

Planning for the Future with Dementia



We all want to be in control of our lives and have the ability to make decisions about our future. Putting health care, financial, legal, and end-of-life plans in place is an important step you and your loved one can take together. It's important to share your wishes with family and friends, and have a voice while making decisions.

Five tips to help you begin planning:

1. When you or a loved one begins struggling with memory loss or receives a dementia diagnosis, schedule a visit with your health care provider and discuss building a health care team.
2. Educate yourself and others about Alzheimer's disease and dementia. Learn about signs, symptoms, the difference between Alzheimer's and dementia, and more. Explore local resources and support groups.
3. Develop a support system, and don't hesitate to ask family and friends for help.
4. Consult with elder law professionals to create a smart financial and legal plan, and fill out legal documents that meet your wishes.
5. Create a flexible care plan that is responsive to the evolving needs of the person living with dementia or Alzheimer's.

An Empathy-Based Approach to Memory Care

At Watermark's five Bay Area communities, our Thrive Memory Care program incorporates each individual living with Alzheimer's disease and dementia into the rhythms of daily living, creating mindful moments that inspire connection, longevity, and well-being. Certified through the National Council of Certified Dementia Practitioners, specially trained caregivers known as *Nayas* provide customized care 24/7 in a supportive environment.

Coping with Your Loved One's Dementia

Watching someone you care about experience symptoms of Alzheimer's and dementia can be difficult and emotional, to say the least. You're not alone. We're here to support you and your loved ones every step of the way.

Call any of Watermark's Bay Area locations to learn more and request a private tour today.

 **THE WATERMARK**
BY THE BAY

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