

Diagnosis Checklist

Receiving a diagnosis of dementia, or having a loved one diagnosed, can cause a range of emotions, from shock to relief. But what happens next? We've put together a checklist of things for you, your family, and support team to consider over the next few months (or more!) as you navigate your journey.



☐ Learn about your diagnosis

Knowledge is power! Different types of dementia can progress differently, and the more you know, the more you can plan ahead and anticipate future changes.

Check out: *Insight's Resource Library:* InsightMCC.org/resources

☐ Start the conversation

Determining when, how, and to whom to disclose the diagnosis is a personal decision for your family. Just remember that as more people in your network know, the more support you can build.

☐ Plan for the future: SHARE

The SHARE Program provides a thoughtful way for both partners to plan ahead for future needs. Through this evidence-based, multi-session program, you'll come away with a plan and the confidence to move forward together.

Check out: InsightMCC.org/SHARE

☐ Seek physical & social activity

Engaging in physical and social activities is beneficial for self-esteem, mood, overall function and quality of life. Look for activity programs in your area, such as Memory Cafes. It can be a great feeling of comradery for the person living with dementia to have friends in the same boat.

Check out: *Insight offers Reconnections for in-person socialization and engagement:* InsightMCC.org/Reconnections and *Insight at Home for virtual activities and interaction:* InsightMCC.org/InsightatHome. We also offer a regular Memory Cafe: InsightMCC.org/MemoryCafe

☐ Update legal and financial documents (for both partners!)

Double check your important documents now. Ensure details are correct and take the time now to discuss any major changes or wishes for the future that should be reflected in these documents.

☐ Keep an eye on IADLs

Instrumental Activities of Daily Living, which include tasks like driving and financial management, may be some of the first things that become more difficult as the brain changes. Make plans now to ensure a care partner can provide support, and eventually step in, to handle these tasks in the future.

☐ Join a caregiver support group

The whole family is impacted by a dementia diagnosis. Care partners should consider joining an early stage caregiver support group to meet with others in a similar situation, and learn about community resources available.

Check out: InsightMCC.org/support or look for additional support groups in your area.

☐ Consider research and trials

While in the early stages, you can sign up for clinical trials or to be alerted in the future if you would be a good fit. You may want to consider trials to help others, receive regular health monitoring, or help develop better treatment options.

Check out: *National Institute of Health:* clinicaltrials.gov



Insight Memory Care Center is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community. Since 1984, Insight offers a spectrum of holistic care, with a vision of a community where those affected by memory impairments can achieve the highest quality of life.