

Dementia: Personal Action Plan

Date: _____

At your appointment today, you and your healthcare team discussed your memory problems and made a plan to help you stay healthy. Your plan includes things to do with your healthcare team and things to do at home.

A care provider will help you fill out this personal action plan to help you keep track of your progress at home.

Treatment guidelines

- Go to your follow-up appointments.**
- Regularly have your vision, hearing, speech, and swallowing tested.** When your senses are impaired, your brain has a harder time processing information, which makes thinking more difficult. Treating vision, hearing, and swallowing problems helps you function better and delay the progression of memory loss.
- Work with your doctor to manage other medical conditions.** Other health problems can make your memory problems worse if not well managed.
- Plan ahead.** Talk to your doctor and your family about advance care planning. Learn the steps you can take to make your wishes known about the care you receive and your living situation. Ask your doctor for a copy of Intermountain’s booklet: ***Advance Care Planning***.

My personal goals for managing dementia:



My next appointment with my doctor is:

Bring this plan to your appointment.

Other resources

Care manager name and phone:

Local clinic phone and website:

Other consultants or providers:

Intermountain patient education

Check what you received, and record the **date**.

- Mild Cognitive Impairment* _____
- Dementia: First Steps after Diagnosis* _____
- Alzheimer’s Resources: Utah and Southern Idaho* _____
- The Mediterranean Diet* _____
- LiVe Well, Move More* _____
- Advance Care Planning* _____

Online resources

- **Alzheimer’s Association:** alz.org
- **Community Resource Finder:** communityresourcefinder.org
- **Alzheimer’s Navigator:** alzheimersnavigator.org
- **LiVe Well:** intermountainhealthcare.org/services/wellness-preventive-medicine/live-well/

MANAGING MEDICINES — Your doctor will need to regularly review the medicines you take to make sure they aren't making thinking problems worse.

You might also need to take new medicines that could help slow down your memory loss. This will depend on your type of dementia.

In the space below, list all the medicines you currently take (even over-the-counter medicines and vitamins or supplements). Take all medicines exactly as your healthcare provider directs.

- | | | |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Possible problems with taking my medicines as prescribed:

Things I will do to help me with taking my medicines as prescribed:

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> Use pill boxes | <input type="checkbox"/> Identify someone to help with medicines | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Set alerts on my phone | <input type="checkbox"/> Keep a current list of medicines | _____ |
| | | _____ |

EATING BRAIN-HEALTHY FOODS — Eating a well-balanced, healthy diet is one of the best things you can do to help your brain. Choose 1 or 2 things to work on each week.

To make sure I eat healthy, I will:

- Eat regular, healthy meals each day.
- Use the ***LiVe Well, Eat Well*** fact sheet to learn ways to eat healthy.
- Try following the ***Mediterranean Diet***.
- Make an appointment with a registered dietitian nutritionist (RDN).
- Other: _____

Possible problems for meeting my eating plan goals are:

Things that will help me meet my eating plan goals are:

MOVING MORE — Getting some exercise each day is another good way to help your brain. Choose just 1 or 2 exercise goals to work on each week.

To increase my physical activity, I will:	Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> Exercise for at least 30 minutes, 3 days a week by getting started with one of these resources: <ul style="list-style-type: none"> • LiVe Well (intermountainhealthcare.org/services/wellness-preventive-medicine/live-well) • Silver Sneakers — by Trinity Health (silversneakers.com) 				
<input type="checkbox"/> Start exercise slowly, and progress gradually.				
<input type="checkbox"/> Find an exercise partner.				
<input type="checkbox"/> Ask my doctor if physical therapy could help.				
<input type="checkbox"/> Other: _____				

MAKING LIFESTYLE CHANGES — Reducing stress, being social, and getting enough rest can help your brain function better. Choose 1 or 2 lifestyle goals to work on each week.

To reduce stress, I will:	Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> Ask for support from family and friends.				
<input type="checkbox"/> Limit obligations to 1 or 2 that mean the most to me.				
<input type="checkbox"/> Identify and make time for 1 or 2 activities that bring me joy.				
<input type="checkbox"/> Stay socially active by: _____				
<input type="checkbox"/> Ask my provider about seeing a Mental Health Integration (MHI) specialist.				
To get enough rest, I will:	Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> Get 7 to 9 hours of sleep each night.				
<input type="checkbox"/> Establish a restful bedtime routine (no TV, warm bath, etc.).				
<input type="checkbox"/> Tell my care team if I have trouble sleeping.				
Possible problems for meeting my lifestyle goals are: _____				
Things that will help me meet my lifestyle goals are: _____				

BEING SAFE

I will talk to my care team about safety in these areas:

- | | |
|---|--|
| <input type="checkbox"/> Finances (banking, online purchases, identity protection, etc.) | <input type="checkbox"/> Falls risk |
| <input type="checkbox"/> Taking sleeping pills (these may be harmful for those with dementia) | <input type="checkbox"/> Driving |
| | <input type="checkbox"/> Supervision at home |

Possible problems for meeting my safety goals are:

Things that will help me meet my safety goals are:

MAKING ADVANCED CARE PLANS — Recording your preferences for care decisions gives you and your loved ones peace of mind. Choose 1 or 2 things to work on each week.

- Ask your care provider for a copy of Intermountain's **Advance Care Planning** booklet, and review it with your family.
- Complete a POLST (explained in the booklet) with your doctor, and store it in a safe place.
- Choose someone to be your healthcare agent (also explained in the booklet).
- Talk to your loved ones about your advanced care documents and where they are stored.
- Make your family aware of your preferences for care and living arrangements.
- Other: _____

Possible problems for meeting my advance care planning goals are:

Things that will help me meet my advance care planning goals are:

LEARNING MORE — Knowledge is power. Learn more from dementia books, websites or classes. Just be sure to get your information from trusted sources. Choose 1 or 2 resources to check out each week.

- The Alzheimer's Association (alz.org)
- Medline Plus health topics (medlineplus.gov/healthtopics)
- Alzheimer's Disease Education and Referral Center (nia.nih.gov/alzheimers/about-adear-center)
- Local support groups (see the fact sheet: *Alzheimer's Resources: Utah and Southern Idaho*)

Possible problems for meeting my learning goals are:

Things that will help me meet my learning goals are:

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