Dementia: stages and what kind of help fits

A practical guide to what changes as dementia progresses and the care that usually fits each stage.

Early stage

- Mostly independent; forgets recent events, misplaces things
- Good time for legal and financial planning while your loved one can take part
- Helpful: reminders, medication organizers, a doctor's evaluation (some causes are treatable)

Middle stage

- Needs help with daily tasks; may wander, repeat questions, or become anxious in the evening
- Safety at home becomes the main concern
- Helpful: adult day programs, in-home help, memory care when supervision is needed around the clock

Late stage

- Needs help with most care, eating and moving
- Helpful: memory care or skilled nursing; hospice when appropriate

Alzheimer's Association 24/7 Helpline: 1-800-272-3900. Talk with the doctor about the specific diagnosis and care plan.

General information only, not medical, legal or financial advice. Programs and amounts change; confirm with the official source or a qualified professional. Novita Way LLC serves families in Pinellas, Hillsborough, Pasco and Manatee counties, Florida. Placement help is free to families.