Options for care

- Continuing care retirement communities / companion care services
- Residential care homes

Options for care

- Continuing care retirement communities / companion care services
- Residential care homes
- Long-term care
  - Memory care units
  - Nursing home care
The promise

"I'll never put you in a nursing home - I promise."

Mary O'Hara, LCSW, is a social worker at the Cognitive Neurology and Alzheimer's Disease Center at Northwestern University's Feinberg School of Medicine.

Considering a move

- Families often consider a move to a facility for 24/7 care.
- Try involving others close to the person to help make decisions.
- Begin by visiting more than one care residence.
Facilitating a move

• Keep it brief and simple.
• Acknowledge your own feelings.
• Reassure the person by responding to his or her feelings rather than the content of what is being said.
• Redirect any upsetting thoughts.
• Team up with family, friends, and/or professionals.
• Seek counseling if needed.

Facilitating a move

Elizabeth Gould, LCSW, is Director of State Programs for the Alzheimer’s Association's national office.

Adjusting to a move

• Set up the bedroom so it looks familiar.
• Bring in favorite comforting items from home.
• Changes are common, so monitor functioning.
• You are still a caregiver, but with more help now.
• Take care of yourself as well.
Monitoring care

- Mood
- Behavior
- Mental status

Powers of attorney and capacity

- Plans made at an earlier stage for powers of attorney may be used now.
- In the late stage, a person may be determined to be incapacitated, or unable to act on his or her own behalf.
- Physicians and the court determine incapacitation.

Guardianship

- Needed when:
  - The person with dementia is single.
  - The family cannot agree.
- Need:
  - A physician's statement.
  - A court hearing.
Efforts at life extension

- Mixed feelings are normal.
- Suffering can be avoided.
- Nutrition issues should be considered carefully.

Feeding tube consideration

- Tube feeding is sometimes suggested by medical staff when eating problems arise.
- Long-term tube feeding has no apparent advantages and a number of disadvantages.
- Assisted oral feeding is the preferred method of intervention for eating issues.

Hospice

- Provides care and comfort
- Includes:
  - Medical care
  - Equipment
  - Pain management
  - Palliative care
  - Support services for families
- Can be provided in the home or in senior living settings
- Covered by Medicare
**Myths about hospice/palliative care**

- **Myth:** Bringing in hospice means giving up on the person.
  - **Reality:** Hospice provides care and comfort for the entire family to help with the end of life once it is inevitable.

- **Myth:** Hospice will leave the person in care for drugged and unable to function.
  - **Reality:** Hospice will include palliative care so the person will get what is needed to manage pain. Newer treatments allow the pain to be controlled while not overly sedating the person.

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**End-of-life**

- Expect a mix of feelings:
  - Sadness
  - Exhaustion
  - Relief and guilt
- Discover a way to honor the person's spirit
- Call on others.
End-of-life decisions

- Respecting end-of-life wishes
- Ensuring advance directives are in place
- Maintaining comfort and connection

The end-of-life experience

Melanie Chain, Vice President, Program Services at the Alzheimer’s Association’s Greater Illinois Chapter.

Grief

- Feeling a familiar yet new kind of loss is normal.
- Anticipatory grief may be followed by more traditional grief.
- Symptoms of grief include:
  - Periods of helplessness
  - Changes in appetite and sleep patterns
  - Anger and frustration
  - Social withdrawal
Contact us - we can help

- alz.org
- alz.org/finder
- Alzheimer's Navigator
- Community Resource Finder
- ALZConnected
- Alzheimer's and Dementia Caregiver Center
- Safety Services
- 800.373.3330
- 24/7 Helpline - Available all 7 days a week

- alz.org/training
- Support groups - Education programs and more available in communities nationwide
- training.alz.org
- Free online education programs available at training.alz.org

Get involved

WALK TO END ALZHEIMER'S

THE LONGEST DAY

advocate

volunteer

end of life issues

Summary

- Options for care
- Monitoring care
- Legal capacity
- Hospice palliative care
- End-of-life issues