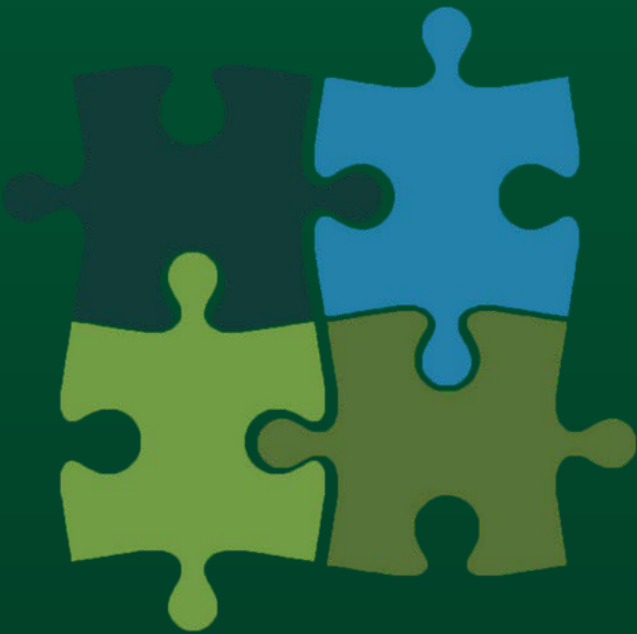


SIMPLY CARING

For Someone with Memory Loss



- 1 First Step
Pre-Planning Guide
- 2 What Are the Options
For Care?
- 3 Future Planning

Putting the Alzheimer's Puzzle Together.

FIRST STEP PRE-PLANNING GUIDE

I have built my Dementia Practice by helping families through coaching and caring. Almost Home's philosophy is: *Life.Celebrated Daily*. The foundation of our Coach and Care is **SAFETY** First. Our Program of Care is built on **S**afety, structure, socialization and support. **A**ttention to needs, **F**riends, **E**ducation, **T**raining and **Y**ou, the caregiver, are all part of our care strategies.

Jamie Glavich

Legal Matters

___ **Health Care Surrogate**

Who do you want to make your health care decisions if you are suddenly unable?

___ **Durable Power of Attorney and Pre-Guardianship Appointment**

Who would you like to be your Guardian if you were unable to care for yourself?

Who would you like to step in to help you if you could not help yourself?

___ **Living Will**

Are your preferences for living and advanced care planning, defined, documented and communicated to your family?

___ **Estate Planning -Will**

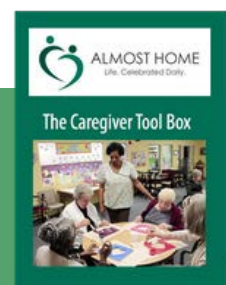
Have you established a Last Will and Testament and had it registered with the court?

___ **Financial Designee to help pay bills and manage money**

Do you have another signer on your checking account and other financial accounts? Do you have a list of your accounts and how they are accessed?

___ **Do you have a list of your re-occurring bills? (phone, car, mortgage, cable)**

**For a Downloadable Digital Guide
Visit SimplyBePrepared.com**



Family Matters

__Back up plans

If a crisis happens such as a hurricane or fire, or medical crisis, what is the family back up plan? Who helps? Make a list of items to throw in a suitcase in case of an emergency evacuation. (medicines, clothing, snacks, water, important papers)

__Do you have a list of doctors, allergies, major illnesses and surgeries all in one place? Do you have a list of critical health appointments?

__Who is your I.C.E. ("in case of emergency")? Is it plugged into your cell phone?

__Do you have your insurance policies all in one place? (House, medical, life, care, prescription)

__Do you know the signs of Memory Impairment?



JAMIE GLAVICH, CEO

Almost Home founder and owner Jamie Glavich learned the hard lessons many years ago about caring for her mother who had early on-set Alzheimer's. Her mother was young and had challenging behaviors and it was impossible to find a residential program that would care for her. So, Jamie opened her own.

- 30 years experience working with families of those afflicted with Alzheimer's
- Certified Dementia Practitioner
- Coaching, care guidance, education
- Assisted living and adult day care programs
- Partnerships in the Community
- Author book series, "Simply Caring"

Learn More at JamieGlavich.com

WHAT ARE THE OPTIONS FOR CARE?



1. Family and Friends

They usually have continually active lifestyles of their own and their commitment level is not always reliable or flexible.

Frequently there is a lack of understanding about the disease and tend to be untrained about caregiving in general. Making a calendar and schedule is a must.

2. Home Companion Services and Home Health Agencies

Companion services can be hired to come to your home and sit with your loved one, and they may be able to help with some housekeeping.

Make sure when you are interviewing one, that you know the extent of how they are capable and trained to help with personal care.

3. Adult Day Care Program

A day program usually operates Monday through Friday. Socialization, exercise programs, a variety of therapies such as art and music all help with brain stimulation, physical wellness, and fun.

The day program also includes meals, snacks, and personal care. You will have experienced, trained, and reliable staff become part of your caregiving team.

4. Assisted Living Facilities (ALF)

This next transition would be to an assisted living facility. There are a variety of care philosophies in the many models, and many price ranges.

Each assisted living facility determines what level of care they will provide, within the state regulations, and what price will be charged to the consumer.

FREE AUDIO GUIDE FOR CAREGIVERS



Tune-in To Jamie's Audiobook and learn the answers to the questions you may be facing.

How do I put the pieces of the Alzheimer's puzzle together?
How do I communicate and visit with my loved one?
The day is almost over, what next?
How do I start the day as a caregiver?
How do I get through the day & what is Sundowning?
What specific caregiving matters do I need to know?

FREE CAREGIVER RESOURCES



- Home Safety Checklist
- Advanced Care Planning Document
- Caregiver's Toolkit
- Pain Scale Guide
- 101 Things To Do With a Person Who Has Alzheimer's

Register This Guide at
SimplyBePrepared.com/Tools
 And Receive These Helpful Resources.



ALMOST HOME DAYBREAK

Adult day program specializing in care for those with Alzheimer's or similar memory loss.

Established in 1989.
A not-for-profit 501 c 3.



Almost Home DayBreak Adult Day Center

3604 Cardinal Point Drive
Jacksonville, FL 32257
License 9109

904-731-4002

Call Schedule a Tour

OR

Watch Our Virtual Tour Online



- Activities focus on socialization, fun and exercise.
- Puzzles, painting, sing-a-longs.
- Community involvement through interns and volunteers.
- Fun includes group games, independent work and exercise.
- Stimulating music creates inside joy and uplifts the spirit.

Our motto is **SAFETY First**. We provide a secured environment.

If care needs increase or become challenging at home, ask about our assisted living facilities.

We Accept:

- Private pay
- Medicaid funding
- Other state funding sources



ALMOST HOME ASSISTED LIVING

Specialized care for people with Alzheimer's and other forms of memory loss. Home like environment for 14 residents.



Almost Home Assisted Living

9664 Hood Road
Jacksonville, FL 32257
License AL7872

904-292-9600

Call Schedule a Tour
OR

Watch Our Virtual Tour Online



Almost Home Beaches Assisted Living

100 W. 1st Street
Atlantic Beach, FL 32233
License AL9590

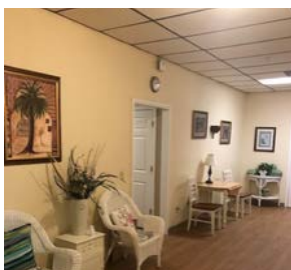
904-249-3233

Call Schedule a Tour
OR

Watch Our Virtual Tour Online



- We provide a peaceful and supportive home for those needing help with personal care.
- We are Home. You never need to move again.
- We encourage personalization of your space.



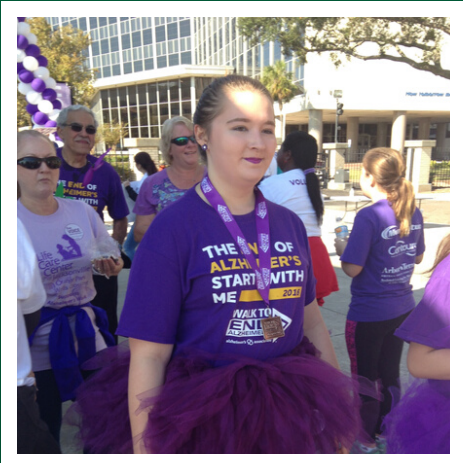
- Mealtime is important. Staff will encourage and monitor eating and drinking.
- Activities encourage socialization, fun and exercise.
- Secured environment.
- Attention to needs.



Need Advice? Schedule a Free Consultation at AlmostHomeSeniorServices.com/Consult



Adult Day Care | Assisted Living | Coaching & Care



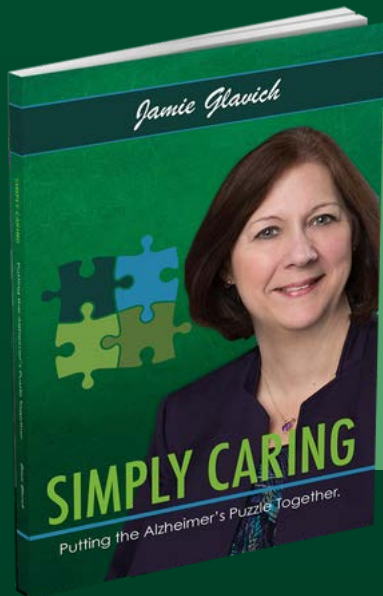
Community



Family



Education



FREE BOOK FOR CARE GIVERS

Visit SimplyCaringBook.com and Download a Free Chapter of *Simply Caring - Putting the Alzheimer's Puzzle Together*

Jamie Glavich's Complete Guide For Caring For Those with Memory Loss

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