



ACTION CARDS



PrimeWest
HEALTH™



ACTION CARDS

No English? 1-866-431-0801 TTY 711

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**PLANNING FOR
THE FUTURE**



PLANNING FOR THE FUTURE

Help with creating a
health care directive

Help with financial assistance

Help identifying a power of attorney



**FIND RESOURCES
OR SERVICES**



FIND RESOURCES OR SERVICES

Learn about available resources

Help finding home care, adult day services, etc.



**COPING WITH
PROGRESSIVE SYMPTOMS**



COPING WITH PROGRESSIVE SYMPTOMS

Find ways to cope with progressive symptoms such as sundowning, memory loss, wandering, confusion, etc.



**LEARN MORE ABOUT
ALZHEIMER'S DISEASE
AND/OR DEMENTIA**



LEARN MORE ABOUT ALZHEIMER'S DISEASE AND/OR DEMENTIA

Learn about the stages of
Alzheimer's disease or dementia

Find educational courses



CAREGIVER SUPPORT



CAREGIVER SUPPORT

Find a local support group

Get access to a 24/7 help line

Learn about self-care activities

Mental health support



ACTIVITY IDEAS



ACTIVITY IDEAS

Find new activities to do with
a person who has Alzheimer's
disease or dementia

Planning day to day living



COMMUNICATION



COMMUNICATION

Find ways to improve
communication

Find ways to reduce agitation
when communicating



HOME SAFETY



HOME SAFETY

Identify hazards in the home

Adding safety features in the home
