

10 Steps to Approach Memory Concerns

What to do when you notice changes in others

If you notice changes in friends, family or others close to you and are concerned for their health — particularly when it involves changes in memory, thinking or behavior — it can be difficult to know what to do or say. Although it's natural to be uncertain or nervous about how to offer support, these are significant health concerns. The steps below can help you feel more confident as you assess the situation and take action.

ASSESS THE SITUATION

1. What changes in memory, thinking or behavior do you see?

What's the person doing — or not doing — that's out of the ordinary and causing concern?

2. What else is going on?

Various conditions can cause changes in memory, thinking and behavior. What health or lifestyle issues could be a factor? E.g., family stress or health issues like diabetes or depression.

3. Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis.

Visit alz.org/10signs to educate yourself on the 10 Warning Signs of Alzheimer's and why it's important to know if dementia is causing the changes. Do you notice any of the signs in the person you're concerned about?

4. Has anyone else noticed the change(s)?

Find out if friends and family have seen changes. What are they?

TAKE ACTION THROUGH CONVERSATION

5. Who should have the conversation to discuss concerns?

It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so that the person doesn't feel threatened by a group, but use your understanding of the person to determine what might work best.

Name(s): _____

6. What is the best time and place to have the conversation?

Have the conversation as soon as possible. In addition to choosing a date and time, consider where the person will feel most comfortable.

Date: _____

Time of day: _____

Location: _____

7. What will you or the person having the conversation say?

Try the following:

- » I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?
- » How have you been feeling lately? You haven't seemed like yourself.
- » I noticed you [specific example] and it worried me. Has anything else like that happened?

Write additional conversation starters below.

8. Offer to go with the person to the doctor.

Ask the person if he or she will see a doctor and show your support by offering to go to the appointment. Some words of encouragement may include:

- » There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.
- » The sooner we know what's causing these problems, the sooner we can address it.
- » I think it would give us both peace of mind if we talked with a doctor.

Write your own ideas below:

9. If needed, have multiple conversations.

The first conversation may not be successful. Write down some notes about the experience to help plan for the next conversation.

- » Location took place: _____
- » Date/time of day: _____
- » What worked well? _____
- » What didn't? _____
- » What was the result? _____
- » What can be done differently next time? _____

REACH OUT FOR HELP

10. Turn to the Alzheimer's Association for information and support.

- » Visit alz.org/education to take our free [Dementia Conversations](#) online program. Learn how to have honest and caring conversations about common concerns — including driving, doctor visits, and legal and financial planning — when someone begins to show signs of dementia.
- » Call our **24/7 Helpline (800.272.3900)** to speak with a master's-level clinician who can provide more information about how to discuss memory concerns with someone close to you.
- » Visit [Community Resource Finder \(alz.org/CRF\)](http://alz.org/CRF) to find local resources, such as a health care professional and your closest Association chapter.
- » Explore [Evaluating Memory and Thinking Problems: What to Expect \(alz.org/evaluatememory\)](http://alz.org/evaluatememory) to learn what a typical medical evaluation may include.

10 Steps to Approach Memory Concerns

What to do when you notice changes in yourself

If you've noticed changes in yourself and are concerned for your health — particularly when it's related to memory, thinking or behavior — it can be difficult to know what to do. It's natural to feel uncertain or nervous about discussing these changes with others, and sometimes voicing these worries can make them seem more "real." However, these are significant health concerns and it's important to seek support. The steps below can help you feel more confident as you assess the situation and take action.

ASSESS THE SITUATION

1. What changes in memory, thinking or behavior are you noticing?

What's happening that feels out of the ordinary and is causing you concern?

2. What else might be going on?

Various conditions can cause changes in memory, thinking and behavior. Are there any health or lifestyle issues that could be a factor? E.g., family stress or medical problems like diabetes or depression.

3. Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis.

Visit alz.org/10signs to educate yourself on the Association's 10 Warning Signs of Alzheimer's and why it's important to know if dementia or something else is causing the changes. Do you notice any of the signs in yourself?

4. Has anyone expressed concern to you about changes they've observed?

What did they notice?

HAVE A CONVERSATION

5. The unknown can be scary for many people, especially when it involves your health. Many people find it helpful to confide in someone they trust rather than face the issue alone. Who could you discuss your concerns with?

It could be a family member or friend, or a combination — whatever is most comfortable for you.

» Name(s): _____

6. Have a conversation as soon as possible. When is the best time to do so?

Is there a place where everyone will feel comfortable discussing your concerns?

» Date: _____

» Time: _____

» Location: _____

7. How will you approach the conversation?

Try the following:

» I've noticed [change] in myself, and I'm concerned. Have you noticed anything about me that worries you?

» Write additional conversation starters below.

8. Ask the person to go with you to the doctor.

When dealing with possible memory or behavioral issues, it can be helpful to bring someone you trust with you to the doctor. In addition to providing support, the person can help with asking the doctor questions and making sure you capture the information provided.

Try the following:

» I think it would give me peace of mind to see a doctor and find out what's going on. Would you be willing to go with me for support?

» Write your own ideas below.

9. If needed, have multiple conversations.

Some people may not take your concerns seriously and attribute them to stress or normal aging. However, you know yourself and the validity of your concerns best. Write down some notes about the experience to help plan for the next conversation — whether it's with the same person or someone else you trust.

- » Location took place: _____
- » Date/time of day: _____
- » What worked well? _____
- » What didn't? _____
- » What was the result? _____
- » What can be done differently next time? _____

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10. Turn to the Alzheimer's Association® for information and support.

- » Call our **24/7 Helpline (800.272.3900)** to speak with a master's-level clinician about your concerns and next steps.
- » Visit **Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF)** to find local resources, such as health care professionals, and your closest Association chapter.
- » Explore **Evaluating Memory and Thinking Problems: What to Expect (alz.org/evaluatememory)** to learn what a typical medical evaluation may include.