



## DFEI Tip Sheet August 2024

### PLANNING AFTER A DEMENTIA DIAGNOSIS

*With Thanks to the Illinois Cognitive Resource Network ([Illinois Cognitive Resources Network: Home](#) and [Alzheimers.gov](#) [Alzheimers.gov](#))*

After being diagnosed with dementia, **you, the person with Dementia**, or **you the Care Partner** or family member, may find it challenging to think beyond the day to day.. There are no “right” ways to feel or respond once a diagnosis is confirmed but feelings of shock, fear, anger, and sadness are usual and predictable as well as feelings of being overwhelmed and alone. Take your time and be patient with yourself and those around you. These feelings are understandable and it takes some time to adjust to the new reality that is before you.

When you are ready though, there are ways you can plan ahead and prepare for a smoother tomorrow. Once the initial shock wears off the questions often cascade into

“What do we need to do?”

“How do we prepare?”

“Who can help us?”

Some things that help are:

- Starting discussions early with trusted friends or family
- Updating documents as situations change
- Making copies of health care directives for medical files
- Putting important papers in one place and making sure a trusted person knows that place
- Giving a doctor or lawyer permission to talk directly with a caregiver if needed

To look at these issues in more depth, here are some tips to help you begin the process of making sure that you and your loved one will be safe and secure as the disease progresses.

[Planning After a Dementia Diagnosis](#)

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## **Local Resources and Events to Support You**

### **Caregiver Support Groups:**

- [Evanston Public Library - Main Library](#)  
1703 Orrington Ave  
Evanston, IL 60201

#### **3rd Tuesday of the month**

**Time: 6:30 PM - 7:30 PM CDT**

**Delivery Method: In Person**

**Audiences: Caregivers**

- [Memory Loss Caregiver Support Group Hosted by the Alzheimer's Association & Vi at the Glen](#)  
2500 Indigo Lane Glenview, IL 60026

#### **3rd Wednesday of the month**

**Time: 10:00 AM - 12:00 PM CDT**

**Delivery Method: In Person**

- [North Shore Senior Center Dementia Family Support Group \(Virtual\)](#)

#### **3rd Thursday of the month**

**2:30 - 4 p.m.**

**Audiences: Caregivers**

**Delivery Method: Virtual**

**For more information on joining this group, email [how@nssc.org](mailto:how@nssc.org) or call 847.242.6250.**

## **Getting Legal Help:**

**The Center for Disability and Elder Law (CDEL) provides full representation to clients in a variety of civil and guardianship matters with the court. In addition, CDEL prepares estate planning documents such as Wills, Transfer on Death Instruments and Power of Attorney documents. CDEL also helps self-represented petitioners in adult guardianship cases.**

**<https://www.cdellaw.org>**

***Thought for the Month:*** Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. - *Lao Tzu*