

# Serving as POA/Guardian in Difficult Situations


Tips from the industry

# Financial Tips:

- Use your documentation to open a bank account at a new bank.
  - Use your documents to sign on behalf of the person you are helping
  - Make sure you have a copy of their ID
- Use a True Link card for their spending funds.
- Consider reviewing with them a simple here are your bills each month to help ease giving up financial control.
- Potentially use a credit freeze or let them ruin their credit.



# Accepting Help


- Phrasing Matters!
  - Depending on stage of cognitive decline, the truth has to be simplified.
    - Example on moving to a facility or assisted living.
    - Determine Triggers
    - Determine what is important
  - Deflect the blame so day to day help is not the bad guy.
    - Yes, we can work on getting your license back. Let's ask the Doctor.
    - Yes we can talk about you going home, let's talk to the Doctor.
    - Be sure your doctor is on board to back you up since they do not have to do the day to day.
  - Utilize a Geriatric Care Manager, Nurse Manager or Social Worker.
  - Sometimes, it has to get worse before it gets better.
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# Self Care for You!

- Be sure you have a community to help you.
- Respite Care options.
- Support to accept decisions that you may not want to make.
- Support to accept that sometimes what is best for the other person is not best for you.
- Understanding at the end of the day you cannot force anyone to do anything and determining your boundaries around that.



# Documents to Have in Order

- Please make sure your estate plan is up to date before you are no longer cognitively able to do this.
  - Make sure all vehicles are registered to your name (or disposed of).
  - Consider pre planning and/or pre paying for your funeral.
  - Make sure you have a list of personal property to be dispersed if there are specific items of sentimental value to be handled.
  - You know your family best, if you anticipate disagreements, talk to your estate planning attorney on the best way to resolve it.
  - Up to date POST Form.
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# Q & A

## Resources:

- [Alzheimer's Resource Service Center](#)
  - [NAMI Support Groups](#)
  - [IU Driving Rehabilitation](#)
  - [Truelink Prepaid Debit Cards](#)
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