

**What is important?**

**Financial, Medical, Legal?**

**Do you know:**

**HIPAA** (Health Care Confidentiality)

**POA** (Power of Attorney)

**LV** (Living Will)

**DNR** (Do Not Resuscitate)

**AD** (Advanced Directives)

**What’s the difference?**

What Information do I need as a new Caregiver?

Living Active Dementia

Support Services for Caregivers

Learn the basics of Need to Know Information when you care for your elderly loved one

Living Active Dementia can guide with:

* Informing yourself on your next steps
* Educating yourself on community resources
* Empowering yourself on doing the right thing

Living Active Dementia providing the tools to navigate

the world of Elder Care

**Caregiver Stress is Real!**

Learn tips to keep it at bay from Living Active.

**Living Active Dementia includes**

**Wellness Techniques in every assessment learned in my 22 years of Healthcare Background**

A person and person looking at a piece of paper

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**Empathetic, Good Listener, Advocate, Passionate – words used to describe Living Active Services**

A red telephone receiver on a white wood surface

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Veterans qualify for a 10% Discount on a One Hour Session

**Virginia Simmons Living Active Dementia Caregiver Coaching Tel 434-907-6190**

**www.LivingActiveDementia.com Livingactive22@gmail.com**

Call for an appointment today