

You're *Not* Alone

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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.
- Read *The 36-Hour Day* by Mace and Rabins.
- Refer to the www.Alzheimers.org 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.
- Go to www.PlanningAndProtecting.com where you can find more helpful information, including podcasts on topics, a forum and a list of elder law attorneys.
- Schedule a consultation with our office to complete your estate and long-term care planning.

