



EMPLOYEE ASSISTANCE
PROGRAM

Care Partner-A New Role

February 2019

Senior Management Services

A diagnosis of dementia can leave the individual and family unsure of where to begin and what the future may hold. We at Senior Management Services are here to help and support you and your loved one on this journey. One resource that we recommend often is the Alzheimer's Association. The website and community support that the Alzheimer's Association offers is available to anyone who has a dementia diagnosis.

In the early stages of dementia, you and your loved one may prefer to refer to you as a "care partner" rather than a "caregiver." Using the word **partner** allows the individual with dementia to embrace their abilities to care for themselves in the early stages of the disease. These early stages can bring feelings of anxiousness for you as the care partner and questions about your ability to support your loved one in the future. All these feelings and questions are normal.

Care partners may not just be the spouse or child of the individual but can be extended to those that your loved one wishes to be part of their long-term care plan. Friends, neighbors and extended family can be included in the support and should try to meet the person with dementia in their own environment regularly.

In this partnership during the early stages, this can be a good time to consider long-term planning. With an early diagnosis, you now have time to make financial, legal and long-term care plans together. Additionally, you will want to partner with your loved one to take advantage of treatments or clinical trials if they are eligible.

As you partner with your loved one in the early stages, you can encourage them to continue to live their best life, remain active, feel included and assure them of your support through this uncertain time.

**For additional information about eldercare, please contact Quest at
1-800-364-6352**