



The Importance of Planning Ahead

Making long range plans for your future and that of your loved one with dementia can be challenging and confusing. It is, however, a very important activity to undertake as soon as possible. Don't wait until there is a crisis situation that may cause stress and family tensions. Have conversations now with your loved one and family members. You're not alone. The Aging and Long-Term Services Department and New Mexico's network of aging service providers are here to assist you with this task.

The Alzheimer's Association[®] provides no cost, in-depth, personalized *care consultation* services designed to assist families in identifying current needs, developing plans, finding resources & services, problem-solving, obtaining education, and obtaining ongoing support and follow-up. *Care consultation* is available in person or over the phone. ☎ 1-800-272-3900 or 505-266-4473

The Aging & Disability Resource Center (ADRC) assists elders, persons with disabilities and caregivers in finding services and resources, statewide. A "**Person Centered Planning Tool**" is available that can help you consider future needs. ☎ 1-800-432-2080, TTY 505-476-4937

🖨 <http://www.nmaging.state.nm.us/adrc.aspx>

To access the *Planning Tool*:

🖨 http://www.nmaging.state.nm.us/uploads/files/ADRC%20Planning_Tool.pdf

AARP - Prepare to Care: A Planning Guide for Families is designed to help you and other family members discuss and create a caregiving plan.

☎ 1-888-687-2277 🖨 <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>

LongTermCare.gov is a web-based service of the U.S. Department of Health and Human Services.

🖨 <http://longtermcare.gov/>. To get started, use the *PathFinder* or click on *The Basics*.

Legal Resources for the Elderly Program (LREP) provides a statewide, legal helpline, legal clinics and workshops offering New Mexicans age 55 and older no cost legal information regardless of income. Get informative publications, including the "Senior Legal Handbook", available in English and Spanish.

☎ 505-797-6000, 1-800-876-6657

🖨 https://www.nmbar.org/Nmstatebar/For_Public/LREP/LREP.aspx?New_ContentCollectionOrganizer