

Alzheimer's or Dementia Diagnosis Guide



Edwards Group
ELDER CARE ADVISORS



What if I told you that you don't have to spend down your money on nursing home care?



There is a trust plan that will ensure that you won't go broke in a nursing home.

You can still get good care and leave an inheritance for your loved ones.

Traditional estate planning doesn't protect your assets from the Nursing home and there are legal tools available that will protect your hard-earned savings from the Nursing Home.

If you plan early, you have guaranteed success, but it's never too late to plan if there are assets left to protect.

The Government's plan for our aging population doesn't work.

Take your Elder Care journey into your own hands and call Edwards Group today to schedule an Elder Care consultation.



NOW WHAT?

Alzheimer's or Dementia Diagnosis Guide



Being Diagnosed with a long-term illness like Alzheimer's, can be overwhelming and scary. Losing control of our ability to think and make decisions is something that is very hard to imagine. The ability to think through this type of situation becomes daunting and scary. Many folks are in complete disbelief, get another option, or simply choose not to deal with it.

The truth about Alzheimer's is, unfortunately, it's very real, and the symptoms and diagnosis that follow become real very quickly. The emotional impact of a diagnosis of this kind is very disheartening for many families and their loved ones. Knowing where to start, where to focus your energy and how to plan becomes very important.

Because Alzheimer's is a type of dementia that affects a person's memory, thinking and behavior, no one's journey is the same. **The need for legal, financial and care guidance is essential.** Whether you've been diagnosed with Alzheimer's disease, Vascular Dementia, Lewy Body dementia, or one of the other 100 types of dementia, most families aren't sure where to start.

The following information is a way to help guide you and your loved ones through this journey with success, confidence, empowerment and support. By surrounding yourself with the right tools and making informed choices you can successfully navigate this diagnosis and remain independent longer. Planning **NOW** is the best way to succeed, but you should also know wherever you are in your journey, **it's never too late.**

First, being diagnosed with a long-term illness does **NOT DEFINE WHO YOU ARE.** Remember, there are hundreds of types of dementia and so one person's journey is not necessarily your journey. Talking to a counselor, clergy member, joining a support group or talking to someone in a support network such as ALZConnected may be helpful. Sharing your diagnosis with others is very important so those around you can be supportive.

Planning for your future



Legal Planning is Imperative – the most important Legal document you need is NOT a Last Will and Testament. The most important legal documents you need TODAY is, a Power of Attorney for Property and Power of Attorney for Healthcare. These documents allow someone you have chosen to help you make decisions **WHILE YOU ARE LIVING**, and when you are no longer able to do so.

Every person diagnosed with Alzheimer’s, dementia or a long-term illness should have these important legal documents.

- Power of Attorney Documents** – Set of instructions for your financial assets and property as well as health care decisions **while you are living**.
 - ▷ **Power of Attorney for Property**
 - ▷ **Power of Attorney for Health Care**
- Nest Egg Trust** – Asset Protection Trust – Set of Instructions that will preserve your assets during your lifetime and not be subject to VA or Medicaid once the assets have been inside the trust for 3-5 Years.
- Last Will & Testament** - Set of instructions to be carried out **after death**.
- Living Will** - Set of instructions for end-of-life care.
- Burial Wishes** - Set of instructions for burial/cremation – Disposition of Remains.
- POLST form (Physicians Order for Life Sustaining Treatment)**
Set of instructions or medical orders to be honored by health care workers during a medical crisis.

The Nest Egg Trust is the only trust that can protect your assets from nursing home costs.



Financial Planning or **Asset Protection Planning** is critical to protecting your hard-earned money and qualifying for any benefit programs that are available to help pay for your care needs. Long Term Care costs have skyrocketed and one year of care can cost as much as **\$96,000** or more. There are legal tools that can protect your assets and allow you to qualify for benefits. **Did you know that there is a trust out there that will protect your assets from the Nursing Home** (should you have to go) and allow you to qualify for help with care costs. We call this the **NEST EGG TRUST**.

By utilizing the **NEST EGG TRUST**, you can protect your assets and get help paying for care as opposed to spending all your hard-earned money down on the nursing home and then asking Medicaid to help pay the care cost. **YOU DO NOT HAVE TO SPENDDOWN YOUR MONEY IN ORDER TO QUALIFY FOR MEDICAID.**



Care Planning

Building your care team is important. Knowing who you will choose to help make decisions when you are unable is something you need to be thinking about. Where you might go to get care if there comes a point that you require more help is also something to consider. Many people wait until they are forced to make a decision and therefore are no longer in control of what happens.

By planning ahead with your helper and looking at what you would do if a crisis occurs, knowing where you would go, will help you and your supporters empower the decisions you've already made so your journey belongs to you. When it comes time to making those decisions your care team knows and understands your choices, essential you're in control.

It is possible to live your best life with a diagnosis like Alzheimer's or other types of dementia. By being in control of your Legal, Financial and Care decisions your time will be spent on the aspects of your life that are most meaningful to you.

Choosing Good helpers is Important

These helpers are the people who will carry out your plan when the times comes. When the rubber meets the road no matter what, in the end, their job is to act for you, legally, when you can't act for yourself. As you might imagine, picking the right helper is crucial, and something you really should think about.

3 Myths About Helpers

- I need to name my oldest child.
- I should name all of my kids, so no one gets their feelings hurt
- My kids will figure things out.

Naming a helper can be a daunting task. **Did you know you can name Edwards Group as your helper?** Our multidisciplinary Elder Care Team is equipped to help. As always, we can help you create an effective care plan, act as your Power of Attorney, Trustee, Executor and more. You don't have to do it alone. We'll guide you along every step of the way. Our team of Elder Care professionals helps many clients navigate their journey every day.

Understanding the different levels of care, the payor source and the cost is also important.



See the Continuum of Care and Payor Source.

Understand what facilities you might choose if you were in crisis and had to choose a facility. Consider your care choices, visit facilities, have lunch or dinner, talk with your family about your choices.

Get on a waiting list at a facility or facilities of your choosing. Many of the better facilities already have a waiting list that is lengthy. Getting on a waiting list is important and if your name comes up and you're not ready to go, ask them if they can accommodate you, so you continue to have a place on the waitlist if you ever need it.



See the Guide to Touring Long Term Care Facilities.

DO NOT walk this path alone.



Navigating Alzheimer's, dementia or a long-term diagnosis is not something you have to do alone. Everyone deserves to be informed, empowered and supported. Our Elder Care Team was built and developed for this very reason, to walk this path with you. We walk alongside many families and individuals daily to help them navigate their journeys.

Your next step is to schedule your Elder Care Consultation. The cost is \$475.00, and we guarantee you'll find it's worth your time and money.

During the 1-hour consultation we will discuss:

- How to define and prioritize your needs
- Start to develop a plan to help get the care needed.
- Assess basic legal documents and other legal documents needed.
- Asset protection strategies
 - Review income and assets to help strategize ways to protect from the high cost of care.
- Determine if eligibility can be established through Illinois Medicaid or Veterans Assistance programs.



[Click here to schedule your consultation today!](#)