



## Plan A, Plan B, Plan C

Frequency: 3 week Series

Duration: 2.0 hours

Registration: Required, max of 5-10 participants

**When:** Tuesday May 4th  
Tuesday May 11th  
Tuesday May 18th

**Time:** 1:00pm-3:00pm

**Where:** Google Meets

**Concept:** Plan A, Plan B, Plan C is all about navigating the system and having a plan, or 2! An opportunity to come together and learn all about the healthcare system, community supports and the many resources available. CarePartners will be encouraged to begin to create their own plans for now and the future to support their success and ensuring needs are met for the person living with dementia, ultimately averting crisis when possible.

Topics will include but not limited to: Advanced Care Planning, Coordinated Care, Communication, Changes, Advocacy, and Waittimes.

Education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for any CarePartner wanting to learn more about care planning and navigating our current healthcare and community support landscape for supporting a person living with Dementia. This group invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

**Goal:** Providing CarePartners an expanded opportunity to learn, discuss and plan for the future challenges for providing care & disease management. A variety of themes, topics and resources are incorporated. **Facilitated** by our First Link Care Navigators