

DEMENTIA & MEMORY LOSS NAVIGATION CONSULTATION PATHWAY

When working with The Memory Compass our clients never receive generalized support. We customize a pathway to meet our client's needs. This chart can be used as an example for how we may provide support for you or your family.

1



DEVELOP YOUR INITIAL INDIVIDUALIZED ACTION PLAN

Together we work towards establishing the major areas of concern at present, provide clarity around brain function and the disease, establish where your loved one is currently functioning cognitively within the disease progression, and equip you with an individualized Navigation Action Plan

2



CREATING A VILLAGE OF SUPPORT - PRESENT & FUTURE

Education regarding professionals to have along the journey and how to advocate for them: geriatrician, neurologist, neuropsychologist, PT/OT/ST, social services & mental health counseling, occupational therapy driving assessments, visiting physician teams, CPA, Elder Law Attorney, in-home companion care, senior living communities, hospice, death doula, and more.

3



HOME & COMMUNITY SAFETY RECOMMENDATIONS

How to identify future stages within the disease progression, home safety analysis with product recommendations to promote safety, education on wandering, driving assessments, house alarms, GPS devices, home modification equipment, and more. We also create an emergency plan for if something were to happen to you.

4



PROTECTING YOUR OWN BRAIN HEALTH

Just like we work towards recommendations towards cognitive-stimulation recommendations for your loved one, we honor your own mental, physical, and emotional health here as well. Establishing your 7 dimensions of wellness, tools to shift mindset and coping tools for grief, fear, anger, guilt, being present and setting boundaries - honoring you

5



MAJOR LIFE TRANSITIONS & CARE OPTIONS

Let's have a proactive conversation surrounding the desires and wishes of the individual living with cognitive challenges as well as the desires and realistic needs of a family or care partner. What do care options look like? Assistance with researching options near you

6



COMMUNICATION BREAKDOWN & CARE CHALLENGES

With each stage will come its own challenges in regards to communication, cognitive changes, and physical changes. We work together to strategize current concerns and equip you with tools to tackle difficult care areas such as bathing, dressing, toileting, eating, and more

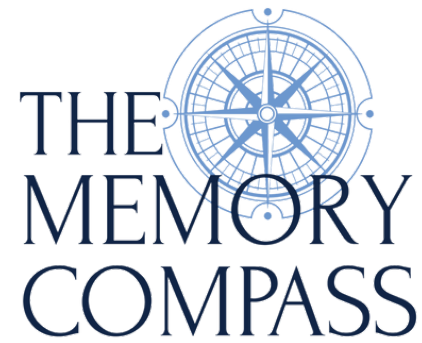
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NAVIGATING & PREPARING FOR END OF LIFE CARE

A safe space to ask questions regarding end of life care such as what to be prepared for and services available. Answering questions surrounding hospice care, palliative care, end of life comfort measures and concerns, answering questions regarding eating and swallowing, visitation changes and more

YOUR FAMILY'S PERSONAL MEMORY LOSS NAVIGATOR



Let's build an Action Plan together!

Initial Memory Loss Navigation Consultation

Who is this for?

- Designed for adult children and/or spouses, and/or Care Partners of a loved one living with memory loss and cognitive decline
- Designed for those who are navigating the care of a loved one either from near or from afar. Whether your loved one lives with you, in a community, or in another state.
- Designed for care partners whose loved one may be experiencing memory loss as a result of normal aging, dementia, Alzheimer's, or other neurodegenerative disorders - whether your loved one has no formal diagnosis, recently diagnosed, or in the middle to later stages of progression

What does it include?

- 60-minute individualized phone or virtual consultation with a dementia care consultant - multiple participants can attend and gain support together!
- Functional Needs intake form reviewed by your consultant prior to your session
- An Individualized Action Plan Write-Up to get you going in the right direction!
- Opportunity for continued individualized Memory Loss Navigation services including an in-home safety assessment and memory loss screening

What will you gain?

- Time, energy, personalized direction, stress reduction, and a expert guide to add to your care team

Price: \$275

*Take the first steps in building your individualized Action Plan
Use the QR code to contact us today!*



Jessie Hillock, M.A. CCC-SLP, CDP

Owner & Founder at The Memory Compass
Dementia Care Specialist
Certified Dementia Practitioner
Speech-Language Pathologist



What happens when you work with a memory loss navigation consultant?



We partner together to help decrease the overwhelm through individualized guidance, education, recommendations, counseling, and support. We take a holistic approach to your functional needs. We are available on a weekly, bi-weekly, monthly, or as-needed basis. We equip you with individualized tools for your care partner toolbox. Partnering with The Memory Compass will save you time, and energy, and reduce stress.

Your personal Memory Loss Navigation consultant has 10 years of experience as a healthcare professional with a Master's in Communication, Sciences, and Disorders with an area of specialty in memory loss challenges and cognitive decline of individuals living with dementia, Alzheimer's, and other neurodegenerative disorders.

Our Memory Loss Navigation sessions help families navigate the following:

- Why is my loved one demonstrating certain characteristics? Education on brain changes, best communication approaches, and how to promote participation in activities of daily living (ADLs) & leisure activities
- Navigating the maze that is our healthcare system: What to advocate for pro-actively in a re-active healthcare world
- Onboarding friends, family, etc: a plan for outings, vacations, & holidays
- Managing challenging moments: Confusion, anger, and frustration
- Balancing the needs of more than one important person: yourself, your other family members, pets, etc
- Navigating care transitions, understanding disease progression, and when an increased level of care may be necessary: safety with driving, medication management, financial management, in-home companion care, Assisted Living, Memory Care, Long Term Care, & hospice
- Resources within reach: Save time and energy with individualized care need recommendations for services in your area
- Emergency plan: Let's create one together!
- Home safety: modifications and product recommendations
- And SO MUCH MORE!



Jessie Hillock, M.A. CCC-SLP, CDP
Owner & Founder at The Memory Compass
Speech-Language Pathologist
Dementia Care Specialist
Certified Dementia Practitioner

Email us today
to schedule or use
the QR code!

