● While the person living with dementia is at the adult day center, you will have time to rest, run errands or finish other jobs. ● Some centers are open seven to 10 hours per day. Some even have weekend and evening hours. ● Adult day centers often have transportation and meals for the person living with dementia.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.




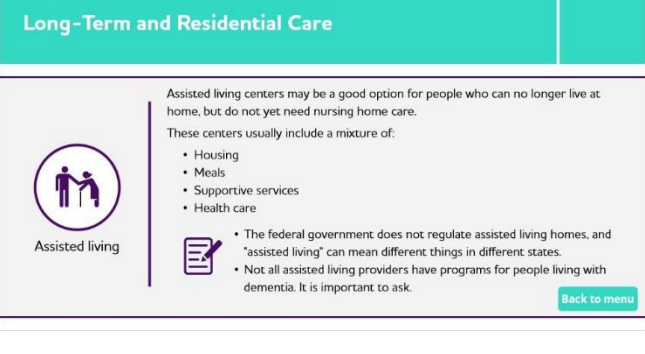

<p>Kinds of Respite Care</p> <p>4 Home health care</p> <p>Home health care is doctor-ordered medical care given in the home by a licensed health professional such as a nurse or physical therapist. A home health care agency usually coordinates this care.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Wound care • Injections (shots) • Physical, occupational or speech therapy 		<p>Unlike home care, which focuses on personal care and help around the house, home health care responds to medical needs.</p> <ul style="list-style-type: none"> • A doctor orders medical care that is given in the home by a licensed health professional like a nurse or physical therapist. • A home health care agency usually coordinates this care. • Here are some examples of home health care: <ul style="list-style-type: none"> ○ Wound care ○ Injections (shots) ○ Physical, occupational or speech therapy.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.





Long-Term and Residential Care

		Next, we'll look at long-term and residential care.
		<ul style="list-style-type: none"> Click Next to advance to the next slide.



 <p>Long-Term and Residential Care</p> <p>Someday, the person living with Alzheimer's may require more care than you can provide at home. Eventually, they will need 24-hour supervision and more intensive care.</p> <p>Professionally staffed residential care communities that provide this level of care include:</p> <p>  Independent living  Assisted living  Skilled nursing homes </p> <p><small>Select each icon to learn more. Then select the Next button to continue with the presentation.</small></p>		<p>Someday, the person living with Alzheimer's or another dementia may require more care than you can give at home.</p> <ul style="list-style-type: none"> They will need 24-hour supervision and more intensive care. There are professionally staffed residential care communities that give this level of help. These care communities include: <ul style="list-style-type: none"> Independent living Assisted living and Skilled nursing homes Let's look closer at each type of care community. We'll start with independent living.
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		<ul style="list-style-type: none"> • Click the “Independent living” icon.
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		<ul style="list-style-type: none"> • These communities may be good for people who can still mostly take care of themselves. • These centers usually have limited supervision. • Many offer social activities, transportation and other services.
		<ul style="list-style-type: none"> • Click Back to menu to return to the “Long-Term and Residential Care” slide. • Then, click the “Assisted living” icon.
		<ul style="list-style-type: none"> • Assisted living is also called “board and care,” “adult living” or “supported care.” • It is a kind of care for people who can no longer live at home but do not yet need nursing home care. • It usually includes a mixture of: <ul style="list-style-type: none"> ○ Housing ○ Meals ○ Supportive services ○ Health care • It’s important to know that the federal government does not regulate assisted living homes. <ul style="list-style-type: none"> ○ The words “assisted living” can have different meanings in each state.





<div data-bbox="205 215 846 305" style="background-color: #00c090; color: white; padding: 5px;">Long-Term and Residential Care</div> <div data-bbox="205 313 846 565">  <p>Skilled nursing homes provide care 24 hours a day and long-term medical help. Most include services and staff to help with needs such as:</p> <ul style="list-style-type: none"> • Nutrition/food • Care planning • Recreation activities • Spirituality/religion • Medical care • Activities of daily living <p style="text-align: right;">Back to menu</p> </div>		<ul style="list-style-type: none"> ● Not all assisted living providers have programs for people living with dementia. It is important to ask.
		<ul style="list-style-type: none"> ● Click Back to menu to return to the “Long-Term and Residential Care” slide. ● Then, click the “Skilled nursing homes” icon.
		<ul style="list-style-type: none"> ● Skilled nursing homes are also called “skilled nursing facilities” or “custodial care.” ● They give care 24 hours a day. They also give long-term medical help. ● Most nursing homes have services and staff for these needs: <ul style="list-style-type: none"> ○ Nutrition and food ○ Care planning ○ Recreation activities ○ Spirituality and religion ○ Medical care ○ Activities of daily living, such as taking a bath or shower, using the toilet, getting dressed and eating
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.






End-of-Life Care


 <p>End-of-Life Care</p>		<p>We will now look at end-of-life care.</p>
		<ul style="list-style-type: none"> • Be aware that some audience members may be sensitive to the topics outlined in this section.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.

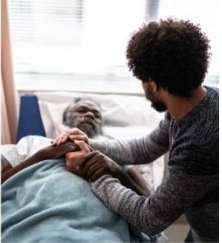

<p>End-of-Life Care</p>  <p>End-of-life care is health care for a person nearing the end of their life. There will be many care needs in the final stage of the disease, and you will likely need special help to manage them all.</p>		<ul style="list-style-type: none"> • End-of-life care is health care for a person who is near the end of their life. • There may be many care needs in the final stage of Alzheimer's disease. You may not be able to handle these needs without special help. • End-of-life care services are available. <ul style="list-style-type: none"> ○ They provide health care for the person living with the disease. ○ They can also help you as a caregiver. • We'll look at these different care services.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.





<p>Palliative Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <p>Palliative care is specialized medical care that focuses on providing relief from pain and can help a person cope with side effects from medical treatments. It also provides comfort and support to people living with a serious illness.</p> 		<ul style="list-style-type: none"> ● Palliative care is specialized medical help. ● It focuses on relieving the symptoms and stress of the illness. ● This type of care can help a person cope with side effects from medical treatments. ● It also provides comfort and support to people living with a serious illness.
		<ul style="list-style-type: none"> ● Click What's the goal? from the teal navigation bar.





<p>Palliative Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <p>The goal of palliative care is to relieve pain, control symptoms, prevent side effects and complications, and maintain the best quality of life possible. Palliative care also focuses on the quality of life of the caregiver and family who are facing challenges associated with life-threatening illness.</p> 		<ul style="list-style-type: none"> ● The goal of palliative care is to: <ul style="list-style-type: none"> ○ Relieve pain ○ Control symptoms ○ Prevent side effects and complications ○ Maintain the best quality of life possible for the person living with the disease. ● Palliative care also focuses on the quality of life for the caregiver and family who are facing challenges associated with life-threatening illness.
		<ul style="list-style-type: none"> ● Click How does it work? from the teal navigation bar.
		<ul style="list-style-type: none"> ● A team of specially trained doctors, nurses and specialists work with the person's regular medical team to provide an extra layer of help.



<p>Palliative Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <ul style="list-style-type: none"> • A team of specially trained doctors, nurses and specialists work with the person's regular medical team to provide an extra layer of help. • The care focuses on the needs of the person. It does not focus on what the disease or illness might do. • Palliative care is good for people at any age. They can be in any stage of a serious illness. However, it is usually used near the end of life. • People can receive palliative care with other treatments. 		<ul style="list-style-type: none"> • This care focuses on the needs of the person. It does not focus on what the disease or illness might do. • Palliative care is good for people at any age. They can be in any stage of a serious illness. <ul style="list-style-type: none"> ○ However, it is usually used near the end of life. • People can receive palliative care with other treatments.
		<ul style="list-style-type: none"> • Click Service Availability from the teal navigation bar.
<p>Palliative Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <ul style="list-style-type: none"> • The availability of palliative care does not depend on whether a person's condition can be cured. • Medicare, Medicaid and many private insurance plans cover the cost of palliative care. • The Veterans Administration offers coverage for palliative care visits and services, but coverage may vary by plan. 		<ul style="list-style-type: none"> • The availability of palliative care does not depend on whether a person's condition can be cured. • Medicare, Medicaid and many private insurance plans cover the cost of palliative care. • The Veterans Administration offers coverage for palliative care visits and services, but coverage may vary by plan. • It is a good idea to ask the person's insurance provider if palliative care is covered.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.



		<p>Hospice care is a special type of care that focuses on quality of life for people who are experiencing an advanced terminal illness.</p> <ul style="list-style-type: none"> • Terminal means the person will not get better.
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<p>Hospice Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <p>Hospice care is a special kind of care that focuses on the quality of life for people who are experiencing an advanced terminal illness and their caregivers. Hospice care treats the person and symptoms of the disease rather than treating the disease itself.</p> 		<ul style="list-style-type: none"> ● Hospice care treats the person and symptoms of the disease rather than treating the disease itself. ● This type of care also gives support to the family of the person living with Alzheimer's or other dementia.
		<ul style="list-style-type: none"> ● Click What's the goal? from the teal navigation bar.

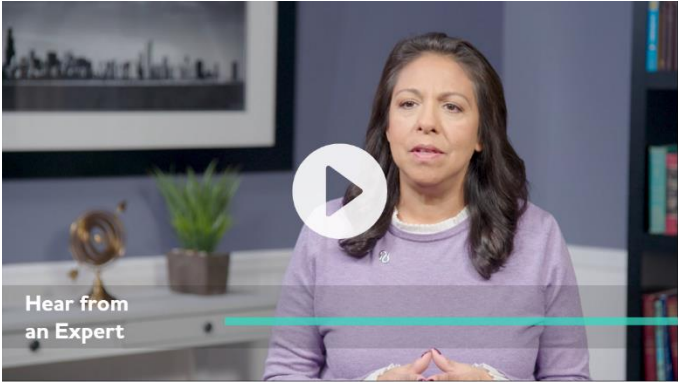


<p>Hospice Care</p> <p>Select each tab for more information</p> <p>What is it? What's the goal? How does it work? Service Availability</p> <p>The goal of hospice care is to provide compassionate care for people in the last stage of a terminal and incurable illness so that they may live as fully and comfortably as possible.</p> 		<ul style="list-style-type: none"> ● The main goal of hospice care is to provide compassionate care for people in the last stage of a terminal illness. ● It helps the person manage their pain and other symptoms so that they may live as fully and comfortably as possible.
		<ul style="list-style-type: none"> ● Click How does it work? from the teal navigation bar.
		<ul style="list-style-type: none"> ● Hospice care includes a specially trained team of doctors, nurses, home health aides, social workers, counselors, clergy and volunteers. ● These professionals may ask family members to help them provide care. ● Most hospice care happens in a person's home. But people may receive it in a nursing home. ● In the U.S., some hospitals have hospice units.











<p>Hospice Care</p> <p>Select each tab for more information</p> <table border="1"> <tr> <td>What is it?</td> <td>What's the goal?</td> <td>How does it work?</td> <td>Service Availability</td> </tr> </table> <ul style="list-style-type: none"> The care is provided by a trained team of doctors, nurses, home health aides, social workers, counselors, clergy and volunteers. These professionals may ask family members to help them provide care. Most people receive hospice care in their home. However, some receive it in a nursing facility or a hospital. <p>Examples of care provided:</p> <ul style="list-style-type: none"> Medical care for symptoms and pain. Emotion, spiritual and grief counseling. Access to a member of the hospice team 24 hours a day, 7 days a week. Medical supplies and equipment as needed. Respite care so caregivers can have breaks. <p></p>	What is it?	What's the goal?	How does it work?	Service Availability		<ul style="list-style-type: none"> Hospice teams may offer services, such as: <ul style="list-style-type: none"> Medical care. This includes medications and medical equipment to help with symptoms and pain. Counseling. The person and family can talk about the emotional and spiritual impact of death. Grief support helps those who care about the person with their sadness. People may feel grief even while the person is still alive, and hospice can help with this, too 24/7 support. A member of the hospice team will be reachable 24 hours a day, 7 days a week. Respite care. This will allow caregivers to take breaks.
What is it?	What's the goal?	How does it work?	Service Availability			
<p>Hospice Care</p> <p>Select each tab for more information</p> <table border="1"> <tr> <td>What is it?</td> <td>What's the goal?</td> <td>How does it work?</td> <td>Service Availability</td> </tr> </table> <ul style="list-style-type: none"> Typically provided during the last six months of a person's life. Usually covered by Medicare, Medicaid and private insurance agencies when ordered by a doctor. The Veterans Administration offers coverage for hospice care, but coverage may vary by plan. Be sure to check coverage with the insurance provider. <p></p>	What is it?	What's the goal?	How does it work?	Service Availability		<ul style="list-style-type: none"> Click Service Availability from the teal navigation bar.
What is it?	What's the goal?	How does it work?	Service Availability			
		<ul style="list-style-type: none"> Hospice care is often provided during the last six months of a person's life. Medicare, Medicaid and private insurance agencies usually cover hospice care during that time. A doctor's order for hospice care is required to receive coverage. The Veterans Administration offers coverage for hospice care, but coverage may vary by plan. It is a good idea to ask the person's insurance provider if hospice care is covered. 				

		<ul style="list-style-type: none"> • If an audience member raises questions about this topic or wants to know more, encourage them to call the Association’s 24/7 Helpline at 800.272.3900 for more information.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.




<div data-bbox="205 597 871 971"> <h3>End-of-Life Conversations</h3>  <ul style="list-style-type: none"> • Start early. This will let the person living with dementia share their wishes and choices. • Prepare legal and financial documents. These are called advance directives. Do this early. Then the person with the disease can tell you what they want written in these documents. • Think about the person’s quality of life when you make medical decisions. </div>		<p>We will now cover tips for having end-of-life conversations.</p> <ul style="list-style-type: none"> • Start early. <ul style="list-style-type: none"> ○ It’s important to talk about end-of-life wishes and choices early. ○ This way, the person living with dementia can be part of the conversations. ○ These conversations can also help you feel more confident as a caregiver as you make decisions for the person in the future. • Prepare legal and financial documents. <ul style="list-style-type: none"> ○ These are called advance directives. ○ These documents include a living will and health care power of attorney. ○ They let the person living with dementia choose what kind of treatment and care they want at the end of their life. ○ The documents may also include wishes for comfort care and funeral planning.
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		<ul style="list-style-type: none"> ○ These documents can help families so they won't have to guess what the person would want. ● Think about the person's quality of life when you make all medical decisions for them. <ul style="list-style-type: none"> ○ This includes the goals for care and medical treatments. ○ Consider each treatment's benefits, risks and side effects.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.




		<ul style="list-style-type: none"> ● Let's hear from an Alzheimer's Association expert about the importance of having end-of-life conversations early.
		<ul style="list-style-type: none"> ● Click the Play icon to play the video. ● When you are finished, click Next to continue.

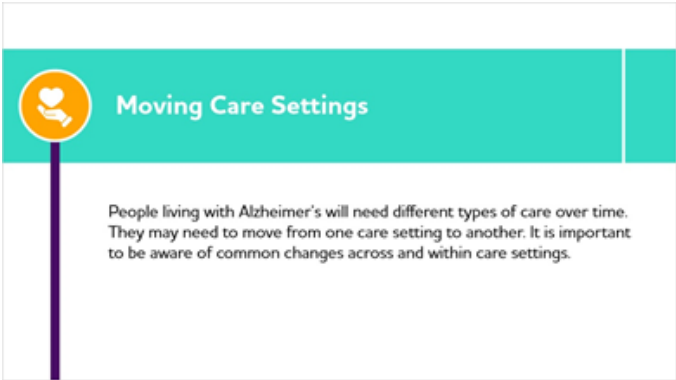

<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <ul style="list-style-type: none"> Do Not Resuscitate (DNR) Life-sustaining treatments 		<p>When considering the goals for care and medical treatment, remember that situations can be different for everyone.</p> <ul style="list-style-type: none"> ● You might choose a person's comfort and better quality of life instead of a longer life. ● Some of these medical decisions include:
<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <ul style="list-style-type: none"> Do Not Resuscitate (DNR) Life-sustaining treatments <p>A DNR is a legal order that a doctor writes. It stops medical professionals from using cardiopulmonary resuscitation (CPR) or other life-saving procedures to help a person when their heart or breathing stops.</p>		<ul style="list-style-type: none"> ● Click on the purple Do Not Resuscitate (DNR) square.
<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <ul style="list-style-type: none"> Do Not Resuscitate (DNR) Life-sustaining treatments <p>A DNR is a legal order that a doctor writes. It stops medical professionals from using cardiopulmonary resuscitation (CPR) or other life-saving procedures to help a person when their heart or breathing stops.</p>		<ul style="list-style-type: none"> ● Do Not Resuscitate: A DNR is a legal order that a doctor writes. It stops people from using Cardiopulmonary Resuscitation (CPR) or other life-saving procedures to help a person when their heart or breathing stops. <ul style="list-style-type: none"> ○ People with a DNR can still get chemotherapy, antibiotics, dialysis or any other appropriate treatments. ○ However, a DNR will stop doctors from using CPR or other life-saving procedures in certain situations.
<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <ul style="list-style-type: none"> Do Not Resuscitate (DNR) Life-sustaining treatments <p>A DNR is a legal order that a doctor writes. It stops medical professionals from using cardiopulmonary resuscitation (CPR) or other life-saving procedures to help a person when their heart or breathing stops.</p>		<ul style="list-style-type: none"> ● Click on the purple Life-sustaining treatments square.
<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <ul style="list-style-type: none"> Do Not Resuscitate (DNR) Life-sustaining treatments <p>A DNR is a legal order that a doctor writes. It stops medical professionals from using cardiopulmonary resuscitation (CPR) or other life-saving procedures to help a person when their heart or breathing stops.</p>		<ul style="list-style-type: none"> ● Life-sustaining treatments: Medical care for late-stage Alzheimer's disease may include certain treatments to keep the person alive. You may need to decide whether to use, stop, limit or refuse these treatments for the person. ● These could include: <ul style="list-style-type: none"> ○ Respirators to help with breathing ○ Feeding tubes


<p>Medical decisions</p>  <p>Think about goals for care and medical treatment. Situations can be different for everyone. You might choose a person's comfort and quality of life instead of a longer life.</p> <p>Some medical decisions include:</p> <p>Do Not Resuscitate (DNR)</p> <p>Life-sustaining treatments</p> <p>Here are some examples of medical care for late-stage Alzheimer's disease.</p> <ul style="list-style-type: none"> • Respirators (help with breathing) • Feeding tubes • IV hydration • Antibiotics • CPR • Surgery 		<ul style="list-style-type: none"> ○ IV hydration ○ Antibiotics ○ CPR ○ Or Surgery
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.




 <p>Hear from an Expert</p>		<p>Now, listen as an Alzheimer's Association expert stresses the importance of caring for yourself and relying on others for support as a caregiver.</p>
		<ul style="list-style-type: none"> ● Click the Play icon to play the video. ● When you are finished, click Next to continue.








Moving Care Settings

		We will now learn about moving care settings.
		<ul style="list-style-type: none">• Click Next to advance to the next slide.




		<p>People living with Alzheimer's will need different types of care as time passes. Sometimes this means moving the person from one care setting to another.</p> <ul style="list-style-type: none">• It is important to be aware of common changes across and within care settings.• A move to a different care setting may be temporary or permanent.• Moving can be difficult for anyone. But it can be especially challenging for people living with dementia.• Here are two examples of common moving situations for people living with Alzheimer's and other dementias.<ul style="list-style-type: none">○ They might move from one care setting to another. This could be moving from their
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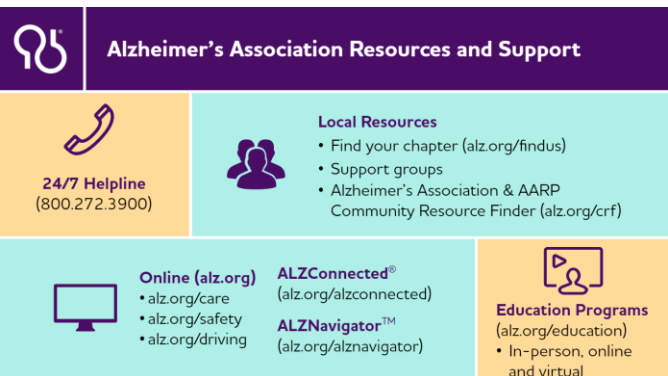

		<p>own home to a hospital or nursing home. Or from a nursing home to an emergency department.</p> <ul style="list-style-type: none"> ○ They also might move within a care setting. For example, they may move from independent living to assisted living when more assistance is needed. ● Here are some ways to help prepare for a move to a different care setting. This can make everyone feel more comfortable.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.

<div data-bbox="205 813 873 1187" style="border: 1px solid #ccc; padding: 10px;"> <p>Moving Care Settings </p> <hr style="border: 1px solid orange;"/> <ul style="list-style-type: none"> ○ Plan ahead. Make sure you know how the person's care will change when they move. ○ Communicate with the person living with dementia. Talk with the person before, during and after changes in care settings. This prepares them for the move and can help make it easier. ○ Communicate with the new provider. Share all information as soon as you can. This includes care preferences, care plans, medical records and advance care planning forms. </div>		<ul style="list-style-type: none"> ● Plan ahead. <ul style="list-style-type: none"> ○ Make sure you know how the person's care will change when they move. ● Communicate with the person living with dementia. <ul style="list-style-type: none"> ○ Talk with the person before, during and after changes in care settings, if you can. ○ This prepares them for the move and can help make it easier. ● Communicate with the new provider. <ul style="list-style-type: none"> ○ Share all information as soon as you can. ○ This includes care preferences, care plans, medical records and advance care planning forms.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.


<p>Moving Care Settings </p> <p>Make sure you have open communication. Keep communication open between providers across all settings, and within organizations or clinical practices.</p> <p>Review the person's care preferences and goals. A move is a good time to review treatment preferences, advance directives and the person's general living situation. Include the person in these conversations as much as you can.</p>		<ul style="list-style-type: none"> ● Make sure you have open communication. <ul style="list-style-type: none"> ○ Include everyone involved in the person's care in your written and verbal communications. This includes providers in your current setting and new setting, providers within an organization, and the person's doctors or other health care professionals. ● Review the person's care preferences and goals. <ul style="list-style-type: none"> ○ A move is a good time to review treatment preferences, advance directives and the person's general living situation. ○ Include the person in these conversations as much as you can.
<p>Moving Care Settings </p> <p>Advocate for the person living with dementia. Find out the responsibilities of each member of the care team and build relationships with them. Don't be afraid to ask questions or share your concerns.</p>		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.
		<ul style="list-style-type: none"> ● Advocate for the person living with dementia. <ul style="list-style-type: none"> ○ Find out the job and responsibilities of each care team member. ○ Build relationships with them. ○ Don't be afraid to ask questions and share your concerns whenever you have them.
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.

Alzheimer's Association Resources

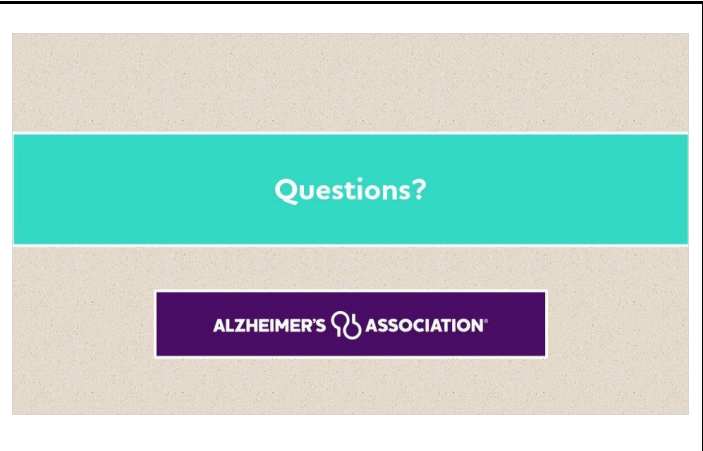

 <p>Alzheimer's Association® Resources</p>		<ul style="list-style-type: none"> • Whether you're looking for more information on care and support services, or you have other questions about topics we haven't covered today, know that the Alzheimer's Association is here for you.
		<ul style="list-style-type: none"> • Click Next to advance to the next slide.

 <p>Alzheimer's Association Resources and Support</p> <p>24/7 Helpline (800.272.3900)</p> <p>Local Resources</p> <ul style="list-style-type: none"> • Find your chapter (alz.org/findus) • Support groups • Alzheimer's Association & AARP Community Resource Finder (alz.org/crf) <p>Online (alz.org)</p> <ul style="list-style-type: none"> • alz.org/care • alz.org/safety • alz.org/driving <p>ALZConnected® (alz.org/alzconnected)</p> <p>ALZNavigator™ (alz.org/alznavigator)</p> <p>Education Programs (alz.org/education)</p> <ul style="list-style-type: none"> • In-person, online and virtual 		<ul style="list-style-type: none"> • We provide a wide variety of information and support for families facing the disease: <ul style="list-style-type: none"> ○ Our free 24/7 Helpline can connect you with highly trained and knowledgeable staff. They can help with education and decision-making support. They can help during a crisis. They can also help you find resources. <ul style="list-style-type: none"> ■ Master's-level clinicians are available all day and night. They can give detailed care consultations, a free-of-charge care navigation service. Families can use it at any stage of the disease.
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		<ul style="list-style-type: none"> ○ We offer many local resources as well. <ul style="list-style-type: none"> ■ Find your Alzheimer’s Association chapter at alz.org/findus. ■ We offer local support groups for caregivers, people living with Alzheimer’s, and others facing the disease. Some groups are led by professionals, and others are led by specially trained caregivers just like you. ■ The Alzheimer’s Association & AARP Community Resource Finder (alz.org/crf) is a database of dementia and aging-related resources. <ul style="list-style-type: none"> ● It is an online tool that can help you find programs and services in your area. ○ Our website, alz.org, has free information and resources for people facing Alzheimer’s and other dementias. <ul style="list-style-type: none"> ■ alz.org/care has information for caregivers. ■ alz.org/safety and alz.org/driving offer information on staying safe at home and how to know when it is time for the person to stop driving. ○ ALZConnected (alz.org/alzconnected) is a free online community for people living with dementia and their caregivers. ○ Alzheimer’s Navigator (alz.org/alznavigator) is another
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		<p>interactive online tool. You answer questions about your situation, and then it creates an action plan with customized information, support and local resources.</p> <ul style="list-style-type: none"> ○ We offer a number of education programs like the one you've attended today. These programs can help you learn more about the disease and various caregiving topics. We have free in-person, online and virtual programs. ○ <i>Only to be said if your chapter is presenting other parts of The Empowered Caregiver series:</i> <ul style="list-style-type: none"> ■ Please be sure to join us on [date, next week, etc.] for the next part of our series called [program name(s)].
		<ul style="list-style-type: none"> ● Click Next to advance to the next slide.

Questions/Closing

 <p>Questions?</p> <p>ALZHEIMER'S ASSOCIATION</p>		<ul style="list-style-type: none">• That is the end of today's presentation.<ul style="list-style-type: none">○ Are there any questions?○ Was there anything we covered that you were unclear about?○ What information did you find most helpful?○ Is there anything you would like to learn more about?
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