



Dementia Care Navigation

Supporting Your Caregiving Journey

Getting Started

Receiving a diagnosis of dementia can be difficult. You may not know what to expect, or what steps you need to take next in caring for yourself or a loved one. The Office of Dementia Services provides suggested resources to help you on your caregiving journey.



Get in the Know

Understand the specific type of dementia, expected progression, and symptoms. This helps you anticipate changes and respond appropriately—not reactively.



Get Safe

Make small but important adjustments:

- Remove fall hazards
- Label items clearly
- Secure medications
- Consider stove safety and wandering precautions

Safety needs will increase over time.



Get Established

Consistent routines reduce confusion and anxiety. Structure helps with: Meals, Medication, Sleep, Activities. Predictability is comforting for someone with dementia.



Get a Team

Connect with healthcare providers (primary care doctor, neurologist, social worker). Also consider community supports like the Alzheimer's Association for education, helplines, and local resources.

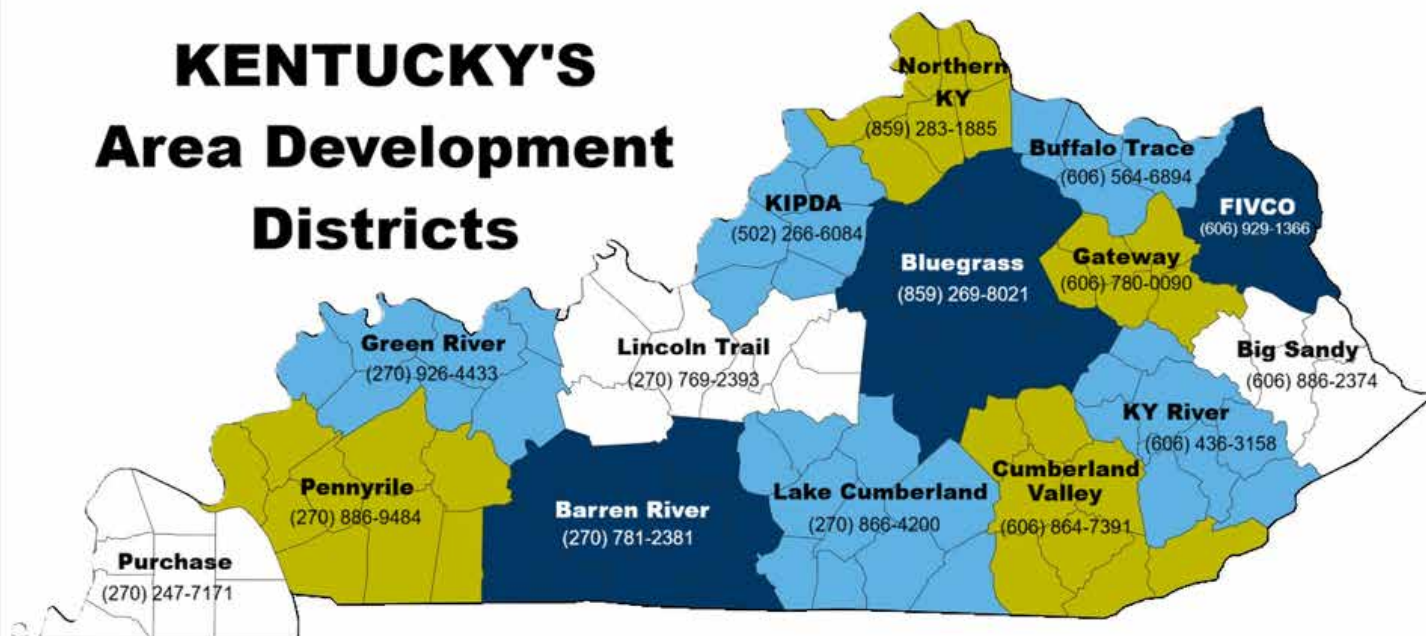


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KENTUCKY'S Area Development Districts



Next Steps after a Dementia Diagnosis



Financial and Legal Services

Financial and legal resources are services, tools, and supports that help individuals and families manage money, protect assets, and make legal decisions, especially during major life events like caring for someone with dementia.



National Resources

National resources for dementia refers to organizations, programs, and tools that are available across the entire United States (not just in one state or community) to support people living with dementia and their caregivers.



Respite Services

Respite care is temporary relief for caregivers who are caring for someone with a chronic illness, disability, or dementia. It gives the primary caregiver a break while ensuring the person receiving care continues to get safe, quality support.



Long-Term Care

Long-term care for older adults refers to a range of services and supports designed to help people meet their daily needs over an extended period of time, especially when they have chronic illness, or conditions like dementia.



End of Life Care

End-of-life care is the support and medical care given to a person in the final stage of a serious illness. The focus shifts from curing the disease to comfort, dignity, and quality of life physically, emotionally, and spiritually. Often called hospice and palliative care.



Caregiver Training

Dementia caregiver training equips caregivers with the knowledge and skills to safely support someone living with dementia, including Alzheimer's disease, by teaching what to expect and how to respond as the condition progresses.

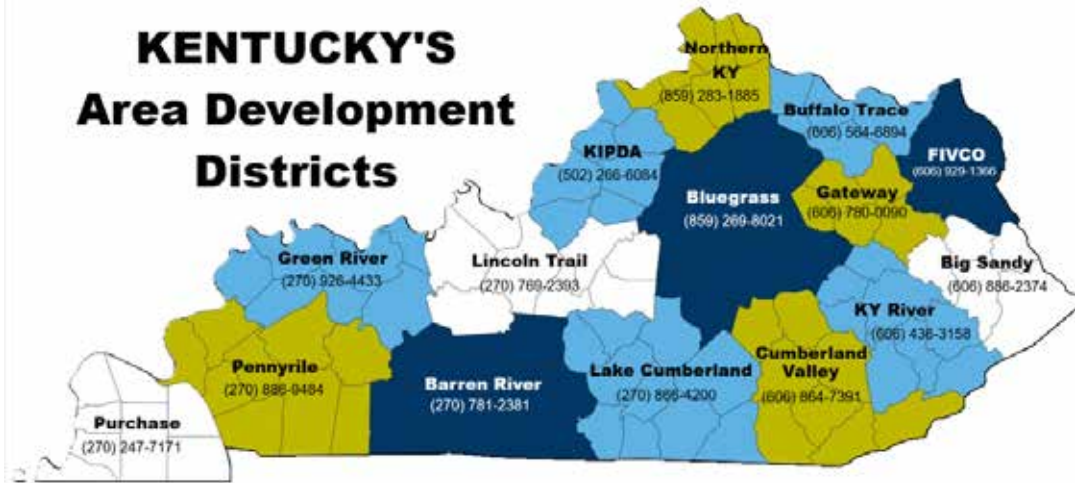


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