



MY LOVED ONE HAS DEMENTIA.... NOW WHAT???

A TYPICAL CAREGIVER'S JOURNEY

Recommended Action:

Stage 1

"Oh, it's just him/her getting older."
(Making excuses, but starting to worry)

Pay attention



Stage 2

"Hmmm... I better get this checked out."
(Going to the doctor and getting a diagnosis)

Get the diagnosis



Stage 3

"It's not that bad!"
(Denial)

Call Alice's Clubhouse



Stage 4

"Shhhhh... don't tell anyone!"
(Shame)

Call Alice's Clubhouse



Stage 5

"I can do this!!"
(Being the loving superhero)

Call Alice's Clubhouse



Stage 6

"I need help!"
(Check out Alice's Clubhouse)

Call Alice's Clubhouse