You're Not Alone

Leigh Hilton, Attorney at Law

ACTION PLAN

I recommend the following action steps as you progress along your journey:

- ☐ Ask your primary care physician to schedule a multidisciplinary geriatric assessment for a diagnostic evaluation and treatment plan.
- ☐ Choose your decision makers.
- ☐ Attend support group meetings for education and support.
- ☐ Meet with an aging life care professional to learn about available health and human services.
- ☐ Refer to the https://act.alz.org/ a website for a wealth of valuable information.
- ☐ Take steps to avoid financial abuse and exploitation.
- ☐ Find a psychologist or social worker to talk with for emotional and psychological support.
- ☐ Schedule a consultation with our office to complete your estate and long-term care planning.
- ☐ Watch Leigh's Video on What to Do if Someone You Love Gets Diagnosed with Alzheimer's
- ☐ Read The 36-Hour Day by Mace and Rabins

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