



THE SILVER TSUNAMI

AGING INFO

Your Ticket to Compassion, Navigating the Dementia Journey

Chapter 1 Checklist

Starting as a family caregiver for a loved one with dementia can feel overwhelming, but having a solid foundation can make a world of difference. Here is a beginning checklist to help you navigate this journey. Create a binder with a tab for each of the below. This will help you start an organizational system to collect information and refer to when needed.

Essential First Steps

Learn About Dementia: Understanding this journey will help you anticipate challenges and provide better care. Below is a list of resources where you can find additional information about your loved one's dementia journey.

- Silver Tsunami Aging Info – www.mysilvertsunami.com
- Alzheimer's Association – www.alz.org
- Dementia Society of America – www.dementiasociety.org
- Alzheimer's Foundation - www.alzfdn.org
- American Brain Foundation – www.americanbrainfoundation.org
- Lewy-Body dementia – www.lbda.org
- Teepa Snow – www.teepasnow.com
 - You can also find Teepa Snow videos on YouTube.

Organize Important Documents: Gather the following information: medical contacts, legal paperwork, emergency contacts, insurance cards, medication lists.

Medical Records:

- Medical doctors – make a list with the name; address; phone number and specialty of each doctor the person is seeing. Use the blank record we provide to begin this list.
- Legal paperwork – complete both a medical and financial power of attorney documents and place the originals in the binder and provide copies to whomever will need them.

- Emergency contacts – it is important to have emergency contacts in place along with current information.
- Insurance
- **Self-care for the caregiver - scan the second QR code for a list.**
- **Establish a Routine:** Consistency helps reduce confusion and anxiety for the person with dementia.
- **Create a Safe and Supportive Environment:** Remove hazards, install grab bars, and ensure good lighting to prevent falls.
- **Build a Support System:** Connect with family, friends, and local caregiver support groups.

Daily Care Basics

- **Assist with Hygiene & Dressing:** Encourage independence but be ready to help when needed.
- **Monitor Nutrition & Hydration:** Ensure balanced meals and plenty of fluids.
- **Encourage Physical Activity:** Gentle exercises like walking or stretching can improve mood and mobility.
- **Manage Medications:** Set up reminders or use a pill organizer to keep track of prescriptions.
- **Communicate with Patience:** Speak slowly, use simple sentences, and offer reassurance.

Emotional & Behavioral Support

- **Recognize Behavioral Changes:** Dementia can cause mood swings, agitation, or confusion.
- **Use Calming Techniques:** Music, soothing touch, or familiar objects can help ease distress.
- **Redirect Attention:** If frustration arises, gently shift focus to another activity.
- **Celebrate Small Wins:** Acknowledge moments of clarity and joy.

OUR CONTACT INFORMATION –

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