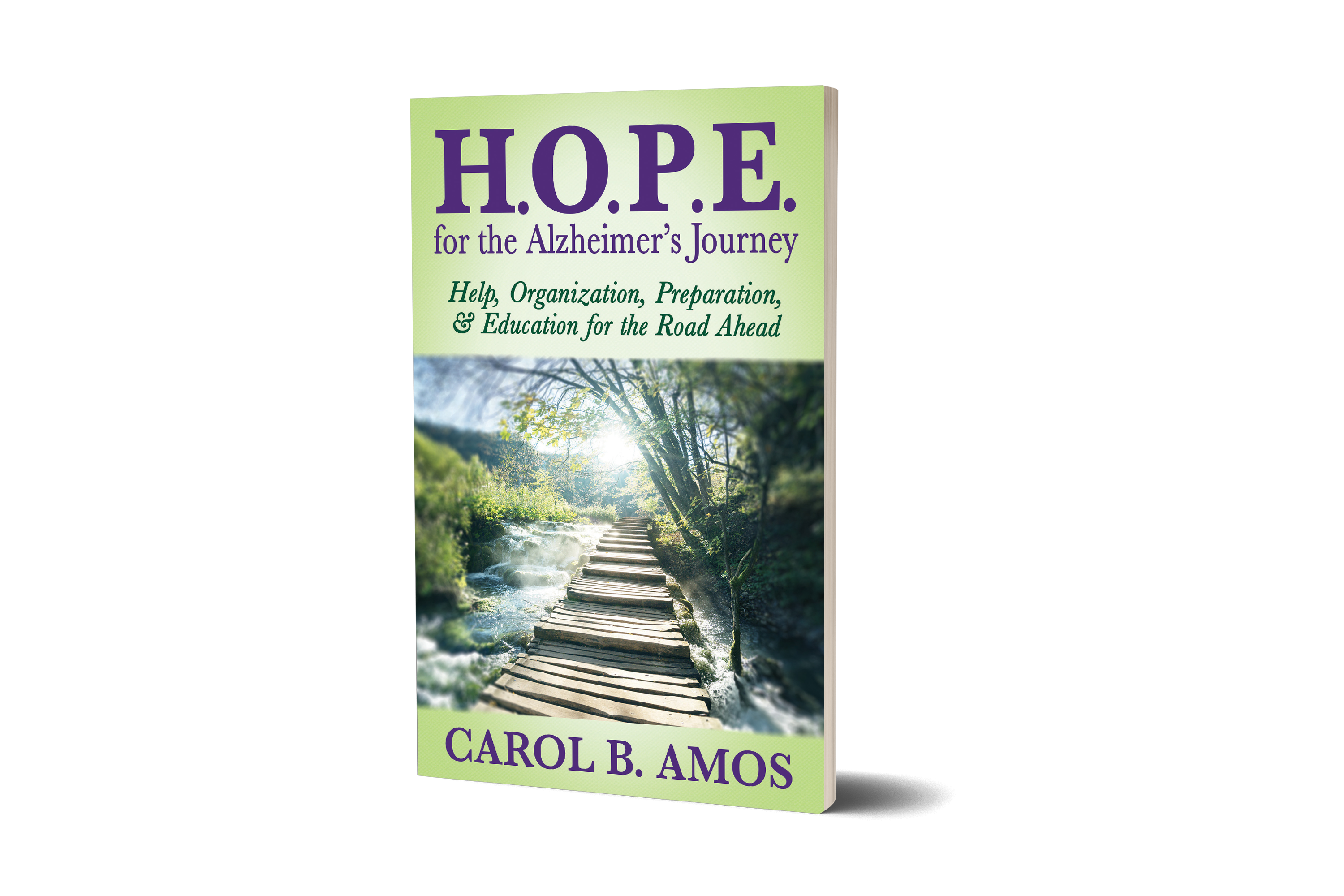
**SEVEN STEPS TO PREPARE FOR THE ALZHEIMER’S JOURNEY**



1. Have an open and honest discussion with your loved one about each of your

concerns and desires. Reassure them that you will be there for them. (Chapter 20)

1. Seek medical help for your loved one to obtain an assessment of the memory loss and to gain an understanding of their overall health. Begin treatment for Alzheimer’s disease and other medical issues if appropriate. (Chapter 10)
2. Recruit your Circle of Support. Ask how and when family and friends can help. Invite God to be part of your inner Circle of Support. (Chapter 2 and Chapter 12)
3. Understand your loved one’s financial situation. Know their assets, income, debts, insurance, etc. (Chapter 6)
4. Execute legal documents; Power of Attorney, Will, Advanced Directives, etc. These give you the authority to execute your plan and obtain needed information about your loved one. (Chapter 16)
5. Identify resources such as the Alzheimer’s Association, other non-profit, religious, and government agencies, and businesses in your loved one’s area. (Chapter 13)
6. Develop a plan to take care of yourself. Include obtaining help, attending social activities, getting medical care, using respite care, taking vacations, and strengthening your faith in God. (Chapter 25)

***H.O.P.E. for the Alzheimer’s Journey:***

***Help, Organization, Preparation, and Education for the Road Ahead***

**Carol B. Amos**