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Some of the most difficult conversations are:



Going to the doctor



Deciding when it is necessary to stop driving



Making legal and financial plans to cover future care needs



1 | DEMENTIA CONVERSATIONS

alzheimer's association

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Today's program will...

- Provide tips on how to "break the ice" and have the most common difficult conversations
- Help you plan ahead and build a care team that communicates well
- Give you the opportunity to hear from people who are dealing with similar issues
- Connect you with helpful resources



2 | DEMENTIA CONVERSATIONS

alzheimer's association

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“My sister lives close by and she can help.”

“She has always been fiercely independent and if I step in she will be offended.”

“We are just starting to notice some changes. We're not sure there is even a problem.”

“You're busy with your own life.”

“I'm fine. Don't worry about me.”

“Wait till you're my age. Things are a little harder than they used to be.”

4 | DEMENTIA CONVERSATIONS

alzheimer's association

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### Successful Conversations

Sooner is better than later - don't wait for a crisis

5 | DEMENTIA CONVERSATIONS

alzheimer's association

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### Successful Conversations

Sooner is better than later - don't wait for a crisis

Develop a plan for using "finesse"

6 | DEMENTIA CONVERSATIONS

alzheimer's association

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### Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>
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### Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>	 <p>Practice in advance</p>
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### Successful Conversations

 <p>Sooner is better than later – don't wait for a crisis</p>	 <p>Develop a plan for using "finesse"</p>	 <p>Take notes about the changes you see</p>	 <p>Practice in advance</p>	 <p>Talk when you are both relaxed and comfortable</p>
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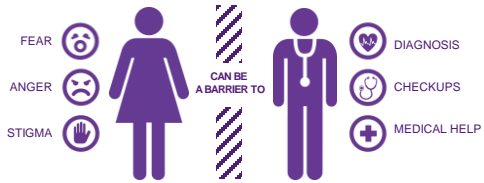
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### Conversations About Going to the Doctor



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11 | DEMENTIA CONVERSATIONS | Donna knows the importance of talking about getting help. | alzheimer's association

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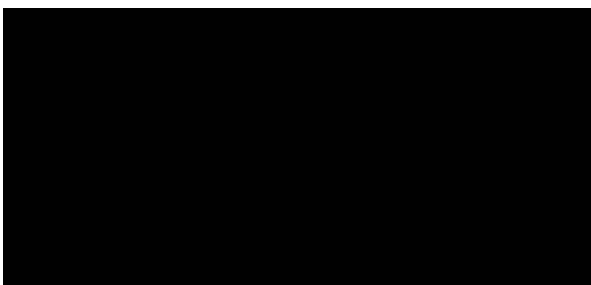
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12 | DEMENTIA CONVERSATIONS | Donna knows the importance of talking about getting help. | alzheimer's association

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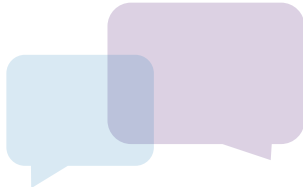
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### Tips to Help with the Conversation Going to the Doctor



Use words that are most comfortable for the person



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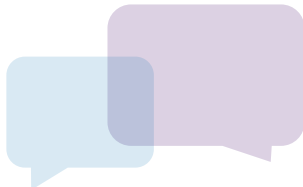
### Tips to Help with the Conversation Going to the Doctor



Use words that are most comfortable for the person



Suggest Medicare's free Annual Wellness Visit



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### Tips to Help with the Conversation Going to the Doctor



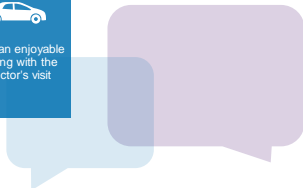
Use words that are most comfortable for the person



Suggest Medicare's free Annual Wellness Visit



Pair an enjoyable outing with the doctor's visit



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### Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>	 <p>Pair an enjoyable outing with the doctor's visit</p>	 <p>Invite family to communicate concerns and questions to the doctor</p>
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### Tips to Help with the Conversation Going to the Doctor

 <p>Use words that are most comfortable for the person</p>	 <p>Suggest Medicare's free Annual Wellness Visit</p>	 <p>Pair an enjoyable outing with the doctor's visit</p>	 <p>Invite family to communicate concerns and questions to the doctor</p>	 <p>If still reluctant, try using a "therapeutic fib"</p>
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### Conversations About When to Stop Driving

<p><b>HAVE YOU NOTICED?</b></p>	 <p>Accidents</p>	 <p>Traffic Tickets</p>
	 <p>Scrapes on the Car</p>	 <p>Mistakes While Driving</p>




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Chris' family needed to ask his father to stop driving.

19 DEMENTIA CONVERSATIONS

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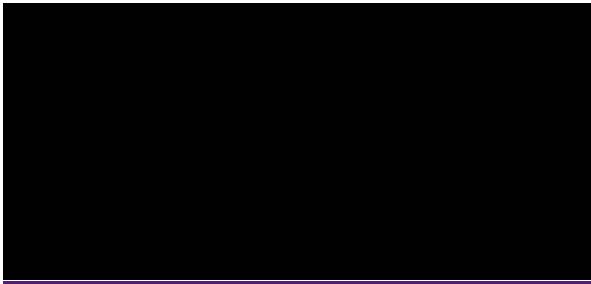
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Chris' family needed to ask his father to stop driving.

20 DEMENTIA CONVERSATIONS

alzheimer's association

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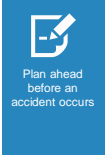
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### Tips to Help with the Conversation When to Stop Driving



Plan ahead  
before an  
accident occurs



21 DEMENTIA CONVERSATIONS

alzheimer's association

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### Tips to Help with the Conversation When to Stop Driving

 <p>Plan ahead before an accident occurs</p>	 <p>Express your concern about specific changes you noticed</p>
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### Tips to Help with the Conversation When to Stop Driving

 <p>Plan ahead before an accident occurs</p>	 <p>Express your concern about specific changes you noticed</p>	 <p>Appeal to the person's sense of responsibility and concern for others</p>
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 Sheila addressed the issue of driving with her father.

24 | DEMENTIA CONVERSATIONS alzheimer's association

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Sheila addressed the issue of driving with her father.

26 | DEMENTIA CONVERSATIONS

alzheimer's association

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Tips to Help with the Conversation  
When to Stop Driving

 <p>Plan ahead before an accident occurs</p>	 <p>Express your concern about specific changes you noticed</p>	 <p>Appeal to the person's sense of responsibility and concern for others</p>	 <p>Offer alternate plans for transportation</p>
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26 | DEMENTIA CONVERSATIONS

alzheimer's association

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Tips to Help with the Conversation  
When to Stop Driving

 <p>Plan ahead before an accident occurs</p>	 <p>Express your concern about specific changes you noticed</p>	 <p>Appeal to the person's sense of responsibility and concern for others</p>	 <p>Offer alternate plans for transportation</p>	 <p>Incorporate the voice of an esteemed professional and have empathy</p>
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27 | DEMENTIA CONVERSATIONS

alzheimer's association

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Wendy recommends using empathy to help with the conversation.

20 | DEMENTIA CONVERSATIONS | alzheimer's association

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Wendy recommends using empathy to help with the conversation.

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When to Stop Driving

Maximize Independence

- OPTIONS
- CHOICES
- PLANNING

Legal and Financial Planning

20 | DEMENTIA CONVERSATIONS | alzheimer's association

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Chris' family is dealing with the financial costs of Alzheimer's and dementia.

11 DEMENTIA CONVERSATIONS

alzheimer's association

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Chris' family is dealing with the financial costs of Alzheimer's and dementia.

12 DEMENTIA CONVERSATIONS

alzheimer's association

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**Conversations About  
Legal and Financial Planning**

**YOU MAY FEEL:**

- Reluctant
- Uncomfortable
- Intrusive
- Disrespectful

**TALK ABOUT IT**

13 DEMENTIA CONVERSATIONS

alzheimer's association

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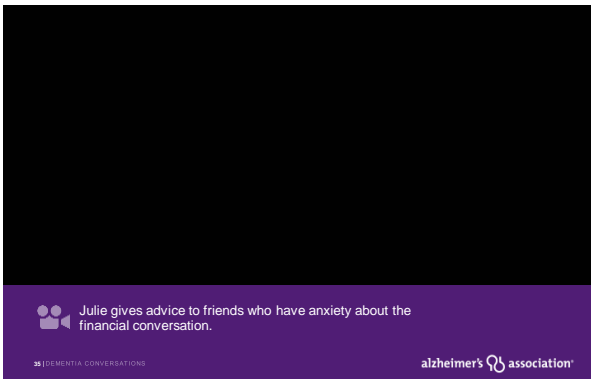
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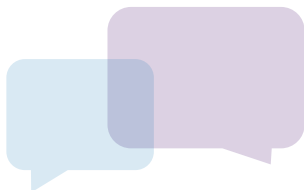
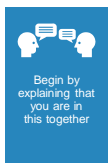
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**Tips to Help with the Conversation  
Legal and Financial Planning**




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### Tips to Help with the Conversation Legal and Financial Planning

Begin by explaining that you are in this together

Start by asking questions and gathering documents

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### Tips to Help with the Conversation Legal and Financial Planning

Begin by explaining that you are in this together

Start by asking questions and gathering documents

Explain that these are standard plans that need to be made as we get older

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### Tips to Help with the Conversation Legal and Financial Planning

Begin by explaining that you are in this together

Start by asking questions and gathering documents

Explain that these are standard plans that need to be made as we get older

Break the conversation into parts, and try different times and locations

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### Tips to Help with the Conversation Legal and Financial Planning

 <p>Begin by explaining that you are in this together</p>	 <p>Start by asking questions and gathering documents</p>	 <p>Explain that these are standard plans that need to be made as we get older</p>	 <p>Break the conversation into parts, and try different times and locations</p>	 <p>Involve others as needed</p>
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### The Care Team



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### The Care Team



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### The Care Team



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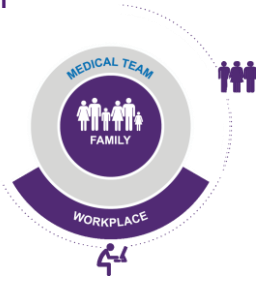
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### The Care Team



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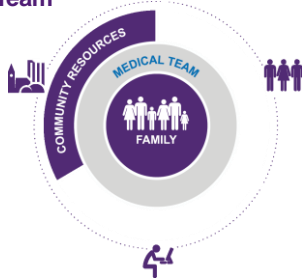
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### The Care Team



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### Contact us – we can help

#### alz.org

- Alzheimer’s Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer’s and Dementia Caregiver Center
- Safety Center

#### alz.org/findus

- Support groups, education programs and more available in communities nationwide

#### training.alz.org

- Free online education programs available at training.alz.org

#### 800.272.3900

- 24/7 Helpline – Available all day every day

46 | DEMENTIA CONVERSATIONS

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**Remember, no one can provide all of this support alone.**

Form a care team and talk with family about concerns as they arise.

**TALK ABOUT IT**



47 | DEMENTIA CONVERSATIONS

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### Questions?

THE ALZHEIMER’S ASSOCIATION IS HERE FOR YOU

**24/7 Helpline: 800.272.3900**  
alz.org®

48 | DEMENTIA CONVERSATIONS

alzheimer’s association®

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