

Perspectives on Care



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**ROCKY MOUNTAIN
NEUROBEHAVIORAL ASSOCIATES**

Find your Lighthouse (s)



- **Connect with Ongoing Guidance, Care Resources and Emotional Support:**
 - Request a referral for resource navigation
 - Social worker, Care/Case Manager
 - Local Social Service Agencies
 - AFTD helpline and AFTD Telephone Groups
 - Support Groups
 - Online Community

Legal and Financial Planning



- Meet with an Elder Law Attorney to discuss Legal and Financial Planning, Medicaid Planning, Guardianship
- If under age 65, apply for Social Security Disability Insurance (SSDI). Medicare Eligibility 2 years later.
- If eligible, inquire about Veteran's Benefits.
- If you have Long Term Care Insurance, find out what your plan provides.
- FMLA available to family members
- Begin gathering information about future care options and cost of care. (www.Genworth.com)

Balance Independence with Safety



- “I have PPA/bvFTD card”
- If concerned, Request a driving evaluation from physician
- Remove or safely store any firearms in the home.
- If judgment is impaired, monitor credit cards, bank accounts, investments, internet, scams
- Consult with Occupational Therapist for home safety eval.
- Consult with Physical Therapist for changes in balance, gait
- Request a referral for a geriatric psychiatrist if there are changes in mood.
- If there are disagreements around these safety issues, seek the help of professionals on your care team
- Efforts focus on adjustment to changes, not convincing

Adapt Communication and Expectations



- Request a referral for a Speech and Language Pathologist
- Accept that and Plan for things to take more time.
- S.T.O.P Exercise
- For people with difficulty communicating, consider alternative therapies for like Art Therapy or Music Therapy as a form of emotional expression.
- At the end of the day, take a moment to think about what went well that day, what strengths remain, and moments of connection and laughter.

Balance Engagement with Respite and Safety



- **Establish a predictable and familiar daily routine.**
- **Brain Health Suggestions***
 - Regular exercise, Healthy diet, Sufficient sleep, Manage mood, Stay socially connected and Mentally engaged.
 - In cases of Apathy, Passive Participation is ok.
- **Increase Engagement with Additional Care**
 - Regular Visits from Family, neighbors and friends
 - Creative arts based interventions like music, painting, dance.
 - Early Dementia Programs
 - In-Home Companion Care (Private Pay or LTC)
 - Adult Day Programs (Private Pay, Medicaid, LTC)

When is it time?



- You do not have to make this decision alone.
- Consider Changes in Care when either:
 - Diagnosed Person's safety, health and wellbeing at risk
 - Family's safety, health and wellbeing at risk
- Speak with FTD/PPA families who used services you are considering.
- As you prepare for a transition to another level of care, remember the focus is on helping to support the person as they adjust to the change, not convincing them of the change.

Tend To, Fill up and Send out your Signal



- Consider individual counseling for support around feelings of grief, guilt, sadness, anger, loneliness, fear.
- Set intentions to access what fills you up & Centers you.
- Be specific when asking for help
- Access The AFTD Comstock Respite Care Grant (\$500/year) and Quality of Life Grants (\$500/year)
- Reconciling Both/And