



# Planning for the different stages of dementia

## Stage 1 – Mild Dementia

- You lose the ability to remember recent events
- You find routine tasks such as cooking more difficult
- Other activities such as driving may become more dangerous

### At this stage, what level of medical care would you want?

Choose the **one goal** that best matches the level of care you would want at this stage.

If I had mild dementia, I would want the aim of my care to be:

- To live as long as possible, through any means possible**
  - I want my medical care to try to keep me alive as long as possible, including by restarting my heart if it stops
  
- To receive treatment to prolong my life but NOT to have my heart restarted (DNR) and NOT be placed on a breathing machine**
  - I am happy to go into hospital or an emergency room as needed
  - I do not want to receive shocks to restart my heart
  - If my heart stops or I cannot breathe on my own, I want to die peacefully
  
- To only receive care at home – I would not want to go into hospital in any circumstances**
  - I want to remain in the place where I am living above all
  - I do not want to be resuscitated (DNR)
  - I want antibiotics and other treatments IF they were able to be administered in my home
  - I do not want to go into a hospital or emergency room
  - I want to be allowed to die peacefully
  
- To only receive comfort-focused care, rather than medical care focused on keeping me alive longer**
  - I only want care that will relieve any suffering
  - I do not want care that will keep me alive any longer

## Stage 2 – Moderate Dementia

- You lose the ability to have conversations and communicating becomes very hard
- You lose the ability to understand what's happening around you
- You require daily full-time assistance with dressing and going to the bathroom

### At this stage, what level of medical care would you want?

Choose the **one goal** that best matches the level of care you would want at this stage.

If I had moderate dementia, I would want the aim of my care to be:

- To live as long as possible, through any means possible**
- I want my medical care to try to keep me alive as long as possible, including by restarting my heart if it stops
- To receive treatment to prolong my life but NOT to have my heart restarted (DNR) and NOT be placed on a breathing machine**
- I am happy to go into hospital or an emergency room as needed
  - I do not want to receive shocks to restart my heart
  - If my heart stops or I cannot breathe on my own, I want to die peacefully
- To only receive care at home – I would not want to go into hospital in any circumstances**
- I want to remain in the place where I am living above all
  - I do not want to be resuscitated (DNR)
  - I want antibiotics and other treatments IF they were able to be administered in my home
  - I do not want to go into a hospital or emergency room
  - I want to be allowed to die peacefully
- To only receive comfort-focused care, rather than medical care focused on keeping me alive longer**
- I only want care that will relieve any suffering
  - I do not want care that will keep me alive any longer

## Stage 3 – Severe Dementia

- You are no longer able to recognize friends and family
- You may be calm most of the time but may become angry and even violent at times
- You need round-the clock help with daily activities including bathing and help with other basic bodily functions

### At this stage, what level of medical care would you want?

Choose the **one goal** that best matches the level of care you would want at this stage.

If I had severe dementia, I would want the aim of my care to be:

- To live as long as possible, through any means possible**
- I want my medical care to try to keep me alive as long as possible, including by restarting my heart if it stops
- To receive treatment to prolong my life but NOT to have my heart restarted (DNR) and NOT be placed on a breathing machine**
- I am happy to go into hospital or an emergency room as needed
  - I do not want to receive shocks to restart my heart
  - If my heart stops or I cannot breathe on my own, I want to die peacefully
- To only receive care at home – I would not want to go into hospital in any circumstances**
- I want to remain in the place where I am living above all
  - I do not want to be resuscitated (DNR)
  - I want antibiotics and other treatments IF they were able to be administered in my home
  - I do not want to go into a hospital or emergency room
  - I want to be allowed to die peacefully
- To only receive comfort-focused care, rather than medical care focused on keeping me alive longer**
- I only want care that will relieve any suffering
  - I do not want care that will keep me alive any longer

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Signature

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Date

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Print name and date of birth