

Acknowledgment to the following partners:

- Alzheimer’s Association of Greater Maryland
- Baltimore County Agricultural Center
- Baltimore County Commission on Aging
- Baltimore County Commission on Disabilities
- Baltimore County Department of Aging
- Broadmead’s Center of Excellence in Dementia Care
- Edenwald
- Inspirations Assisted Living & Memory Care
- Rose of Sharon Equestrian School
- Town Square
- Well for the Journey

Special acknowledgment and appreciation to the entire Dementia Friendly Baltimore County (DFBC) initiative’s leadership team which includes other organizations, businesses, individual volunteers, caregivers/care partners and persons living with dementia from our community.



Action Steps Checklist

- ☐ **Keep the person with memory loss involved** in every step of the journey.
- ☐ **Have family/care partner meetings and conversations along the path** to discuss what’s happening, and how to support the person with memory loss. Important topics of discussion include: stage of disease, safety issues, treatments, tips for modifying behaviors, coordination of care, legal planning, long term care insurance, primary care partner respite/care and back-up care plans. Identify supports to meet mental, emotional, social and spiritual needs.
- ☐ **Schedule a medical assessment** of memory loss/cognitive impairment for a diagnosis. Start with your primary health care practitioner to rule out conditions that may contribute to dementia symptoms. A diagnosis of dementia should always be confirmed by an expert, such as a geriatrician or neurologist, who can determine the cause of dementia as well as next steps.
- ☐ **Complete legal planning documents** so your wishes may be honored, such as the following:
 - Health Care Directive
 - Durable Power of Attorney for Health Care
 - Maryland Order for Life Sustaining Treatment (MOLST), when appropriate.
 - General Durable Power of Attorney
 - Estate plan with legal documents, including but not limited to, a will or a trust to manage assets and property upon death.
- ☐ **Schedule a driving assessment.** Dementia-related changes in response time, judgment and focus can be dangerous to the driver and others on the road. Safety needs to be a priority and driving is a delicate issue.
- ☐ **Contact local resources**, including Alzheimer’s Association, Baltimore County Department of Aging’s Caregiver Support Program, Case Management Services, Dementia Friendly Baltimore County, Maryland Access Point of Baltimore County and others for information and support.
- ☐ **Request a home safety evaluation** with a Physical or Occupational Therapist to make the home safer and home care tasks easier. Investigate how to ensure safety with home monitoring systems or medical alert jewelry.
- ☐ **Explore living and range of care options** in case there are changes in a person’s need for assistance, safety and activities. Options include day programs, care at home and specialty residences providing dementia support.
- ☐ **Explore options for support** for everyone involved in the dementia journey. Important needs are met when people can connect, learn, celebrate and problem-solve the many things that the dementia experience may present. Consider supports such as faith communities, counselors, creative arts therapists, music, meditation and more.
- ☐ **Discuss and seek palliative care and hospice care.** If the disease becomes advanced, palliative and hospice care keep people comfortable and support health and personal care needs.



Dementia Friendly
Baltimore County Department of Aging



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Living with Dementia

Guidance for Your and/or Your Care Partner's Journey

Dementia is a Journey, a path with twists and turns, where people share similar situations; even though their experiences can be very different. Some changes may be a normal part of the aging process. Education is key in knowing when to be concerned and what to do about it.

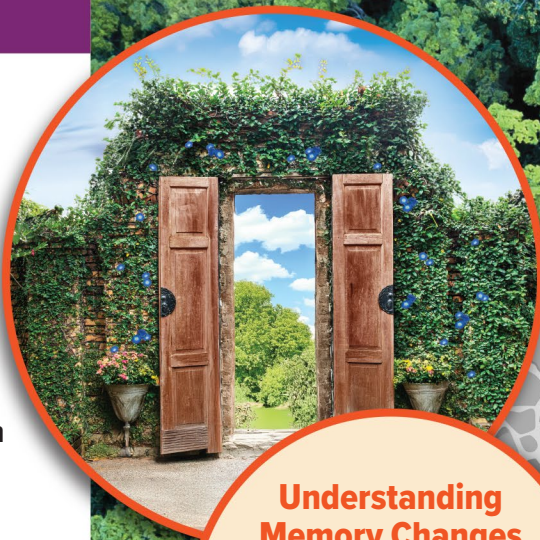
Dementia Friendly Baltimore County wants to support you along your journey. The Dementia Friendly leadership team designed this "Road Map" to provide information, support and guidance along the dementia journey. Each stop offers resources and assistance about what decisions are needed and steps to take. It takes you through some of the key **bench**-marks of living with dementia.

Preparation and mindset are everything. At Dementia Friendly Baltimore County, we want to assure you that a person's worth, dignity and contributions do not dissolve with a diagnosis of dementia. Personal strengths are everlasting; the dementia journey can be empowering. The QR codes and links will connect you to more details about each **bench**-mark that you may experience. Nobody has to be alone on this path.

Please visit
<https://tinyurl.com/4njcsj65>



Throughout the journey, the wooden handrail symbolizes the importance of self-care and respite for all involved – care partners and persons living with dementia.



Understanding Memory Changes

Are the changes we are seeing normal aging?
When to see a doctor?

Visit
<https://tinyurl.com/5n7xprc3>



1

Evaluation and Education

What does a diagnosis mean?
How to find help and resources?
Are there legal and financial things to consider?

Visit
<https://tinyurl.com/7dctdejs>



2

Adjustment and Support at Home

How can we make our home safer and get help for better care?
What community resources can help?

Visit
<https://tinyurl.com/59m9uw2v>



3

Community Living Options

Is a move necessary?
Is there in-home care?
How do people make these decisions?

Visit
<https://tinyurl.com/ycyefetd>



4

End of Life Care Options

What is hospice and palliative care?
What are the final planning options?

Visit
<https://tinyurl.com/nhf3mnw>



5

Moving Through the Loss

What might I need to do when the journey ends? What are ways to reengage into life after a loss?

Visit
<https://tinyurl.com/5h5zxfsj>

