

# Discussing What's Important: A Guide for You and Your Dementia Care Team

A care planning guide for people living with dementia, their care partners and families, community service providers, and health care providers

## Instructions:

This worksheet intends to help you identify topics to discuss with your care team. You can use the “prompts” at the bottom of each page to guide your thoughts. Consider filling it out online or printing it to jot down your responses. Use it as a tool for ongoing conversations with both community service providers and health care providers, updating your answers as your needs and circumstances change.

Access this worksheet by scrolling down or scanning the QR code below:



Scan the above code or visit [www.mass.gov/doc/discussing-whats-important-a-guide-for-you-and-your-dementia-care-team-february-2025/download](https://www.mass.gov/doc/discussing-whats-important-a-guide-for-you-and-your-dementia-care-team-february-2025/download)



Dementia Care Planning Team of the Massachusetts Advisory Council on  
Alzheimer's Disease and All Other Dementias  
February 2025

## I. Emotional Wellbeing

1. What is your current situation?

2. What positive things have been happening lately?

3. What would you like to see change, or what are you worried about?

Prompts:

Joy, happiness, depression, anxiety, frustration, agitation, sundowning

## II. Health and Daily Living

1. What is your current situation?

2. What positive things have been happening lately?

3. What would you like to see change, or what are you worried about?

Prompts:

Health: chronic conditions, medications, dementia treatments

Daily Living: cooking, eating, dressing, personal care, toileting, safety, balance, sleeping, comforting routines, independence

### III. Dementia Support

1. What is your current situation?

2. What positive things have been happening lately?

3. What would you like to see change, or what are you worried about?

Prompts:

Support at home, support outside the home, respite services, supportive family and friends, support groups, memory cafés, faith community, social engagement opportunities