

# 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.

**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.

**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) or Enduring Power of Attorney (EPA). 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.

**Driving** – You may not have to stop driving right away. Eventually dementia will stop you driving safely. You must tell ministry of Transport about your dementia. Your car insurer must also be told.

**Working** – You may be able to carry on working. Talk to your employer.

To read more: go to [www.pelonomi.com/dementia/](http://www.pelonomi.com/dementia/).  
For more information about our helpsheets, go to [www.pelonomi.com/dementia/support/helpsheets/](http://www.pelonomi.com/dementia/support/helpsheets/)

**Pelonomi Foundation** is here for you. If you are worried about dementia, email us on [dementia@pelonomi.com](mailto:dementia@pelonomi.com). We can arrange to speak with you in any language.

