

NEWLY DIAGNOSED

a remember me crafted checklist

Learn + Share

- Verify diagnosis (Don't be dissuaded or influenced. Trust your gut!)
- Create, Generate and produce a care team you feel confident with
 - **GP + Neurologist + Social Worker + OT/PT + Speech**
- Research + understand as much as you can about FTD as a whole
- Inform Family + Friends
- Consider a support group or psychotherapy to help with processing
- Create a file for all important documents + always ask for copies of any tests, procedures, etc.
- Watch for and learn the signs of caregiver burnout. ASK FOR HELP!
- Print out our "One Page, Doc" to record behaviors, new meds, issues or concerns to take to the next doctor visit

Legal + Financial

- Assume responsibility of finances as early as possible
- Consult + confer with an elder law attorney
 - **Discuss POA, Review Will, Review Living Trust**
- Create a medical directive/Plan for Care as disease progresses
- Trigger Long Term Care Insurance (if applicable)
- Notify banks + financial institutions that an account holder has dementia
- Apply for Medicare/Medicaid (if applicable)
- Apply for Social Security Disability

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Safety

- Assess the home and property for fall risks (stairs, inclines, etc)
- Consider scheduling a driving assessment - written/behind the wheel
- If wandering is an issue, install alarms on doors and windows
- Consider a tracking bracelet
- Lock up chemicals and cleaning products
- Monitor internet use, accessibility to information, etc.
- Notify local police/sheriffs office of your loved ones diagnosis if behavior justifies

Notes
