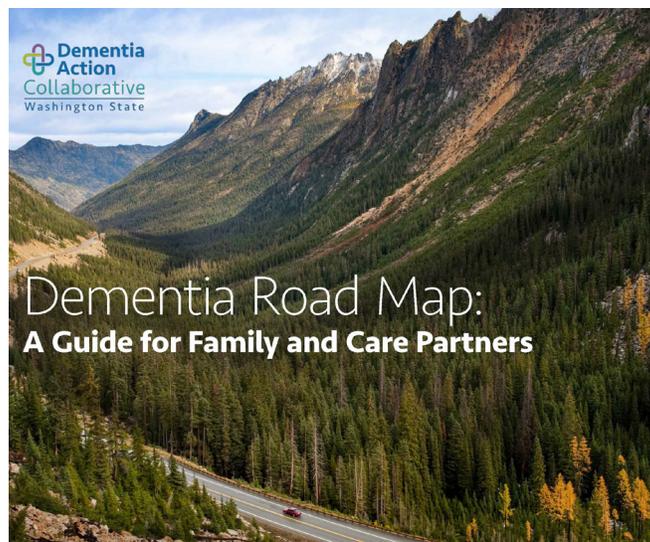


The Dementia Journey: Help for Families in Preparing for the Road Ahead

Around 110,000 people in Washington have Alzheimer's disease or another form of dementia – and another 348,000 unpaid family caregivers provide loved ones with care or support.

Getting a diagnosis early in the disease process is important and offers opportunities to better understand and prepare for the road ahead. Yet, sometimes just convincing a family member to agree to have a medical evaluation and/or coping with such a diagnosis can be overwhelming - it will certainly raise many questions for the entire family. To help, the Washington State Dementia Action Collaborative has developed an easy-to-digest resource for families, the [Dementia Road Map: A Guide for Family and Care Partners](#). This offers practical information to families as they enter into, live with and navigate the dementia journey.



Addressing the various stages, ranging from “Worried and Wondering” about memory loss through late-stage dementia, the Dementia Road Map helps families anticipate and answer questions that may arise or can be difficult to talk about. With a proactive focus on what families can do at any stage, it outlines what to expect and how to help. It touches upon medical and lifestyle decisions, services and care options that are available and what to consider in terms of legal planning. The Dementia Road Map also offers action steps for each stage as well as a summary of helpful organizations and documents. As one user says, “Everything has been thought of and it's all in one place!”

What do other users say about the Dementia Road Map?

- I like the clear layout - very well organized and provides a wonderful overview of what people can expect at each stage and action steps for people to take. Excellent resources provided throughout.
- People love it! It is comprehensive without feeling overwhelming.
- Well written but not overwhelming. Good amount of information well presented.
- Overwhelming good! It's very simple and easy to understand. No medical jargon. I like how it breaks down in different stages.

The original Dementia Road Map was published in English – and new this year, we have a Spanish translation! Here's how you can order –

- For 1-5 copies, email: Dementiaroadmap@dshs.wa.gov
- For more than 5 copies, you will order from the Washington State Department of Enterprise Services (DES). While there is no cost for the guide itself for non-profits and government organizations, for-profit entities will pay for the cost of the booklet. All customers will pay a charge for Shipping and Handling. Follow instructions below:
 - 1) Go to <http://myprint.wa.gov>
 - 2) If it is your first time ordering from DES, you will need to register. To do so, just click on the Login link in the upper right corner of webpage. In the pop-up box, click Register. Once you have registered and/or logged in, put the title (“Dementia Road Map”) in search box and click Enter. Follow the remaining instructions.
- To request this publication in Spanish, email: inquirywa@alz.org