



YOUR NEXT STEP

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DEMENTIA / ALZHEIMER'S EARLY SUPPORT CHECKLIST

Recognize and Plan Early

Early recognition and planning can help your loved one live well
and give your family the support you need.



1. NOTICING CHANGES

- Memory loss affecting daily life
- Confusion or trouble with familiar tasks
- Changes in mood or behaviour



*Trust your instincts.
Noticing changes
early can make a
big difference.*



2. MEDICAL SUPPORT

- Speak with a doctor
- Request assessment or testing
- Keep a record of symptoms



*A professional
evaluation can
provide answers
and next steps.*



3. GETTING HELP

- Contact local support organizations
- Learn about available programs
- Ask about caregiver support



*You don't have
to do this alone.
Help is available
in your community.*



4. HOME SAFETY

- Remove hazards and simplify layout
- Label important areas if needed
- Ensure good lighting



*A safe, simple
home helps
reduce confusion
and prevents
accidents.*



5. FAMILY COMMUNICATION

- Inform close family members
- Plan for future care needs
- Share responsibilities



*Open conversations
build understanding,
support, and
stronger connections.*



Remember: Small steps today can make
a big difference tomorrow.
You are not alone.



Reach out, ask questions,
and accept help.
Your loved one's well-being
matters.



YOUR NEXT STEP
Resources for Life's Transitions

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Helping Seniors and
Families Make Confident
Decisions for a Better
Tomorrow.