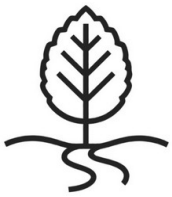
Worksheets

from

While You Can Still Decide

After a Diagnosis of Memory Loss

Book 6 of The Sitting Room Series



Alder Creek EDITIONS

About these worksheets

These are the 11 worksheets from While You Can Still Decide. Print as many copies as you need. Each one names the chapter that explains it.

The book comes in paperback. To find it, search for its title, or ask a bookstore or library for ISBN 979-8-952410-25-1.

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General information, not medical, legal, or financial advice. In an emergency, call 911. In a crisis, call or text 988.

What
exactly is my diagnosis, and
how sure are you?

Is it likely to get worse, stay the same, or get better?

What have you checked and ruled out: medicines, vitamin levels, thyroid, depression, infection?

Should any test be repeated, and when?

Am I a candidate for any treatment, or for a research study?

Is it safe for me to keep driving? To keep working?

When should I come back, and who do I call in between?

What I am afraid of losing

What I can do about it now

Who I will tell, and when

Who	When	What I want them to know

My papers

Paper	Date	Who I named	Where kept
Advance directive			
POLST, if any			
HIPAA forms			
Power of attorney			
Will			
Payee choice			
Trusted contact			

My agreement about driving

The person I trust to tell me

Our signatures and the date

Where I drive, and another way to get there

Where I go	How often	Another way to get there

From Chapter 9: Keeping a Life That Is Yours

What I want to keep doing

What I do	What would help me keep doing it

How I like my mornings

My medicines: where I keep them, and which ones I am willing to take

The doctors and the hospital I prefer

What I like to eat, the brands I buy, and where I buy them

What I will not eat

How I like my bath or shower

Clothes: what feels right, and what bothers me

What calms me down when I am upset

What I want people to call me

Music, television, faith, and places that matter to me

My first steps

Week	What I will do	Done
1		
2		
3		
4		

If
you could not live at home safely, where would you want to live?

Who should handle your money if you cannot?

What matters most to you about your care? What would you never want?

Who should we call first if something happens to you?

How should we decide when it is time to stop driving?

Where do you keep your medicines and your important papers? Which medicines are you willing to take?

Which doctors do you want to see, and which hospital do you want to go to?

What do you like to eat, and where do you like it bought?

Is there anything you want to do, see, or say while it is easy to?

Who can give me a break, and when

Who or what	Phone	When they can help