

How can a person with dementia plan ahead?

Planning ahead means sorting out things like money, wills and powers of attorney.

It can make you feel better to plan ahead. It can make things easier in the future. Put paperwork in a safe place. Speak to someone you trust to help you. This person should know where your paperwork is.

Social services and the needs assessment – A person with dementia must have a needs assessment if they ask for one. Social services can give you advice about support and care. See factsheets, **Assessment for care in England** (418), **in Wales** (W418), and **in Northern Ireland** (NI418).

Money – Banks can give you a ‘chip and signature’ or contactless card, if remembering a PIN every time is hard. Someone you trust can do your banking for you.

Benefits – Some people with dementia can get benefits such as Attendance allowance or Personal independence payment. See factsheet 413, **Benefits for people affected by dementia**.

Legal matters – Make sure your will is up to date. You can set up an **advance decision** to refuse treatment, or make an **advance statement**. These let you have a say in your future medical care. You can also set up a **Lasting power of attorney** (LPA) in England and Wales. It’s called an EPA in Northern Ireland. This means a person can make decisions on your behalf if you’re no longer able to. There are two types:

- **Health and welfare LPA** – for decisions about day-to-day care and medical treatment. It can also cover decisions about where you live.
- **Property and affairs LPA** – this attorney can pay bills, collect income and benefits. They can access bank accounts and sell your home on your behalf, if needed.

For more information see factsheet 472, **Lasting power of attorney**. Alzheimer’s Society offers a free service to fill out LPA forms if you don’t have access to the internet, or don’t feel able to complete the forms online. For information call **0333 150 3456**.

Driving – You may not have to stop driving right away. Eventually dementia will stop you driving safely. You must tell DVLA in Great Britain or DVA in Northern Ireland about your dementia. Your car insurer must also be told. Go to gov.uk to apply for a blue badge parking permit for you or your carer.

Working – You may be able to carry on working. Talk to your employer. If you stop working or work less hours, you may be able to claim Employment and support allowance and Universal credit.



For more information on planning ahead, employment, managing your money and driving, go to alzheimers.org.uk/plan-ahead. For more information about our helpsheets, go to alzheimers.org.uk/helpsheets



Alzheimer’s Society is here for you. If you are worried about dementia, call us on **0333 150 3456**. We can arrange to speak with you in any language.



Join Talking Point, our online community of people affected by dementia – go to alzheimers.org.uk/talkingpoint
To find support in your area, go to alzheimers.org.uk/dementiadirctory

