Sources by Fact

While You Can Still Decide: After a Diagnosis of Memory Loss. Book 6 of The Sitting Room Series.

This list matches each fact in the book to its sources, chapter by chapter. The book itself lists each source once, with the chapters that use it. Websites were checked in October 2026. Pages move and change, so search for the title if a web address no longer works.

1. Who This Book Is For and How to Use It

The Alzheimer's Association 24/7 Helpline, free, any hour

Alzheimer's Association. "24/7 Helpline." alz.org/help-support/resources/helpline

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help." 988lifeline.org/get-help

Quotation on the notes page

Seneca. Moral Letters to Lucilius, Letter 1, section 2. Translated by Richard M. Gummere (Loeb Classical Library, 1917). Text checked at pages.pomona.edu/~cmc24747/sources/seneca/sen_ep_1.htm

2. What the Diagnosis Means

What mild cognitive impairment is; not everyone with MCI develops dementia; some stay stable or return to normal; 10 to 15 percent a year develop dementia; recheck every six months

Alzheimer's Association. "Mild Cognitive Impairment (MCI)." alz.org/alzheimers-dementia/what-is-dementia/related_conditions/mild-cognitive-impairment

What dementia is; Alzheimer's is the most common cause, 60 to 80 percent of cases

Alzheimer's Association. "What Is Dementia?" alz.org/alzheimers-dementia/what-is-dementia

In the early stage of Alzheimer's a person may still live independently, drive, work, and take part in social activities

Alzheimer's Association. "Stages of Alzheimer's." alz.org/alzheimers-dementia/stages

Low vitamin B12: older adults absorb less from food; confusion and poor memory

NIH Office of Dietary Supplements. "Vitamin B12 Fact Sheet for Consumers." ods.od.nih.gov/factsheets/VitaminB12-Consumer

Hypothyroidism, medicines and combinations of medicines, heavy drinking, a brain tumor, depression, stress, and anxiety can cause forgetfulness or confusion

Mayo Clinic. "Memory Loss: When to Seek Help." mayoclinic.org/diseases-conditions/alzheimers-disease/in-depth/memory-loss/art-20046326

Alzheimer's Association. "What Is Dementia?" alz.org/alzheimers-dementia/what-is-dementia

Dehydration can cause confusion; some people lose their sense of thirst with age

MedlinePlus, U.S. National Library of Medicine. "Dehydration." medlineplus.gov/dehydration.html

Digoxin building up in the body; confusion as a sign

MedlinePlus, U.S. National Library of Medicine. "Digitalis Toxicity." medlineplus.gov/ency/article/000165.htm

Infections such as urinary tract infection and pneumonia cause delirium in older adults

MedlinePlus, U.S. National Library of Medicine. "Delirium." medlineplus.gov/ency/article/000740.htm

Neurosyphilis: confusion and poor concentration

MedlinePlus, U.S. National Library of Medicine. "Neurosyphilis." medlineplus.gov/ency/article/000703.htm

Normal pressure hydrocephalus: walking, bladder control, thinking; usually treated with a shunt

MedlinePlus, U.S. National Library of Medicine. "Normal Pressure Hydrocephalus." medlineplus.gov/ency/article/000752.htm

Subdural hematoma: may follow a minor head injury in older adults, may go unnoticed for days; confusion and memory problems

MedlinePlus, U.S. National Library of Medicine. "Subdural Hematoma." medlineplus.gov/ency/article/000713.htm

A series of small strokes, some silent, can lead to problems with thinking and memory

MedlinePlus, U.S. National Library of Medicine. "Vascular Dementia." medlineplus.gov/ency/article/000746.htm

Parkinson's disease and Lewy body dementia affect thinking and memory

National Institute of Neurological Disorders and Stroke. "Lewy Body Dementia." ninds.nih.gov/health-information/disorders/dementia-lewy-bodies

National Institute of Neurological Disorders and Stroke. "Parkinson's Disease." ninds.nih.gov/health-information/disorders/parkinsons-disease

Depression often responds to treatment

MedlinePlus, U.S. National Library of Medicine. "Depression." medlineplus.gov/ency/article/001521.htm

Untreated sleep apnea: breathing stops and restarts, daytime sleepiness, trouble remembering and concentrating

National Heart, Lung, and Blood Institute. "Sleep Apnea." nhlbi.nih.gov/health/sleep-apnea

Delirium and its causes, including infections, medicines, and changes in body chemistry; a urinary tract infection can come with confusion in an older adult, but confusion alone does not prove one

MedlinePlus, U.S. National Library of Medicine. "Delirium." medlineplus.gov/ency/article/000740.htm

MedlinePlus, U.S. National Library of Medicine. "Urinary tract infection - adults." medlineplus.gov/ency/article/000521.htm

American Family Physician. "Asymptomatic Bacteriuria," July 15, 2020, summarizing the 2019 Infectious Diseases Society of America guideline. aafp.org/afp/2020/0715/p99.html

Medicare Part B's cognitive assessment and care plan visit: what it includes, who may come, and what you pay

Medicare.gov. "Cognitive Assessment and Care Plan Services." medicare.gov/coverage/cognitive-assessment-care-plan-services

The Alzheimer's Association Helpline

Alzheimer's Association. "24/7 Helpline." alz.org/help-support/resources/helpline

Quotation on the notes page

Proverbs 18:15. King James Version (1611). biblegateway.com/verse/en/Proverbs%2018%3A15

3. Treatment, Research, and Care

Leqembi and Kisunla: approved for Alzheimer's disease, started only at the stage of mild cognitive impairment or mild dementia, after amyloid is confirmed

U.S. Food and Drug Administration. "FDA Converts Novel Alzheimer's Disease Treatment to Traditional Approval." July 6, 2023. fda.gov/news-events/press-announcements

U.S. Food and Drug Administration. "FDA Approves Treatment for Adults with Alzheimer's Disease." July 2, 2024. fda.gov/drugs/news-events-human-drugs/fda-approves-treatment-adults-alzheimers-disease

U.S. Food and Drug Administration. Prescribing information for Leqembi and Kisunla. accessdata.fda.gov

ARIA, the boxed warning, MRI monitoring, and ApoE4 testing before treatment

U.S. Food and Drug Administration. Prescribing information for Leqembi and Kisunla. accessdata.fda.gov

U.S. Food and Drug Administration. "FDA Approves Treatment for Adults with Alzheimer's Disease." July 2, 2024. fda.gov/drugs/news-events-human-drugs/fda-approves-treatment-adults-alzheimers-disease

How each drug is given, and the July 2026 at-home starting dose of Leqembi

Alzheimer's Association. "Medications for Memory, Cognition and Dementia-Related Behaviors." alz.org/alzheimers-dementia/treatments/medications-for-memory

U.S. Food and Drug Administration. "FDA Approves First At-home Starting Dose for Alzheimer's Disease Treatment." July 13, 2026. fda.gov/drugs/news-events-human-drugs/fda-approves-first-home-starting-dose-alzheimers-disease-treatment

Donepezil, rivastigmine, galantamine, and memantine treat symptoms for a limited time and do not stop the damage

Alzheimer's Association. "Medications for Memory, Cognition and Dementia-Related Behaviors." alz.org/alzheimers-dementia/treatments/medications-for-memory

The drugs slow decline and are not a cure

Alzheimer's Association. "Medications for Memory, Cognition and Dementia-Related Behaviors." alz.org/alzheimers-dementia/treatments/medications-for-memory

Alzheimer's Association. "Mild Cognitive Impairment (MCI)." alz.org/alzheimers-dementia/what-is-dementia/related_conditions/mild-cognitive-impairment

The Clinical Trials Finder at alzheimers.gov

National Institute on Aging. "Alzheimer's Disease Fact Sheet." nia.nih.gov/health/alzheimers-and-dementia/alzheimers-disease-fact-sheet

Alzheimers.gov. "Clinical Research: Frequently Asked Questions." alzheimers.gov/clinical-trials/frequently-asked-questions

The GUIDE program: services, respite up to a yearly limit, who qualifies, that Medicare Advantage enrollees cannot join, and finding a participating doctor

Centers for Medicare & Medicaid Services. "GUIDE (Guiding an Improved Dementia Experience) Model." Last modified August 11, 2026. cms.gov/priorities/innovation/innovation-models/guide

Centers for Medicare & Medicaid Services. "Guiding an Improved Dementia Experience (GUIDE) Model: Information for Patients and Caregivers." cms.gov/priorities/innovation/files/guide-model-patient-caregiver-fs.pdf

Centers for Medicare & Medicaid Services. "Guiding an Improved Dementia Experience (GUIDE) Model" (overview fact sheet). cms.gov/files/document/guide-model-overview-fs.pdf

Quotation on the notes page

Hippocrates. Aphorisms, Section I, 1. Translated by Francis Adams (1849). MIT Internet Classics Archive, classics.mit.edu/Hippocrates/aphorisms.mb.txt

4. Grieving the Future You Planned

Depression is very common in people living with Alzheimer's, especially in the early and middle stages, and treatment can help

Alzheimer's Association. "Depression." alz.org/help-support/caregiving/stages-behaviors/depression

Depression and stress can make a person more forgetful

National Institute on Aging. "Forgetfulness: Knowing When to Ask for Help." December 2020. order.nia.nih.gov/sites/default/files/2021-01/forgetfulness-when-to-ask-for-help.pdf

Signs of depression lasting two weeks or more

National Institute of Mental Health. "Depression." nimh.nih.gov/health/publications/depression

988 by call, text, or chat, any hour

988 Suicide and Crisis Lifeline. "Get Help." 988lifeline.org/get-help

Alzheimer's Association support groups, in person and online, including early-stage groups in many places

Alzheimer's Association. "Support Groups." alz.org/help-support/community/support-groups

Quotation on the notes page

William Shakespeare. Macbeth, Act IV, Scene iii. Project Gutenberg, gutenberg.org/cache/epub/1533/pg1533-images.html

5. Telling People

Quotation on the notes page

Proverbs 25:11. King James Version (1611). kjvstudy.org/book/Proverbs/chapter/25/verse/11

6. What to Put in Place Now

A diagnosis of memory loss does not by itself end legal capacity; sign while able to understand; the capacity required varies by paper; a lawyer can advise

Alzheimer's Association. "Planning Ahead for Legal Matters." alz.org/help-support/caregiving/financial-legal-planning/planning-ahead-for-legal-matters

Guardians and conservators are appointed and overseen by Georgia's probate court

O.C.G.A. (Georgia Code). Sections 29-4-1 and 29-5-1, guardianship and conservatorship of adults. Unofficial online text, Justia: law.justia.com/codes/georgia/title-29

Council of Probate Court Judges of Georgia. gaprobate.gov

Advance directives name a health care agent and record treatment wishes; free state forms from AARP and CaringInfo

National Institute on Aging. "Advance Care Planning" and "Advance Care Planning: Advance Directives for Health Care." nia.nih.gov/health/advance-care-planning

AARP. "Free Advance Directive Forms by State." aarp.org/caregiving/financial-legal/free-printable-advance-directives

National Alliance for Care at Home. CaringInfo, "Advance Directives by State." caringinfo.org/planning/advance-directives/by-state

The Georgia Advance Directive for Health Care: what it does, where to get it free, and that you can fill it in yourself

Georgia Department of Human Services, Division of Aging Services. "Georgia Advance Directive for Health Care" (explainer and form). aging.georgia.gov/node/121

O.C.G.A. (Georgia Code). Section 31-32-5, Advance directive for health care. Unofficial online text, Justia: law.justia.com/codes/georgia/title-31/chapter-32/section-31-32-5

Georgia POLST: a physician order, available at any time after a diagnosis of dementia or another progressive disease affecting memory and thinking

O.C.G.A. (Georgia Code). Section 31-1-14, Physician Orders for Life-Sustaining Treatment. Unofficial online text, Justia: law.justia.com/codes/georgia/title-31/chapter-1/section-31-1-14

Georgia Department of Public Health. "POLST" form (revised April 19, 2016). dph.georgia.gov/POLST

HIPAA authorizations

Code of Federal Regulations. "45 CFR 164.508, Uses and disclosures for which an authorization is required." ecfr.gov

U.S. Department of Health and Human Services, Office for Civil Rights. "A Health Care Provider's Guide to the HIPAA Privacy Rule: Communicating with a Patient's Family, Friends, or Others Involved in the Patient's Care." hhs.gov/sites/default/files/provider_ffg.pdf

Powers of attorney, durable powers, and Georgia's 2017 law and statutory form; durable unless it says otherwise

O.C.G.A. (Georgia Code). Chapter 10-6B, Uniform Power of Attorney Act (sections 10-6B-2, 10-6B-4, 10-6B-70). Unofficial online text, Justia: law.justia.com/codes/georgia/title-10/chapter-6b

O.C.G.A. (Georgia Code). Section 10-6B-4, power of attorney is durable (2025). Unofficial online text, Justia: law.justia.com/codes/georgia/title-10/chapter-6b/article-1/section-10-6b-4

A power of attorney does not cover federal payments; a representative payee must be appointed

Social Security Administration. "Frequently Asked Questions for Representative Payees." ssa.gov/payee/faqrep.htm

Advance designation of up to three representative payees, online, by phone, or at an office

Social Security Administration. "Advance Designation of Representative Payee." ssa.gov/payee/advance_designation.htm

Older adults with cognitive decline and financial exploitation; brokerage trusted contacts and what they cannot do; banks and credit unions that offer trusted contacts

FINRA. "Protecting Older Investors From Financial Exploitation." July 15, 2025. finra.org/investors/insights/older-investors-financial-exploitation

FINRA. Rule 4512, Supplementary Material .06, and "Trusted Contact" Investor Insights. finra.org

Consumer Financial Protection Bureau. "Choosing a Trusted Contact Person Can Help You Protect Your Money." November 2021. files.consumerfinance.gov/f/documents/cfpb_trusted-contacts-consumers_2021-11.pdf

Bank alerts for low balances and possible fraud

Federal Deposit Insurance Corporation. "FDIC Consumer News: Banking at the Speed of Technology." October 2019. fdic.gov/consumers/consumer/news/october2019.html

Finding an elder law attorney or legal aid; Georgia Senior Legal Aid, statewide for people 60 and older, 404-389-9992; Georgia's Elderly Legal Assistance Program, numbers by county

National Academy of Elder Law Attorneys. "Find a Lawyer." naela.org/findlawyer

Legal Services Corporation. "Get Legal Help" and "What Is Civil Legal Aid?" lsc.gov

Georgia Department of Human Services, Division of Aging Services. "Elderly Legal Assistance Program." aging.georgia.gov/tools-resources/elderly-legal-assistance-program

Atlanta Legal Aid Society. "Get Help" and "Contact." atlantalegalaid.org

Quotation on the notes page

Proverbs 27:1. King James Version (1611). biblegateway.com/verse/en/Proverbs%2027:1

7. Work and Money

The ADA: employers with 15 or more employees, the definition of disability, reasonable accommodations, and asking for one

U.S. Equal Employment Opportunity Commission. "The ADA: Your Employment Rights as an Individual With a Disability." eeoc.gov/publications/ada-your-employment-rights-individual-disability

Medicare and Medigap do not pay for long-term care; Medicaid may if you qualify

Medicare.gov. "Long-Term Care." medicare.gov/coverage/long-term-care

Social Security Disability Insurance: work covered by Social Security, and a condition expected to last at least a year or to end in death

Social Security Administration. "How Does Someone Become Eligible?" ssa.gov/benefits/disability/qualify.html

Compassionate Allowances, faster decisions, and the dementias on the list

Social Security Administration. "Compassionate Allowances" and "Complete List of Conditions." Updated August 2026. ssa.gov/compassionateallowances

Social Security's phone number

Social Security Administration. "Contact Social Security by Phone." ssa.gov/agency/contact/phone.html

Scam warning signs: unexpected requests for personal information, gift cards, and pressure to act right away

Federal Trade Commission. "How To Avoid a Scam" and "Only Scammers Tell You to Buy a Gift Card to Pay Them." consumer.ftc.gov

The National Elder Fraud Hotline

U.S. Department of Justice, Office for Victims of Crime. "National Elder Fraud Hotline." ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope

Adult Protective Services through the Eldercare Locator; Georgia APS, option 3

Eldercare Locator, U.S. Administration for Community Living. "Contact Information." eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Georgia Department of Human Services, Division of Aging Services. "Adult Protective Services." aging.georgia.gov/adult-protective-services

Quotation on the notes page

Ecclesiastes 9:10. King James Version (1611). biblegateway.com/verse/en/Ecclesiastes%209:10

8. Driving

Some people in the early stage can keep driving for a time; driving becomes less safe as the disease goes on; judgment, reaction time, and finding the way; state laws differ

National Institute on Aging. "Driving Safety and Alzheimer's Disease." nia.nih.gov/health/safety/driving-safety-and-alzheimers-disease

Alzheimer's Association. "Dementia and Driving." alz.org/help-support/caregiving/safety/dementia-driving

Signs to pay attention to

National Highway Traffic Safety Administration. "Driving Safely While Aging Gracefully." nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully

Driving evaluations, what they include, talking with your doctor, cost, and the ADED directory

Association for Driver Rehabilitation Specialists. "Frequently Asked Questions." aded.net/page/FAQs

National Highway Traffic Safety Administration. "Driving Safely While Aging Gracefully." nhtsa.gov/older-drivers/driving-safely-while-aging-gracefully

Georgia: physicians may report and are not required to; reports are confidential; Request for Driver Review, DDS-270; no anonymous requests; age alone does not decide

O.C.G.A. (Georgia Code). Section 40-5-35, reports by physicians and others. Unofficial online text, Justia: law.justia.com/codes/georgia/title-40/chapter-5/article-2/section-40-5-35

Georgia Department of Driver Services. "Request for Driver Review (DDS-270)." Revised June 2025. dds.georgia.gov

The MyMobility Plan

Centers for Disease Control and Prevention. "MyMobility Plan." cdc.gov/older-adult-drivers/mymobility

Rides and other services through the Area Agency on Aging, found through the Eldercare Locator

U.S. Administration for Community Living. "Administration on Aging." Modified August 14, 2026. acl.gov/about-acl/administration-aging

Eldercare Locator, U.S. Administration for Community Living. "Contact Information." eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Quotation on the notes page

Psalm 121:8. King James Version (1611). bibleserver.com/KJV/Psalm121

9. Keeping a Life That Is Yours

Stoves and other appliances with an automatic shut-off

Alzheimer's Association. "Alzheimer's and Dementia Home Safety Tips." alz.org/help-support/resources/home_safety_checklist

The Safe and Found membership from the MedicAlert Foundation, with the Alzheimer's Association

MedicAlert Foundation. "Safe and Found" and "MedicAlert Foundation Is Proud to Support Alzheimer's Association." medicalert.org

Quotation on the notes page

Alfred, Lord Tennyson. "Ulysses," line 65. Academy of American Poets, poets.org/poem/ulysses

10. Your First Steps

Quotation on the notes page

Henry Wadsworth Longfellow. "A Psalm of Life" (1838), stanza 9. Representative Poetry Online, University of Toronto, rpo.library.utoronto.ca/poems/psalm-life

11. Deciding Together While You Still Can

Providers may talk with family involved in care unless the patient objects; HIPAA authorizations naming a family member

Code of Federal Regulations. "45 CFR 164.508, Uses and disclosures for which an authorization is required." ecfr.gov

U.S. Department of Health and Human Services, Office for Civil Rights. "A Health Care Provider's Guide to the HIPAA Privacy Rule: Communicating with a Patient's Family, Friends, or Others Involved in the Patient's Care." hhs.gov/sites/default/files/provider_ffg.pdf

Firearms in the home: removal, why locking may not be enough, a trusted person, and police help

Alzheimer's Association. "Firearm Safety." Updated July 2024. alz.org/media/Documents/alzheimers-dementia-firearm-safety-ts.pdf

Trouble with bills and money as an early sign

Alzheimer's Association. "10 Early Signs and Symptoms of Alzheimer's and Dementia." alz.org/alzheimers-dementia/10_signs

Adult Protective Services through the Eldercare Locator; Georgia APS, option 3

Eldercare Locator, U.S. Administration for Community Living. "Contact Information." eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Georgia Department of Human Services, Division of Aging Services. "Adult Protective Services." aging.georgia.gov/adult-protective-services

Six in ten people with dementia wander at least once; call 911 after 15 minutes and tell the police about the dementia

Alzheimer's Association. "Wandering." alz.org/help-support/caregiving/stages-behaviors/wandering

The Alzheimer's Association Helpline: free, any hour, more than 200 languages

Alzheimer's Association. "24/7 Helpline." alz.org/help-support/resources/helpline

The GUIDE program for care partners

Centers for Medicare & Medicaid Services. "GUIDE (Guiding an Improved Dementia Experience) Model." Last modified August 11, 2026. cms.gov/priorities/innovation/innovation-models/guide

Centers for Medicare & Medicaid Services. "Guiding an Improved Dementia Experience (GUIDE) Model: Information for Patients and Caregivers." cms.gov/priorities/innovation/files/guide-model-patient-caregiver-fs.pdf

Quotation on the notes page

Ecclesiastes 4:9. King James Version (1611). thebible.ch/KJV/ECC/4/9

12. When You Are the One Helping

Respite care: where it happens and how long it lasts

National Institute on Aging. "What Is Respite Care?" nia.nih.gov/health/caregiving/what-respite-care

Respite and caregiver support through the Area Agency on Aging

U.S. Administration for Community Living. "National Family Caregiver Support Program." acl.gov/programs/support-caregivers/national-family-caregiver-support-program

Eldercare Locator, U.S. Administration for Community Living. "Contact Information." eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Alzheimer's Association support groups for care partners; the Helpline can register you

Alzheimer's Association. "Support Groups." alz.org/help-support/community/support-groups

Alzheimer's Association. "24/7 Helpline." alz.org/help-support/resources/helpline

The ADEAR Center, 1-800-438-4380

National Institute on Aging. "Alzheimer's Disease Fact Sheet." nia.nih.gov/health/alzheimers-and-dementia/alzheimers-disease-fact-sheet

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help." 988lifeline.org/get-help

Quotation on the notes page

Galatians 6:2. King James Version (1611). christianity.com/bible/kjv/galatians/6-2