

Conference on Aging

Questions for Families to Discuss when Living with Dementia

Shared by Amanda Mosier and Dayna Thompson, IU Health

- 1. What do we know about this disease and do we need more education as a family?**
(Family includes adult children, siblings, spouses, parents, grandchildren, friends and neighbors)
- 2. How can we be most supportive of your wishes and what are they?**
(These are typically the hard questions, such as discussing long term care options and legal documents, such as living wills.)
- 3. Who do we know that can help support us?**
(Identify professionals and other care partners in the community that have experience.)
- 4. What do our finances look like long term? What do we need to do to access the medical care and caregivers we may need? Who can help me navigate this in my area?**
- 5. What brings us quality of life or joy and how can we let others know what that is to help us?** (What do we truly want others to know if they are going to have to provide care for me?)
- 6. How do we keep the individual with dementia and the person caring for them healthy and from isolating themselves?**
- 7. How do I, as a care partner, provide care for my loved one?**
- 8. When do we know if it is time for professional caregivers or to transition to long-term care?**
- 9. How do we continue to communicate when that becomes more difficult?**
- 10. How can we keep a positive outlook together?**

These are just a few questions to discuss with family, but they are important questions that will help you to think about how you can LIVE WELL with dementia as a team.

Below are a few local resources that can help you with navigating answers to these. Ultimately it is good to make decisions while someone is still able to communicate their wishes, so do not wait to begin the conversation, as we are never sure when communication will become a barrier.

How to maximize brain health:

Move – improve circulation in the body

Discover – learn new things

Relax – reduce stress

Nourish – consider your diet

Connect – Socialize

For more information, reference "Keep Sharp: Build a Better Brain at Any Age" by Sanjay Gupta, M.D.

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