

Worried About Your Thinking or Memory?

Talking about changes in memory or thinking can be hard, but it's important to share your concerns with your doctor.

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.



4 Reasons to Get Checked Out!

1 Find out what may be causing the problems—there are reasons for memory loss and confusion that are treatable. Some conditions that cause dementia symptoms are treatable or reversible.

2 A health care professional can provide better clinical care for all your medical conditions with a diagnosis, when they understand what is happening.

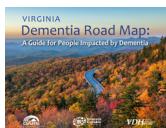
3 You, your loved one and other family members can more easily plan for the future when you know what you are dealing with. A diagnosis makes taking the next steps a bit easier.

4 If you're worried about changes in yourself, consider sharing your concerns with family, friends or your health care professional.

Things you can do:

- 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—get it out in the open.
- Call and ask your loved one's health care professional for the Medicare Annual Wellness exam. Feel free to share with the professional what you've noticed in person or in a letter.
- If you don't feel comfortable with your loved one's current health care professional, try to find a new one. Many primary care professionals can diagnose dementia.

For information on resources in your area, contact your local Area Agency on Aging or the Alzheimer's Association.



To find your Area Agency on Aging, call 1-800-552-3402
Alzheimer's Association 24/7 Helpline: 1-800-272-3900



The information on this tipsheet is taken from *Virginia Dementia Road Map: A Guide for People Impacted by Dementia*. Download your copy of the Road Map by scanning the QR code or visit: vda.virginia.gov/DementiaCapableVA.htm