



# Dementia Care Planning Guide: Supporting Your Loved Ones Every Step of the Way

## Understanding Dementia & The Value of Early Planning

Dementia is more than forgetfulness. It changes how your loved one experiences the world, communicates, and connects. With types like Alzheimer's, life can suddenly become unpredictable. Early, intentional planning builds the foundation for everyone's peace of mind and preserves dignity as care needs evolve.

### What to focus on:

- Recognize [early signs](#) (such as memory loss, confusion, or mood shifts); trust your instincts if "something feels off."
- Obtain a formal, compassionate diagnosis from your family doctor or a geriatric specialist; this opens doors to support services.
- Reach out to the [Alzheimer Society of Calgary](#) for valuable education, support groups, and immediate guidance on next steps.

- Family conversations matter: talking openly about needs, preferences, and fears helps everyone feel heard and united.

**Why it matters:** Early planning means your loved one's voice is part of every decision, and your family has time to anticipate, not just react.



## Building Your Support Team & Creating a Safe Home

Dementia care is not a solo journey. Your support network may include family, healthcare providers, trusted friends, and [professional home care services](#), such as Always Best Care of Calgary SW.

### Actionable Steps:

- Build your "core team" early and clarify roles: Primary caregiver, medical point person, home care coordinator, and backups for emergencies.
- Work with professionals to assess your home for risks: declutter, secure rugs, improve lighting, add grab bars, and lock away hazards (medications, sharp objects, cleaners).
- Use friendly reminders: oversized calendars, labelled cupboards, simple instructions, and cherished photographs help keep routines familiar.
- Professional home care brings expertise. Expect not only help with daily needs, but guidance, emotional reassurance, and flexible respite for you.

**Why it matters:** The right team and a safe, comforting environment mean fewer accidents, less stress, and more focus on meaningful moments together.



## Navigating Legal, Medical, and Financial Planning

Navigating the paperwork may feel daunting, but getting these essentials in place early ensures your family's wishes are protected and there are no surprises later.

### What to address:

- Assign Power of Attorney and Personal Directive while your loved one can participate.
- Regularly update medical files and medication lists, and keep all key contacts in one central location.
- Use appointment trackers (either paper or digital) and share important dates with your care team.
- Explore [Alberta Health Services \(AHS\)](#) for home care funding, respite programs, and Case Management through [Client Directed Home Care Invoicing \(CDHCI\)](#). Ask about tax credits, disability benefits, and insurance options that can ease the financial load.

**Why it matters:** Getting organized now prevents stressful or hurried decisions later and lifts a weight from your whole family.



## Connection, Well-being, and Caring for Yourself

Nurturing emotional well-being and relationships is just as important as safety. Intentionally including moments of joy and connection fuels resilience for both you and your loved one.

### How to foster connection:

- Schedule regular activities your loved one enjoys—simple baking, gentle walks, favourite music, or reminiscing over photos.
- Connect with community: dementia-friendly events, support groups, and the Alzheimer Society all offer practical and emotional relief.
- Plan regular self-care for yourself: take breaks, enjoy hobbies, practice mindfulness, and nurture friendships and family bonds. Caring "well" means allowing yourself to recharge.
- Remember, professional caregivers can be an essential anchor, offering attentive companionship and hands-on support to keep your loved one active and engaged.

**Why it matters:** Connection—a laugh, a song, a supportive chat—transforms caregiving from a burden to a shared journey of love and presence.



## Empowered Planning, Taking Action & Next Steps

### Turning plans into progress:

- Prepare a check-in list: team contacts, safety fixes completed, and appointments scheduled.
- Keep a running list of questions and priorities for your next healthcare or home care visit.
- Review your support network, safety strategies, and funding options regularly as needs shift.
- Stay open to emotional support—for both yourself and your loved one—from local organizations and other caregivers.
- Most of all: know you're not alone. Always Best Care of Calgary SW specializes in guiding families through these steps every day. Personalized advice, practical support, and hands-on care are only a call away.



If you're ready for the next steps, enhanced safety, or simply a caring, listening ear, reach out anytime.

**Call:** [403-800-7255](tel:403-800-7255)

**Email:** [krudy@abc-seniors.com](mailto:krudy@abc-seniors.com)

**Website:** <https://alwaysbestcarecanada.ca/calgarysw/ahs-client-directed-in-home-care/>

**Location:** [4620 Manilla Rd SE, Calgary, AB T2G 4B7, Canada](#)