

WHAT IS DEMENTIA?

DEMENTIA is a general term used to describe a variety of symptoms associated with declining memory and cognitive functioning. Alzheimer's Disease is the most common type of dementia.

WHAT IS ALZHEIMER'S DISEASE?

ALZHEIMER'S DISEASE is a type of dementia that affects a person's memory, thinking, and behavior. Symptoms progress over time at a slow pace, eventually impairing a person's ability to perform daily tasks.

Source: <https://www.alz.org/help-support/caregiving/care-options/glossary>

For additional resources and support related to Alzheimer's Disease and Dementia go to:

ALZHEIMER'S ASSOCIATION
CENTRAL OHIO CHAPTER

1379 DUBLIN RD
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www.alz.org/centralohio
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Navigating Alzheimer's and Dementia with the Recorder's Office



Make sure these documents are up to date:

- ▶ Deed
- ▶ Health Care Power of Attorney
- ▶ Living Will
- ▶ Power of Attorney
- ▶ Trust
- ▶ DNR*

*Talk to a health care provider about setting up a Do-Not-Resuscitate form. These documents are distinct from the Living Will and Health Care Power of Attorney

Advance Directive Packets

THE FRANKLIN COUNTY RECORDER'S OFFICE PROVIDES **FREE ADVANCE DIRECTIVE PACKETS** THAT CAN BE RECORDED FOR A FLAT FEE OF \$40.

EACH PACKET CONTAINS A **LIVING WILL, HEALTH CARE POWER OF ATTORNEY, AND ORGAN DONATION REGISTRATION.**



WHY YOU SHOULD UPDATE YOUR LEGAL DOCUMENTS EARLY.

While it is always best practice to keep important legal documents pertaining to your health care wishes and major assets up to date, it is crucial to review and update these documents when you or a loved one are first diagnosed with Alzheimer's Disease or other types of Dementia.

People experiencing mild symptoms of Alzheimer's Disease are still able to make sound decisions for themselves—an ability that diminishes during the middle and late stages of the disease.

It is best to make relevant medical and end-of-life care determinations, while a person with Alzheimer's Disease is still able to participate in the decision making process. It is recommended for patients with Alzheimer's Disease to establish advance directives and discuss these decisions with their caregivers and physicians.

Advance directive documents like Living Wills and Health Care Powers of Attorney go into effect when a patient is unable to communicate their health care wishes on their own. A **Living Will** details the type of care a person would like to receive if they become permanently unconscious or terminally ill. A **Health Care Power of Attorney** designates a person who is able to make health care decisions and act on the patient's behalf if the patient is physically unable to do so. These documents are different from **Do Not Resuscitate (DNR)** forms which can be established with physician, Advanced Practice Registered Nurse (APRN), or physician assistant (PA).

Sources:
<https://www.alz.org/media/Documents/end-of-life-care-statement.pdf>
<https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/do-not-resuscitate-comfort-care/donotresuscitatednr>

WHAT ARE THE STAGES OF ALZHEIMER'S?

EARLY (MILD) - The beginning stage of Alzheimer's can last for many years. Most people in the early stage can still function independently and take part in normal activities. **This is the ideal stage for people with Alzheimer's to update and review important legal documents with loved ones and caregivers.**

MIDDLE (MODERATE) - This is typically the longest stage of Alzheimer's disease and can last for many years. **People in this stage may have trouble expressing thoughts and will need more support than before to perform daily tasks.** It is important that caregivers receive the support they need to help cope with their loved one's progressing disease.

LATE (SEVERE) - This stage may last for several weeks to several years. **Usually, a person in this stage of Alzheimer's will require intensive and around-the-clock care.** As the disease progresses, a person with Alzheimer's may have difficulty with eating, walking, and personal care. It is important for caregivers to help preserve their loved one's quality of life and dignity during this time.

Source: <https://www.alz.org/help-support/caregiving/stages-behaviors>