

How can I stay informed about my diagnosis?

Your social worker will:

- Review the diagnosis and provide the opportunity to ask questions and get up-to-date disease information.
- Discuss changing behaviors and other diagnosis-related symptoms, and offer helpful communication strategies.

How do I cope now and as the disease progresses?

Your social worker can:

- Provide counseling regarding changing roles within the family as the disease progresses.
- Help you to assure your own self-care and to strengthen your support network.
- Provide referrals for individuals, couples, and/or family counseling.

How can I plan for future care?

Your social worker can:

- Connect you to trusted elder law attorneys for estate planning and to establish powers of attorney for health care and finances.
- Provide counseling regarding advance directives.
- Help you to explore long-term care options and funding sources.

What services are available at Northwest Neurology or in my own neighborhood?

Your social worker can guide you to:

- Specialized support and education groups for newly diagnosed individuals and families.
- Quality-of-life programs designed to offer meaningful and purposeful activity.
- Other community programs in which you can find enriching opportunities.