



DEMENTIA OVERVIEW



you've received the diagnosis

WHAT HAPPENS NOW?

A diagnosis of Dementia or Alzheimer's disease is frightening. You may be in disbelief asking, "Is this really happening to me?" Your spouse, significant other, or children may be feeling the same emotions regarding the unknown.

Pinehurst Medical Clinic is here to help. Your primary care provider and Wellness Team can provide resources such as Behavioral Services, Chronic Care Management, Nutrition, and Wellness visits. In this packet you will find information regarding our services, along with support resources, to help make your journey a little less stressful. Working with your provider, our Wellness team can help with the questions.

Please contact us at **(910) 235-3347**
or visit **www.pinehurstmedical.com**
for more information on our services.

YOU ARE NOT ALONE

Considerations and resources after an Alzheimer's diagnosis

A diagnosis of Alzheimer's or another dementia is life-changing and may lead to many questions. Knowing what to expect and connecting with others living with the disease can lessen the fear of the unknown and help you and your family prepare for the future.

The Alzheimer's Association National Early-Stage Advisory Group is an important group of individuals living in the early stage of Alzheimer's and other dementias who bring a unique perspective to key efforts of the Association. Members of the group offer the following advice as you face your diagnosis:

Get educated.

Educate yourself on your diagnosis. This will help you know what to expect and learn to how to plan for your future and adjust to changes. It may also provide you with peace of mind and a sense of control over how you want to live your life.

- Visit [alz.org/IHaveAlz](https://www.alz.org/IHaveAlz) to start learning and planning in order to live your best life today. Developed with input from people living with Alzheimer's, this site helps answer many of the questions a diagnosis creates.
- Take our free Living with Alzheimer's: For People with Alzheimer's workshop online at [alz.org/education](https://www.alz.org/education) or through your local Alzheimer's Association office ([alz.org/CRF](https://www.alz.org/CRF)).

Connect with others.

You are not alone – we can help each other. The Alzheimer's Association provides information and resources to help us live well with the disease. They also offer opportunities to meet others who are traveling a similar path. There are so many people who understand and can support you.

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Explore **Alzheimer's Association & AARP Community Resource Finder**. Discover a local early-stage program and other resources in your area at [alz.org/CRF](https://www.alz.org/CRF).
- Join **ALZConnected**. Engage with other individuals living with the disease through ALZConnected, our online networking community ([alzconnected.org](https://www.alzconnected.org)). Be sure to visit the I Have Alzheimer's or Younger-Onset Alzheimer's Disease message boards.
- Contact your local Association office to learn more about programs available for people living with dementia. To find a chapter near you, call **800.272.3900** or visit [alz.org/CRF](https://www.alz.org/CRF).

Live your best life.

You have the power to choose how to live your life. Commit to living your best life for as long as possible by being active and engaged and, above all, staying positive. Strive to be kind and compassionate to yourself and live in the present. Try to focus on the things that you can still do and not dwell on the things that you can't.

- Visit **LiveWell Online Resources** (alz.org/livewell) to access free interactive tools that help users navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provide personalized steps for living well with dementia.
- Learn about clinical studies through **Alzheimer's Association TrialMatch** (alz.org/TrialMatch). As a person living with Alzheimer's or other dementia, you have an opportunity to participate in clinical research. Some participants receive cutting-edge treatments and expert medical care. All participants provide valuable insight to help investigators accelerate research progress.
- Become an advocate. By speaking out on the issues you face every day, you can help to shape local, state and federal laws. Visit alz.org/advocacy to learn more.
- Raise awareness and funds for care, support and research efforts. Participate in our signature fundraising events: **Walk to End Alzheimer's** (alz.org/walk) and **The Longest Day** (alz.org/thelongestday).



NOW WHAT?

Next steps after a diagnosis of Alzheimer's Disease

A diagnosis of Alzheimer's disease can be difficult, but getting accurate information and support can help you know what to expect and what to do next. Use this checklist to get started.

Learn about Alzheimer's disease

Being informed will help you know what to expect as the disease progresses. Here are some resources:

- Alzheimer's Disease Education and Referral (ADEAR) Center: 1-800-438-4380; www.nia.nih.gov/alzheimers
- Alzheimer's Association: 1-800-272-3900; www.alz.org
- Alzheimer's Foundation of America: 1-866-232-8484; www.alzfdn.org
- Local hospitals: May have educational programs about Alzheimer's disease/dementia

Get regular medical care

- Make regular appointments with your primary care doctor or specialist (neurologist, neuropsychiatrist, geriatric psychiatrist).
- Consider going to a specialized memory disorders clinic. Ask your doctor for a referral if desired.

Find local services and support

- Find local services by contacting Eldercare Locator: 1-800-677-1116; www.eldercare.gov
- Find your local Alzheimer's organization, such as an Alzheimer's Association chapter: 1-800-272-3900; www.alz.org/apps/findus.asp
- Find local member organizations and providers affiliated with the Alzheimer's Foundation of America: 1-866-232-8484; www.alzfdn.org
- Contact relevant local healthcare and social service agencies

Do some legal, financial, and long-term care planning

- Get information to help you plan: www.nia.nih.gov/alzheimers/topics/legal-and-financial-planning
- Prepare or update your will, living will, healthcare power of attorney, and financial power of attorney. To find a lawyer, contact your local bar association or the National Academy of Elder Law Attorneys: www.naela.org
- Learn about care you may need in the future and how to pay for it: www.longtermcare.gov
- Explore getting help to pay for medicines, housing, transportation, and more. Visit the National Council on Aging: www.benefitscheckup.org

Get help as needed with day-to-day tasks

- Use simple memory aids like a notepad or sticky notes to jot down reminders, a pillbox to keep medications organized, and a calendar to record appointments.
- Ask family members or friends or find local services to help with routine tasks, such as cooking, paying bills, transportation, or shopping.
- Consider using technology solutions for medication management, safety (e.g., emergency response, door alarms), and other care.
- See tips about coping daily, sharing your diagnosis, changes in relationships, and more: www.alz.org/living_with_alzheimers.asp.

Be safe at home

- Get home-safety tips:
www.nia.nih.gov/alzheimers/publication/home-safety-people-alzheimers-disease
- Ask your doctor to order a home-safety evaluation and recommend a home health care agency to conduct it. Medicare may cover the cost.
- Consider joining the MedicAlert® + Alzheimer's Association Safe Return® program: www.alz.org/care/dementia-medic-alert-safe-return.asp

Stay safe on the road

- Talk with your doctor if you become confused, get lost, or need lots of help with directions, or if others worry about your driving.
- Get a driving evaluation. Ask your doctor for names of driving evaluators, or visit the American Occupational Therapy Association:
http://myaota.aota.org/driver_search
- Learn about driving safety:
www.nia.nih.gov/health/publication/older-drivers

Consider participating in a clinical trial

- Ask your doctor about trials or studies at local medical centers or universities.
- Contact an Alzheimer's Disease Center for assessment and potential research opportunities:
www.nia.nih.gov/alzheimers/alzheimers-diseaseresearch-centers
- Search for a clinical trial or study near you:
 - ADEAR Center:
www.nia.nih.gov/alzheimers/clinical-trials
 - TrialMatch: www.alz.org/trialmatch
- Learn more about clinical trials:
 - ADEAR Center:
www.nia.nih.gov/alzheimers/volunteer
 - National Institutes of Health:
www.nih.gov/health/clinicaltrials

Stay healthy

- Be active! Getting exercise helps people with Alzheimer's feel better and helps keep their muscles, joints, and heart in good shape. For tips, see www.nia.nih.gov/Go4Life.
- Eat a well-balanced diet that includes fruits, vegetables, and whole-grain products: www.nia.nih.gov/health/publication/what-s-your-plate
- Continue to enjoy visits with family and friends, hobbies, and outings.

If you live alone

- Identify someone who can visit you regularly and be an emergency contact.
- If you are at risk of falling, order an emergency response system. A special pendant or bracelet lets you summon help if you fall and can't reach the phone.
- Consider working with an occupational therapist. This person can teach you ways to stay independent. Ask your doctor for more information.
- Get tips about self-care, preventing falls, staying connected, and more:
www.alz.org/i-have-alz/if-you-live-alone.asp
- Stick with familiar places, people, and routines. Simplify your life.

If you are working

- If you have problems performing your job, consider reducing your hours or switching to a less demanding position.
- Consult your employer's HR department or employee assistance program about family leave, disability benefits, and other employee benefits.
- Find out if you qualify for Social Security disability benefits through "compassionate allowances." Visit www.socialsecurity.gov/compassionateallowances

PREPARING FOR YOUR DOCTOR'S VISIT

Fill out the information below to the best of your ability. Share it with your doctor. Be open and honest in answering any questions your doctor may ask you about the changes you've been experiencing.

Has your health, memory or mood changed?

How did it change?

When did you first notice the change?

How often does it happen?

When does it happen? Is it always at a certain time of day?

What do you do when it happens?

What behaviors are the same?

Do you have problems with any of the following?
Please check the answer.

Repeating or asking the same thing over and over?

Not at all Sometimes Frequently Does not apply

Remembering appointments, family occasions, holidays?

Not at all Sometimes Frequently Does not apply

Writing checks, paying bills, balancing the checkbook?

Not at all Sometimes Frequently Does not apply

Shopping independently (e.g., for clothing or groceries)?

Not at all Sometimes Frequently Does not apply

Taking medications according to the instructions?

Not at all Sometimes Frequently Does not apply

Getting lost while walking or driving in familiar places?

Not at all Sometimes Frequently Does not apply

Medications and medical history

List of medications (dosage, frequency) including over-the-counter and prescription:

List vitamins and herbal supplements:

List current medical conditions:

List past medical conditions:

Questions to ask the doctor

What are tests I need to take and how long will it take to get a diagnosis?

Will you refer me to a specialist?

Could the medicines I'm taking be causing my symptoms?

Do I have any other conditions that could be causing my symptoms or making them worse?

What should I expect if it is Alzheimer's?

Which treatments are available for Alzheimer's? What are the risks and benefits and possible side effects?

What about participating in a clinical trial? What are the risks and benefits?

Is there anything else I should know?

When should I come back for another visit?

Some information in this tool was developed for the Chronic Care Networks for Alzheimer's Disease (CCN/AD) project and is the joint property of the Alzheimer's Association and the National Chronic Care Consortium.

DEMENTIA ALLIANCE OF NC

Comfort. Assistance. Resources. Education.

Dementia Alliance of North Carolina has served local communities since 1981 as a 501 (c)(3) non-profit organization. One hundred percent of our funding stays here to improve lives of all North Carolinians impacted by dementia, engaging and empowering them through support, education and research.

Caregiver Support

- Individual and family counseling at no cost
- Support groups and support group facilitator training
- Caregiver resource referral and information
- Music & Memory at Home program
- Referrals and reimbursement for respite care



Education

- Community talks, workshops and conferences
- Seminars for family caregivers
- Training for professional groups and law enforcement

Research

- Funding research in NC to advance innovative therapies and reduce the number of individuals impacted by dementia

Advocacy

- For the rights of individuals living with dementia and their caregivers

10 ABSOLUTES OF CAREGIVING

Never Argue	INSTEAD	Agree
Never Reason	INSTEAD	Divert
Never Shame	INSTEAD	Distract
Never Lecture	INSTEAD	Reassure
Never Say "Remember?"	INSTEAD	Reminisce
Never Say "I Told You..."	INSTEAD	Repeat & Regroup
Never Say "You Can't..."	INSTEAD	Find out what they CAN do
Never Command, Demand	INSTEAD	Ask & Model
Never Condescend	INSTEAD	Encourage & Praise
Never Force	INSTEAD	Reinforce

Dementia Alliance of NC
 9131 Anson Way, Suite 206, Raleigh, NC 27615
 919.832.3732 | info@DementiaNC.org | www.DementiaNC.org

CARING FOR THE CAREGIVER

At Dementia Alliance of North Carolina, our primary focus is improving the lives of caregivers who, more often than not, have no prior experience and no other alternative when assuming their roles as caregivers.

Our goal is to provide individualized comfort, timely assistance, relevant resources and the latest in dementia education to communities across North Carolina. Count on our expert staff to walk with you and your family as trusted guides on this journey.

Compare with caregivers of people without dementia, twice as many dementia caregivers experience long-term stress from the financial, emotional, and physical difficulties of caregiving. Stress is left unmanaged, can impact their physical health (reduced immune function, slow wound healing, increased incidence of hypertension and coronary heart disease).

Caregiver Burnout is REAL

Burnout is caused by long-term stress and occurs when you feel overwhelmed by the constant demands of caring for your loved one. If you're feeling stressed out in your caregiving role, you're not alone. Caregivers seldom take time to address their own needs.

Signs of caregiver burnout:

- Excessive use of alcohol, medications or sleeping pills
- Appetite changes -- eating too much or too little
- Depression, hopelessness, feelings of alienation
- Losing control physically or emotionally
- Neglect or rough treatment of the person for whom you're caring
- Trouble falling or staying asleep
- Difficulty concentrating
- Missing appointments

How well you take care of yourself can have a huge impact not only on your own well-being, but on the person you most care about.

Caregiving for individuals with dementia, including Alzheimer's disease, is a rapidly growing sector of our older population:

- In NC alone, an estimated 473,000 dementia caregivers are providing more than 538,000 hours of unpaid care each year.
- Dementia caregivers have an estimated \$375 million in higher health care costs.
- The physical and emotional impact of dementia caregiving is estimated to have resulted in more than \$10.2 billion in health care costs in the US.

The good news is that burnout is preventable and reversible. If you recognized any of the warning signs, consider the steps below to get your life back into balance:

1. **Shift your focus:** By allowing time to focus on you, you're more apt to recognize early signs of chronic stress and caregiver burnout. Many people don't realize how gradually stress and burnout can add up. Becoming proactive and preventing burnout is better than needing to recover from it later.

2. **Set aside "you" time:** Even if you feel you don't 'need it,' take time doing something you love. Add it to your calendar, like anything else as a reminder that you've committed to that "you" time. And stick to it.

3. **Look for local support:** Caregiver support programs are available through **Dementia Alliance of NC**. Simply hearing other caregiver experiences will help you feel less alone and "normalize" common feelings of helplessness, sadness, burnout, and frustration. In addition, if you believe you are depressed or anxious, you may need to consult a mental health professional.

4. **Exercise and relaxation:** Numerous studies have shown that moderate daily exercise, including walking and dancing can have a positive effect on stress. Likewise, relaxing activities can decrease stress; deep breathing in yoga and meditation can reduce your heart rate and calm anxiety. Take a class and find your zen.

5. **Rejuvenate and recharge:** Some people find that enjoying nature and outdoor activities is very rejuvenating, or they stimulate their senses by visiting a museum, attending a concert, listening to your favorite music or taking an art class. **Think about what works for you?** You might renew and energize after getting a massage or other pampering, feel-good experiences.

6. **Spend time with pets:** Animals love unconditionally and have been shown to offer health benefits to humans; studies from the National Institute of Health have found that pet ownership can actually improve cardiovascular health. Spend more time with your pets, or your neighbor's; take longer walks with your dog or add more play-time for your cat.

7. **Start socializing more:** Caregivers spend so much time caring for loved ones that they often neglect to maintain friendships. Avoid narrowing your world to the point where all you do is work and provide care. Develop a personal support network that includes people who build you up and listen to your concerns without judgment.

Say Goodbye To Guilt

Acknowledge your feelings. It's important to understand that feelings of anger and resentment are not uncommon. Unless these feelings control us, and our behavior toward our family members, we must **learn to accept them.**

Think quality, not quantity. If you're feeling guilty that you aren't spending enough time with your loved ones, focus on how you can **improve the quality of your time together.** Listening to your mother's Music & Memory playlist or challenging dad to a game of chess may mean more to them than cleaning their kitchen or delivering a pot roast.

Establish priorities. While no one has the time or energy to do everything for everybody, you must find the time (and energy) to do the things that are most important to you. By establishing priorities - and allowing some flexibility for the unexpected - you can help ensure that the most important needs and tasks are met.

Set Limits. If a loved ones' constant demands are running you ragged, decide - and clearly acknowledge - what you're able and willing to do for them. By setting limits and standing behind them, you can help reduce the guilt trips that come when you can't meet their every demand.

Redefine your concept of caring. If you find it difficult providing 'hands-on' care for your parent, don't feel guilty - simply think of other tangible ways you can help. Perhaps you're more comfortable paying for an outside caregiver or planting flowers your loved one enjoys. We all 'give care' differently - add value where you can make a difference.

Act from love, not from a sense of debt. If you think of caring for an aging loved one as repayment for all she's done for you, you'll always end up in the red. Instead, think of caregiving as one person helping another out of love.

Forgive and seek forgiveness. If your parent was unkind or uncaring when you were a child, now is the time to forgive them - consider consulting a therapist for assistance. Holding grudges will not only affect your ability to care for your parent, it can ultimately effect your health.

Foster their Independence. Don't feel guilty for not doing things that your loved one could do for themselves. Instead, look for ways to help them do what they can. Providing a \$1.29 pill dispenser can help you parent become more indepent - and free up precious time for you.

Don't succumb to peer pressure. Acknowledge, but don't be unduly influenced by the advice you get from friends and coworkers. Do what your heart tells you is the best and what your circumstances permit.

Face the Facts. Despite how much you want to help, a time will come when your loved one will need round-the-clock care and constant supervision that you can't provide. When that happens, acknowledge that someone (or someplace) may be better equipped to provide the majority of that care than you are.

Let our dementia navigator guide your family's journey.

For more than 40 years, **Dementia Alliance of North Carolina** has provided educational programs and support services for families across the state, and has funded dementia research at our state universities and institutions.

Call or visit Dementia Alliance of North Carolina at:
(919) 832-3732 or www.dementianc.org

Ask about Music & Memory at Home, a personalized music program offered by DANC:

- **Improved Relationships:** provides increased engagement, joy and connection to past memories.
- **Improved caregiver roles:** increases free time for caregiver when participants are listening to their personal play list.
- **Improved quality of life:** increased energy levels and activity, lift in mood, and reduced anxiety.

AN ADVANCE DIRECTIVE FOR NC

A practical form for all adults.

Introduction

This form allows you to express your wishes for future health care and to guide decisions about that care. It does not address financial decisions. Although there is no legal requirement for you to have an advance directive, completing this form may help you to receive the health care you desire.

If you are 18 years old or older and are able to make and communicate health care decisions, you may use this form.

This form has three parts. You may complete Part A only, or Part B only, or both Parts A and B. To make this advance directive legally effective, you must complete Part C of this form. Please keep all five pages of this form together and include all five pages of the form in any copies you may share with your loved ones or health care providers.

This form complies with North Carolina law (in NCGS § 32A-15 through 32A-27 and § 90-320 through 90-322).

Part A: Health Care Power of Attorney

- 1. What is a health care power of attorney?** A health care power of attorney is a legal document in which you name another person, called a “health care agent,” to make health care decisions for you when you are not able to make those decisions for yourself.
- 2. Who can be a health care agent?** Any competent person who is at least 18 years old and who is not your paid health care provider may be your health care agent.
- 3. How should you choose your health care agent?** You should choose your health care agent very carefully, because that person will have broad authority to make decisions about your health care. A good health care agent is someone who knows you well, is available to represent you when needed, and is willing to honor your wishes. It is very important to talk with your health care agent about your goals and wishes for your future health care, so that he or she will know what care you want.
- 4. What decisions can your health care agent make?** Unless you limit the power of your health care agent in Section 2 of Part A of this form, your health care agent can make all health care decisions for you, including:
 - starting or stopping life-prolonging measures
 - decisions about mental health treatment
 - choosing your doctors and facilities
 - reviewing and sharing your medical information
 - autopsies and disposition of your body after death
- 5. Can your health care agent donate your organs and tissues after your death?** Yes, if you choose to give your health care agent this power on the form. To do this, you must initial the statement in Section 3 of Part A.
- 6. When will this health care power of attorney be effective?** This document will become effective if your doctor determines that you have lost the ability to make your own health care decisions.

7. **How can you revoke this health care power of attorney?** If you are competent, you may revoke this health care power of attorney in any way that makes clear your desire to revoke it. For example, you may destroy this document, write “void” across this document, tell your doctor that you are revoking the document, or complete a new health care power of attorney.

8. **Who makes health care decisions for me if I don’t name a health care agent and I am not able to make my own decisions?** If you do not have a health care agent, NC law requires health care providers to look to the following individuals, in the order listed below: legal guardian; an attorney-in-fact under a general power of attorney (POA) if that POA includes the right to make health care decisions; a husband or wife; a majority of your parents and adult children; a majority of your adult brothers and sisters; or an individual who has an established relationship with you, who is acting in good faith and who can convey your wishes. If there is no one, the law allows your doctor to make decisions for you as long as another doctor agrees with those decisions.

Part B: Living Will

1. **What is a living will?** In North Carolina, a living will lets you state your desire not to receive life-prolonging measures in any or all of the following situations:

- You have a condition that is incurable that will result in your death within a short period of time.
- You are unconscious, and your doctors are confident that you cannot regain consciousness.
- You have advanced dementia or other substantial and irreversible loss of mental function.

2. **What are life-prolonging measures?** Life-prolonging measures are medical treatments that would only serve to postpone death, including breathing machines, kidney dialysis, antibiotics, tube feeding (artificial nutrition and hydration), and similar forms of treatment.

3. **Can life-prolonging measures be withheld or stopped without a living will?** Yes, in certain circumstances. If you are able to express your wishes, you may refuse life-prolonging measures. If you are not able to express your wishes, then permission must be obtained from those individuals who are making decisions on your behalf.

4. **What if you want to receive tube feeding (artificial nutrition and hydration)?** You may express your wish to receive tube feeding in all circumstances. To do this, you must initial the statement in Section 2 of Part B.

5. **How can you revoke this living will?** You may revoke this living will by clearly stating or writing in any clear manner that you wish to do so. For example, you may destroy the document, write “void” across the document, tell your doctor that you are revoking the document, or complete a new living will.

Part C: Completing this Document

To make this advance directive legally effective, all three sections of Part C of the document must be completed.

1. Wait until two witnesses and a notary public are present, then sign and date the document.

2. Two witnesses must sign and date the document in Section 2 of Part C. These witnesses cannot be:

- related to you by blood or marriage,
- your heir, or a person named to receive a portion of your estate in your will,
- someone who has a claim against you or against your estate, or
- your doctor, other health care provider, or an employee of a hospital in which you are a patient, or an employee of the nursing home or adult care home where you live.

3. A notary public must witness these signatures and notarize the document in Section 3 of Part C.

Part A: Health Care Power of Attorney (Choosing a Health Care Agent)

If you do not wish to appoint a health care agent, strike through this entire part and initial here _____

My name is: _____ My birth date is: ____ / ____ / ____

1. The person I choose as my health care agent is:

_____	_____	_____	
first name	middle name	last name	
_____	_____	_____	_____
street address	city	state	zip code
_____	_____	_____	_____
home phone	work phone	cell phone	e-mail address

If this person is unable or unwilling to serve as my health care agent, my next choice is:

_____	_____	_____	
first name	middle name	last name	
_____	_____	_____	_____
street address	city	state	zip code
_____	_____	_____	_____
home phone	work phone	cell phone	e-mail address

2. Special Instructions:

NOTE: In this section, you may include **any special instructions** you want your health care agent to follow, or **any limitations** you want to put on the decisions your health care agent can make, including decisions about tube feeding, other life-prolonging treatments, mental health treatments, autopsy, disposition of your body after death, and organ donation.

If you do not have any special instructions for your health care agent or any limitations you want to put on your agent’s authority, please draw a line through this section.

3. Organ Donation:

_____ (initial) My health care agent may donate my organs, tissues, or parts after my death.

(Please note: if you do not initial above, your health care agent will not be able to donate your organs or parts.)

Part B: Living Will

If you do not wish to prepare a living will, strike through this entire part and initial here _____

My name is: _____ My birth date is: _____ / _____ / _____

1. If I am unable to make or communicate health care decisions, I desire that my life not be prolonged by life-prolonging measures in the following situations (you may initial any or all of these choices):

_____ (initial) I have a condition that cannot be cured and that will result in my death within a relatively short period of time.

_____ (initial) I become unconscious and my doctors determine that, to a high degree of medical certainty, I will never regain my consciousness.

_____ (initial) I suffer from advanced dementia or any other condition which results in the substantial loss of my ability to think, and my doctors determine that, to a high degree of medical certainty, this is not going to get better.

2. _____ (initial) **Even though I do not want my life prolonged by other life-prolonging measures in the situations I have initialed in section 1 above, I DO want to receive tube feeding in those situations** (initial here only if you **DO** want tube feeding in those situations).

3. **I wish to be made as comfortable as possible.** I want my health care providers to keep me as clean, comfortable, and free of pain as possible, even though this care may hasten my death.

4. **My health care providers may rely on this living will to withhold or discontinue life-prolonging measures in the situations I have initialed above.**

5. **If I have appointed a health care agent in Part A of this advance directive or a similar document, and that health care agent gives instructions that differ from the desires expressed in this living will, then:** (NOTE: initial **ONLY ONE** of the two choices below):

_____ (initial) **Follow this living will.** My health care agent cannot make decisions that are different from what I have stated in this living will.

_____ (initial) **Follow health care agent:** My health care agent has the authority to make decisions that are different from what I have indicated in this living will

Part C: Completing this Document (wait until two witnesses and a notary public are present before you sign!)

1. Your Signature

I am mentally alert and competent, and I am fully informed about the contents of this document.

Date: _____

Signature: _____

2. Signatures of Witnesses

I hereby state that the person named above, _____, being of sound mind, signed (or directed another to sign on the person's behalf) the foregoing document in my presence. I am not related to the person by blood or marriage, and I would not be entitled to any portion of the estate of the person under any existing will or codicil of the person or as an heir under the law, if the person died on this date without a will. I am not the person's attending physician. I am not a licensed health care provider or mental health treatment provider who is (1) an employee of the person's attending physician or mental health treatment provider, (2) an employee of the health facility in which the person is a patient, or (3) an employee of a nursing home or any adult care home where the person resides. I do not have any claim against the person or the estate of the person.

Date: _____ Signature of Witness: _____

Date: _____ Signature of Witness: _____

3. Notarization

_____ COUNTY, _____ STATE _____

Sworn to (or affirmed) and subscribed before me this day by

_____ (type/print name of signer)

_____ (type/print name of witness)

_____ (type/print name of witness)

Date: _____

(Official Seal)

Signature of Notary Public

_____, Notary Public
Printed or typed name

My commission expires: _____

PMC BEHAVIORAL HEALTH COUNSELING

About our Service:

Feelings of sadness, feeling blue, down in the dumps or worried, nervous, uptight and anxious are all normal feelings. When these feelings begin to take over your daily thoughts and affect your everyday behaviors, it is time to call for help. Your emotional health is just as important as your physical health and both influence each other greatly. The Behavioral Health Counseling program provides a safe, confidential and non-judgmental environment while being guided through your feelings to work towards solutions. The initial visit will be approximately an hour long and include a general emotional assessment. You and the LCSW will determine the duration, frequency and length of any subsequent visits.

About our Counselors:

Our counselors are Licensed Clinical Social Workers (LCSW) with the state of North Carolina. This means they are licensed with the state to provide individual counseling. Each counselor has a Master's degree from varying universities. Our counselors range in years of experience, some with 15-20 years in a variety of settings. Each LCSW has a compassion for assisting and advocating for the emotional and physical health of our patients. Please see our website for specific bios on each individual.

About Insurance:

Traditional Medicare; Medicare advantage plans with: First Medicare Direct, Blue Medicare, Humana Medicare, UHC Medicare, Wellcare and commercial insurances: BlueCross, First Carolina Care, Humana, Cigna, Tricare, Ambetter, Optum Behavioral Health and United Health Care are the accepted insurances at this time. The codes we will use to bill are: 90791, 90832, 90834, and 90837. Medicare covers this service at 80%, with a 20% coinsurance. Medicare Advantage plans and commercial plans have co-payments, you may call your customer services insurance number to determine coverage.

About Confidentiality:

The LCSW will hold all of your information that is shared at the highest level of confidentiality. It is when thoughts or feelings are shared about hurting yourself or others that the LCSW is required, ethically and legally, to notify the appropriate person(s). The highest security has been put on the counseling notes that are completed by the LCSW. These notes are not a regular part of your medical record and require special procedures to be released or seen by others.

Please call our Wellness Program Assistant at 910-235-3347 to begin the emotional health counseling process.

CHRONIC CARE MANAGEMENT

Attention Patients with Medicare!

We have implemented a program at Pinehurst Medical Clinic called *Chronic Care Management*. Our Clinic now has several dedicated Nurse Care Managers to work closely with our Providers to keep patients home (or at the most appropriate level of care), safe and out of the hospital!

What do Care Managers do?

- Spend additional time answering your health-related questions
- Help you understand how and when to take your medications
- Assist you in identifying and securing appropriate community resources
- Provide improved communication between your health care providers
- Contact you regularly to assess your progress with your Care Plan

How do you get Care Management?

- Ask your Provider or Nurse about the service
- Talk with someone from our Care Management Team to answer any questions or concerns that you might have

What happens when you enroll in the program?

- You are assigned to your own personal Nurse Care Manager here at Pinehurst Medical Clinic
- You will be given the direct phone number for your Care Manager
- Your Care Manager will oversee all of your Healthcare needs
- You will make contact with your Care Manager monthly to ensure that all of your needs are being met

**Feel free to call Laura Webb, Wellness Assistant if you have any questions!
910-235-3347**

walk-ins

PINEHURST MEDICAL CLINIC

**For Same Day Appointments, call
(910) 255-4400**

Walk-In Clinic Hours:

Located at 200 Pavilion Way, Southern Pines

Monday - Friday: 9 a.m. - 5 p.m.

Saturday & Sunday: 8 a.m. - 11:30 a.m.

To reach the Doctor on call after hours for urgent matters, call (910) 715-1000. Press option "0" and ask for the PMC Doctor on call.

walk-ins

SANFORD MEDICAL GROUP

Walk-In Clinic Hours:

Located at 555 Carthage Street, Sanford

Monday - Friday: 8 a.m. - 5 p.m.

Saturday: 8 a.m. - 11:30 a.m.

To reach the Doctor on call after hours for urgent matters,
call (919) 774-6518.

orthopedic walk-in clinic

**PINEHURST
SURGICAL**



NOW OPEN WITH EXTENDED HOURS
Same-Day Appointments & Walk-Ins Welcome

- Acute Pain
- Suspected fractures and dislocations
 - Sprains and strains
 - Tendonitis and bursitis
 - Lacerations
- Work-related injuries

Monday-Thursday: 5 p.m. - 7 p.m.

Saturday: 9 a.m. - 11 a.m.

Orthopedic specialty care for acute, non-emergent problems involving the musculoskeletal system. For more information, please call (910) 213-3230.

5 First Village Drive, Pinehurst

***It is not necessary to be an established patient at Pinehurst Surgical**

SANDHILLS AREA SUPPORT GROUPS

There are a number of support groups available across the region, please contact Aging Outreach Services at info@AOSNC.com for more information on the available support groups in your area.

Effective March 16, 2020 you are advised to call to confirm the meeting date and time. Support Groups may be following CDC recommendations to limit contact with the community.

Parkinson's Support Group of the Sandhills

Second Monday at 4 p.m.
Clara Mclean House
20 FirstVillage Drive | Pinehurst | 910-715-4230
This group is for patients and caregivers.

Caregiver Support Group

Second Tuesday at 2 p.m.
FirstHealth Hospice Grief Resource and Counseling Center 251-B Campground Road | Pinehurst | 910-715-6000
A support group for caregivers providing emotional &/or physical care to a loved one with or without a terminal illness.

Dementia Caregiver Support Group

Every Tuesday at 10:30 a.m.
The Village Chapel 10 Azalea Road| Pinehurst |925-413-2570
Facilitators: Dale Krech & Pat Soler
A support group and education for caregivers of loved ones with dementia related illness.

Dementia Care Support Group

Every Wednesday at 2 p.m.
Seven Lakes Chapel in the Pines 2125 Seven Lakes South | West End |910-690-9478 Facilitators: Amy Natt, Angela Boles, Crystal Fowler, & Fran Stark
This group is for caregivers of those diagnosed with dementia.

AOS & Friends Care Memory & Music Cafe

May 20 - Healing Powers of Gardens, 3 - 4:30 p.m.
The Retreat 165 Shepherd Trail | Aberdeen | 910-585-6757
Facilitators: AOS & Friends Care

Community Caregiving Circle Caregiver Support Group

2nd Wednesday, 10 - 11 a.m.
Cumberland County Council on Older Adults 339 Devers Street | Fayetteville
Call Lisa Hughes, MSW at 910.484.0111 ext 242 for more information

Caregiver Support Group

First Tuesday at 11 a.m.

Fox Hollow Senior Living Community

190 Fox Hollow Road | Pinehurst | 910-695-0011

Sponsored by AOS Care Management & Fox Hollow

This group meets monthly on the first Tuesday.

Share your experiences with other caregivers and create a network of support. Open to anyone in a caregiver role, including family and professional caregivers.

Dementia Caregiver Support Group

Third Tuesday at 1 p.m.

Clara McLean House

20 First Village Drive | Pinehurst | 910-715-4224

Facilitator: Rebecca Ainslie

A support group and education for caregivers of loved ones with dementia.

Dementia Caregiver Support Group

Every Thursday at 10:30 a.m.

Our Saviour Lutheran Church Library 1517 Luther Way | Southern Pines | 925-413-2570

Facilitators: Dale Krech & Pat Soler

This is a support and education group for caregivers of loved ones with dementia related illnesses.

LCG Enrichment Center Support Groups

LCG Enrichment Center | 1615 S Third St | Sanford 919.776.0501 ext. 2201

Alzheimer's/Dementia Caregiver Support Group - 1st & 3rd Thursday at 1:00p.m.

Amputee Support Group - 1st Monday at 10:00 a.m.

The Caring Connection Support Group - 1st Monday at 10:00 a.m.

Diabetic Support Group - 1st Wednesday at 10:00a.m.

Grandparents Raising Grandchildren Support Group - 4th Thursday

Grief Support Group - 2nd Thursday at 1:00pm.

Low Vision Support Group - 2nd Tuesday at 1:00p.m.

Parkinson's Disease Support Group - 3rd Wednesday at 10:30a.m.

Sanford/Lee County Stroke Support Group - 2nd Thursday at 1:00p.m.

Sanford MS Self-Help Group - 2nd Monday at 6:30p.m.

Support Group Information

Need more information on support groups, please contact us and an AOS Care Management team member will help.

Email: info@AOSNC.com

Call: 910.692.0683