

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. 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 or 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](https://www.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?



OKLAHOMA
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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'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?**

Date: _____

Time of day: _____

Location: _____

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

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.

9. **If needed, have multiple conversations.**

The first conversation may not be successful.

REACH OUT FOR HELP

10. **Turn to the Alzheimers Association for information and support.**

Call our [24/7 Helpline \(800.272.3900\)](tel: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.



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