You're Not Alone

James J. Sisto, JD, LLM (Taxation)



ACTION PLAN

I recommend the following action-steps as you progress along your journey:

- ☐ Ask your primary care physician to schedule a multidisciplinary geriatric assessment for a diagnostic evaluation and treatment plan.
- ☐ Choose your decision makers.
- ☐ Attend support group meetings for education and support.
- ☐ Meet with an aging life care professional to learn about available health and human services.
- ☐ Read The *36-Hour Day* by Mace and Rabins.
- ☐ Refer to the **www.Alzheimers.org** website for a wealth of valuable information.
- ☐ Take steps to avoid financial abuse and exploitation.
- ☐ Find a psychologist or social worker to talk with for emotional and psychological support.
- ☐ Schedule a consultation with our office to complete your estate and long-term care planning.

BERKSHIRE ELDER LAW CENTER, PC

Holiday Inn, 40 Main Street | 2nd Floor | North Adams, MA 01247
413-664-7700 | office@belatty.com