### **Legal Assistance**

Dementia care often results in a financial and legal burden on the family. Families and caregivers can seek advice on Estate Planning, Powers of Attorney (POAs), and Guardianship.

To obtain a list of attorneys who specialize in Elder Law, contact:

The Lebanon County Bar Association 717- 273-3113

## 10 Warning Signs of Alzheimer's and Dementia

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- · Confusion with time or place
- Trouble understanding images and spatial relationships
- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- · Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

### **Family Support**

Consider attending a **Memory Café** or **Support Group**. These informal gatherings provide educational and emotional support to caregivers and family members. To learn more, contact Janell Brandt at Linden Village 717-274-7400.

Contact the Area Agency on Aging (717-273-9262) for more information about the following resources:

- Pennsylvania Department of Aging Waiver Program
- Albright Life
- Eldercare
- AAA OPTIONS Services
  (Personal Care, Life Line, Meals on Wheels)

# Additional Information and Education

**Alzheimer's Association** 

24/7 Helpline 800-272-3900 alz.org

**Penn State Extension: Lebanon County** 

2120 Cornwall Road #1 Lebanon, PA 17042 717-270-4391

LINK to Aging and Disability Services of Berks, Lebanon and Lancaster Counties

> 610-207-1420 800-753-8827

communityhealthcouncil.com/aging

# Steps in Accessing Dementia-Related Services

- 1. Pursue a Medical Assessment from a primary care doctor, neurologist or geriatrician.
- 2. Request a Level of Care Assessment from the Lebanon County Area Agency on Aging. (#1 and #2 determine eligibility for housing and care services available in the community.)
- 3. Contact your Area Agency on Aging for a list of community support programs, care options, and care facilities.

# Dementia Resource Pocket Guide

Finding answers to Dementia-related questions in Lebanon County

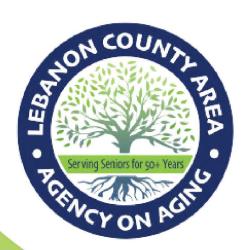




## **Concerned About Memory Issues?**

If you need help with Dementiarelated resources or services, please contact:

Lebanon County Area
Agency on Aging
710 Maple Street, 2nd Floor
Lebanon, PA 17046
717-273-9262





#### What is Dementia?

Dementia is a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities.\*

If you have a family member or friend who is experiencing confusion, forgetting things, or getting lost, contact a primary care doctor for a medical evaluation. (There are medical issues that need to be ruled out to determine the cause of their symptoms.)

Additional testing by a neurologist or geriatrician could also be requested for a more specific diagnosis.

\*Source: CDC.gov

# If dementia is diagnosed, has cognitive capacity been determined?

If the individual has symptoms but is <u>deemed to still have capacity</u> and no powers of attorney (POAs) are in place, contact an Elder Law Attorney to complete a

- healthcare POA
- living will

• financial POA

• advance care planning documents

If the individual is <u>deemed to not have capacity and POAs are in place</u>, take copies of their medical evaluation along with copies of their medical and financial powers of attorney to:

- healthcare providers
- financial institutions

(This enables the powers of attorney to assist in medical and financial decision-making.)

### If the individual is deemed to not have capacity due to Dementia and no power of attorney is in place, then a guardianship would need to be pursued:

- Have a psychological evaluation completed for your loved one.
- Obtain an Elder Law Attorney or a Guardianship Attorney.