

# DOCTOR DISCUSSION GUIDE

If you or your loved one is noticing problems with memory, thinking, or behavior that has started affecting daily activities, it's important to get the conversation started with a doctor at your next appointment or annual wellness visit. You can also use this guide to write down any symptoms and the dates that you began noticing them.

Remember, it's helpful to fill out this guide together with a loved one and to bring it to the next doctor's appointment.

## Tips for Doctor's Appointments

Before you visit a doctor, there are a few things to keep in mind or prepare for in advance:

- Know that not all symptoms may be due to Alzheimer's disease or dementia
- Understand that it may take more than one doctor, multiple appointments, and several tests to find out if you might have Alzheimer's disease or another cause of dementia
- Be honest about your or your loved one's symptoms and concerns
- Gather information on your or your loved one's family health history, medical history, lifestyle, etc.
- Bring a list of current medications, vitamins, or supplements that you or your loved one is taking
- Have someone you trust come with you to your appointment for support and to help take notes

## Which of the Following Symptoms Are You or Your Loved One Experiencing?

Memory loss that affects daily life

Details/Date Noticed: \_\_\_\_\_

Difficulty in planning or solving problems

Details/Date Noticed: \_\_\_\_\_

Difficulty completing routine tasks

Details/Date Noticed: \_\_\_\_\_

Misplacing things and being unable to retrace steps

Details/Date Noticed: \_\_\_\_\_

Withdrawing from work or social activities

Details/Date Noticed: \_\_\_\_\_

Mood and personality changes

Details/Date Noticed: \_\_\_\_\_

Other:

Details/Date Noticed: \_\_\_\_\_

## Have the Symptoms Worsened Over Time?

Yes

No

Details/Date Noticed: \_\_\_\_\_

## How Have These Symptoms Changed?

\_\_\_\_\_

## Questions to Consider Asking the Doctor:

- Can these symptoms be a sign of mild cognitive impairment (MCI), dementia, or something else?
- Do I need to see a specialist?
- Am I or my loved one at risk for Alzheimer's?
- Which tests or tools are used to help diagnose Alzheimer's or dementia?
- Who will oversee my medical care?
- Who should be included in the care team?
- How can my loved one or I tell if symptoms are worsening?
- How can I maintain my brain health?
- Is it still safe to drive?
- What care planning services do you provide?
- Are there other support services or resources available nearby?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_