

Planning for the Future

Because your loved one's needs will change over time, plan ahead. Arrange a living situation, get legal advice, and look closely at finances. Be aware that your own needs may also change. A social worker can help you think about your options.



Adult daycare facilities are great resources for both you and your loved one. They give your loved one a chance to be with other people and provide needed mental stimulation. They also let you take time for yourself during the day if you need it.

Choose a Caregiving Situation

Choosing the right caregiving situation means first deciding how much supervision your loved one needs. Depending on the stage of the disease and how well your loved one functions, this can range from daily visits to around-the-clock care. Your options may include:

- Hired help
- Adult daycare
- A live-in caregiver (often a family member)
- Assisted living facilities (senior living with personal help)
- Nursing homes

No matter which option is chosen, look at it from time to time to be sure it's still the best for all concerned. Always know what your next choice will be when the current situation stops working.