

Worried about Memory Loss?



If you're worried about forgetfulness, feel it's getting worse or that the memory problems are starting to interfere with everyday life, it's time to talk to a healthcare professional. Talking about changes in memory or thinking can be hard, but it's important to share your concerns with your doctor.

WHAT YOU CAN DO

- Learn about warning signs and normal changes with aging. www.alz.org/alzheimers-dementia/10_signs
- Keep track of changes you notice. If your loved one doesn't bring it up, find the right time and a sensitive way to discuss these changes with them.
 - Memory loss that disrupts daily life
 - Challenges in planning
 - Difficulty with familiar tasks
 - Confusion with time or place
 - Visuospatial problems
 - Misplacing items
 - Trouble with speaking or writing
 - Changes in judgement
 - Withdrawal
 - Mood or personality changes
- Call and schedule a complete medical check-up. Feel free to share with the professional what you've noticed in person or in a letter.

REASONS TO GET CHECKED OUT

- Find out what may be causing the problems— there are reasons for memory loss and confusion. Some conditions such as normal pressure hydrocephalus, thyroid problems, or a vitamin deficiency, are treatable or reversible.
- Access to treatment options if diagnosed with dementia.
- Early diagnosis allows the person and their family more time to educate themselves, seek support that works for them, and make informed decisions and plans for future care.
- The opportunity to participate in a wider variety of clinical trials.

TALKING TO YOUR DOCTOR ABOUT MEMORY LOSS

Effective communication with your doctor is important when you have questions about memory loss. Be prepared, speak up, listen, take notes and ask questions.

- Make a list of any changes in your health or any warning signs you have noticed.
- Consider bringing a family member or friend.
- Ask questions....What tests will you run, what is my diagnosis, what are my next steps.

For more information on choosing a doctor or questions to ask visit:

www.alz.org/alzheimers-dementia/diagnosis/visiting-your-doctor

The information on this tipsheet is taken from **Kansas Dementia Road Map: A Guide for People Impacted by Dementia.**

Download your copy of the Road Map by scanning the QR code or visit kdads.ks.gov/dementia-roadmap

