

Planning for the Future With Dementia



A diagnosis of Alzheimer's disease or dementia can be overwhelming. Here are five tips to help begin planning:

1. Schedule a visit with your health care provider and discuss building a health care team.
2. Educate yourself and others about Alzheimer's disease and dementia.
Explore local resources and support groups.
3. Develop a support system, and don't hesitate to ask family and friends for help.
4. Consult with elder law professionals to create smart financial and legal plans.
5. Create a flexible care plan to meet evolving needs.

An Empathy-Based Approach to Memory Care

At Watermark communities, individuals lead enriching and rewarding lives in a setting where expert care always includes empathy and a loving approach. Our groundbreaking Memory Care program integrates each resident into the rhythms of daily living, creating mindful moments of connection, engagement, and growth. Trained and certified in partnership with the National Council of Certified Dementia Practitioners, universal caregivers known as *Nayas* create deeper connections and provide more personalized care within a nurturing environment.

Contact us today to learn more and schedule a private visit.
You're not alone – we are here to help you and your loved ones.

