

# Care Planning in the Earlier Stages of Alzheimer's

## Knowing Early Can Be Empowering

An Alzheimer's diagnosis in the earlier stages can feel overwhelming, but it can also open the door for those who are diagnosed to have clarity, choice, control and a new understanding of what's possible.

### Why Early Care Planning Matters

When Alzheimer's is identified in its earlier stages, people living with the disease have more options and more agency. Early care planning allows these individuals to:



Have a voice in future decisions about healthcare, finances and daily living



Access treatment, care, support and services sooner



Clarify preferences in advance for loved ones



Stay engaged at work, at home and in the community for as long as possible

## Key Steps in Early Care Planning

### Start the Conversation Early

Talking openly before symptoms progress allows individuals living with the earlier stages of Alzheimer's to express what matters most to them and how they want to live. This includes preferences around care, independence and quality of life.

These conversations can happen gradually and evolve over time.

### Build a Care Team

Care planning works best when it is shared. A care team may include:

- Family members or trusted friends
- Healthcare providers
- Social workers or care navigators
- Legal or financial advisors

Each part of the care team plays a role in supporting both the individual living with Alzheimer's and their caregivers, helping everyone move forward with greater clarity and confidence.

## Plan for Health and Medical Care

Early planning may include:

- Discussing treatment options and clinical trial opportunities
- Identifying a healthcare proxy or power of attorney
- Creating or updating advance care plans

These steps help ensure medical care decisions align with personal values.

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## Prepare Financially and Legally

Putting plans in place early can prevent confusion later.

This may include:

- Reviewing insurance and benefits
- Organizing financial accounts and documents
- Establishing legal protections

Early preparation helps safeguard stability, independence and peace of mind for both individuals living with Alzheimer's and their families.

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## Support Daily Life and Independence

Care planning also focuses on today, not just the future, supporting individuals in living intentionally during the earlier stages of Alzheimer's.

This includes:

- Identifying tools or routines that support memory and organization
- Planning for transportation, work accommodations or home safety
- Connecting with community resources and support groups

Small adjustments early can make a meaningful difference.

Knowing early can be empowering, because with the right information, support and planning, individuals living with the earlier stages of Alzheimer's can navigate their next steps with greater clarity and confidence.



To learn more about the earlier stages of Alzheimer's and hear from people living with the disease, visit [ThisisALZ.com](https://thisisalz.com).

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#### SOURCES

[alz.org/help-support/i-have-alz/plan-for-your-future/building\\_a\\_care\\_team](https://alz.org/help-support/i-have-alz/plan-for-your-future/building_a_care_team)  
[alz.org/help-support/i-have-alz/plan-for-your-future/financial\\_planning](https://alz.org/help-support/i-have-alz/plan-for-your-future/financial_planning)