

# **Virginia Dementia Road Map: A Guide for People Impacted by Dementia**

The DARS Office for Aging Services has developed a stage-by-stage guide to cognitive impairment, Alzheimer's disease, and other types of dementia. At each stage, the **Virginia Dementia Road Map** answers your questions about what you should expect and what you should do. It also provides concrete action steps to take at each stage.

The Road Map also has information on self-care for caregivers, and information about dementia generally as well as a comprehensive list of other resources addressing issues like driving, legal and financial planning and long-term care services and supports.

→ **Caregiver Toolkit**

→ **Provider Toolkit**