



Quick checklist

In the first 30 days, aim to:

- Confirm the diagnosis and schedule follow-up care
- Start a legal and financial planning path early
- Make basic home safety changes
- Build a caregiver support system (groups, classes, respite)
- Create a simple care plan for the next 4 weeks, not the next 4 years

Days 1–7: Get clarity and collect the basics

1) Book a follow-up appointment and ask the right questions

The NIA's "Steps to take after a dementia diagnosis" emphasizes staying engaged with medical care and learning about the condition.

Questions to ask:

- What type of dementia is suspected?
- What symptoms should trigger an urgent call?
- What medications are being recommended, and what are common side effects?
- What should we expect over the next 6–12 months?



2) Start a "dementia binder" or shared folder

Include:

- Diagnosis summary and medication list
- Copies of IDs and insurance cards
- Emergency contacts
- A one-page "about me" sheet (routines, triggers, calming strategies)

3) Get support now, not later

The Alzheimer's Association offers a "Life after diagnosis" guide that highlights planning and support early.

Call the Alzheimer's Association 24/7 Helpline (800-272-3900) for local groups, education, and guidance.

Days 8–14: Legal, financial, and decision planning

It is easier to do this while your loved one can still participate.

4) Identify who will make decisions later

The Alzheimer's Association recommends early legal and financial planning after diagnosis.

Alzheimers.gov also stresses planning early because thinking and decision-making typically become harder over time.

5) Start financial safeguards

The NIA provides guidance on managing money problems in dementia, including establishing consent and legal authority for financial management.

- Practical first steps:
- Put bills on autopay where appropriate
- Review account access and fraud protections
- Set up a system for tracking spending and subscriptions





Days 15–21: Home safety and daily routine supports

6) Do a home safety walkthrough

NIA’s dementia safety guidance includes practical steps for reducing risk at home.

Start with the basics:

- Prevent falls (lighting, clutter, rugs)
- Lock up medications and hazardous products
- Reduce wandering risk if it’s starting (door chimes, ID info)

7) Address driving early

If your loved one is still driving, review warning signs and make a plan now. NIA and the Alzheimer’s Association both provide guidance on recognizing when driving becomes unsafe.

Days 22–30: Build a care team and plan for the next step

8) Choose your “care team”

Even if you are the primary caregiver, try to build a small circle:

- One person for logistics (appointments, schedules)
- One person for backup care
- One person for emotional support

9) Get caregiver training

Texas HHS highlights caregiver training and planning resources and points people toward ADRCs.



10) Know your Central Texas navigation resources

For Round Rock (Williamson County) and North Austin (Travis County), CAPCOG's Area Agency on Aging and ADRC serve a 10-county region including Williamson and Travis.

These organizations can help you locate services, benefits, respite options, and planning support.

Local Resource Box: Round Rock + North Austin

- [CAPCOG ADRC \(Central Texas\): serves Travis and Williamson counties](#)
- **[CAPCOG Area Agency on Aging \(AAACAP\): regional aging support](#)**
- [Alzheimer's Association \(Facts, resources, helpline\): 24/7 guidance](#)
- **[NIA: Steps after diagnosis \(printable, shareable\)](#)**
- **[Alzheimers.gov: Planning after diagnosis](#)**

How Sundara can help

If you're in Round Rock or North Austin and you're trying to figure out what comes next, Sundara is here. Our owners have lived through dementia with loved ones in their own families, and they can help you walk through the process from start to finish, from early questions to care planning and next steps.

