

## Do you have a backup plan?

Caregivers do such an amazing job taking on the 24/7 care and responsibilities of people they love. But all too often, something unexpected happens to the caregiver and the person living with dementia is unable to help or respond in an appropriate way due to confusion. While none of us like to think that this could happen, it is essential we think about the provisions that need to be in place.

Think about the following:

- Do you have someone checking in on you on a frequent basis (phone/in-person)?
  - Do you need to have a medical alert device for you or your loved one?
  - Are you and your loved one enrolled in the Alzheimer's Association MedicAlert/Safe Return program? To learn more, click [here](#)
  - Are you able to safely leave your loved one alone while you run short errands? Would he/she be able to use the phone to call for help in case of an emergency?
- Is at least one family member/friend aware of your loved one's situation?
  - Do they fully understand your loved one's stage of dementia and daily care needs?
- Do you have an easy way for a family member/friend to find pertinent medical information, medical providers, medications, health insurance, etc.
- Have you talked with authorized decision makers (i.e. healthcare and/or financial powers of attorney) about your or your loved one's wishes?
  - Do they have copies of your legal documents?
  - Do they know how to access bank accounts?
- If you were hospitalized (or worse), where would your loved one live?

Life happens when we least expect it, so being prepared for unplanned situations is essential. You will rest easier knowing that you've got things covered for you and your loved one. For a detailed list of preparation, click [here](#).