

10 Actions Caregivers Should Take Now!



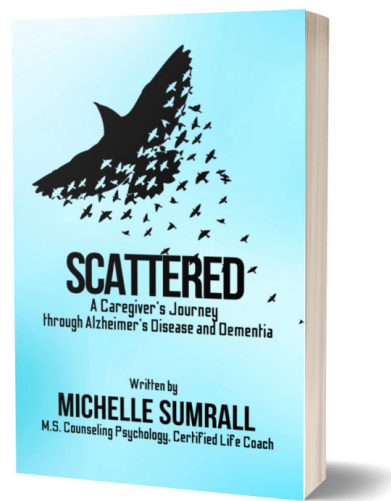
**Embrace your journey!
Connect to thrive!
Find your balance!**



TLC - Total Life Coaching, L.L.C. provides coaching services to help you navigate through the challenges of daily living, career decisions, family planning, and any major life changes that may be encountered. Michelle Sumrall, Chief Journey Coach, and author also uses stories to connect with individuals at any stage of life, and families as they face life's journey.

New Release - 7/21/2023

Scattered: A Caregiver's Journey Through Alzheimer's Disease and Dementia



Scattered: A Caregiver's Journey Through Alzheimer's Disease and Dementia, specifically addresses the author's journey with those illnesses as a caregiver but has applicability to caregiving for a variety of conditions. Though Michelle continues to be a primary caregiver, the journey has shifted and added new challenges along the way. Scattered: A Caregiver's Journey Through Alzheimer's Disease and Dementia addresses the new challenges with the next stage of the journey and tips for addressing end-of-life responsibilities.

You can Pre-order your copy of Scattered: A Caregiver's Journey Through Alzheimer's Disease and Dementia by visiting the author's website, <https://www.michellesumrall.com>, or simply typing michellesumrall.com in your browser.

10 Actions Caregivers Should Take Now!

- 1 – Establish a Last Will and Testament, Trust, and Living Will. Get business in order, whether you're the caregiver or the one who may need care.
- 2 – Plan ahead. Establish a Power of Attorney (POA), and/or guardianship, if needed.
- 3 – Communicate with doctors. They will require a Power of Attorney (POA) or guardianship to speak about your loved one.
- 4 – Establish reliable, trustworthy emergency contacts for yourself and your family, especially if you have minor children.
- 5 – Plan ahead. The proper care of a loved one can be very costly. Work with your loved one to gain adequate access to financial matters.
- 6 – Take time for self-care. Plan more, then repeat this tip.
- 7 – You may need to manage utility accounts for your loved one. Take the necessary steps to add yourself or a designate. A POA may be required. In some cases, a letter from the treating physician may be accepted.
- 8 – This is a good time to set up similar designates for your own accounts, particularly if you are single, a single parent, or have a small family. Have a conversation with your designates.
- 9 – Establish early contact with military resources (i.e., Veterans Affairs), if applicable. This step can be time-consuming but is very important.
- 10 – Know your loved ones' final wishes. Just have the conversation. It will be uncomfortable but it will save some stress later. Consider costs and plan ahead, if possible.