

QUESTIONS TO ASK YOUR LOVED ONE'S DOCTOR ABOUT MEMORY CHANGES

A FAMILY GUIDE FOR THOSE CONSIDERING THRIVE IN THE COURTYARD

Memory changes can happen for many reasons. While some forgetfulness is a normal part of aging, ongoing changes in memory, judgment or behavior should be evaluated by a healthcare professional. Use this checklist during your loved one's next doctor appointment to help start an important conversation.

MEMORY & THINKING

Ask the doctor:

- ☐ Could these memory changes be part of normal aging, or are they signs of mild cognitive impairment or dementia?
- ☐ Are there medications that could be contributing to confusion or forgetfulness?
- ☐ Could depression, anxiety, poor sleep or another medical condition be affecting memory?
- ☐ Should my loved one be referred to a neurologist, geriatric specialist or memory clinic?
- ☐ What warning signs should our family watch for over the next several months?

RECOMMENDED MEDICAL EVALUATION

Ask if these tests or screenings would be appropriate:

- ☐ Complete blood work to rule out treatable causes of memory loss
- ☐ Thyroid function testing
- ☐ Blood sugar testing
- ☐ Cognitive screening such as the MoCA or MMSE
- ☐ Vitamin B12 and folate levels
- ☐ Vitamin D level
- ☐ Kidney and liver function
- ☐ Brain imaging (CT or MRI), if recommended

CHANGES OUR FAMILY HAS NOTICED

Share any changes you've observed, including:

- ☐ Repeating the same questions or stories
- ☐ Suspicion, paranoia or hallucinations
- ☐ Poor judgment or decision making
- ☐ Confusion about dates, time or familiar places
- ☐ Increased forgetfulness
- ☐ Personality or mood changes
- ☐ Difficulty finding words
- ☐ Anxiety, depression or withdrawal from activities

DAILY LIVING & HOME SAFETY

Discuss whether your loved one is experiencing:

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| ☐ Difficulty managing medications | ☐ Weight loss or poor nutrition |
| ☐ Getting lost while driving or walking | ☐ Changes in personal hygiene |
| ☐ Leaving the stove or appliances on | ☐ Trouble paying bills |
| ☐ Frequent falls or balance issues | ☐ Missed appointments |
| ☐ Wearing inappropriate clothing for the weather | |

IS ADDITIONAL SUPPORT NEEDED?

Ask the doctor:

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| ☐ Is it time to consider in home caregiver support? | ☐ Should driving be limited or stopped? |
| ☐ What services could help them remain safe and independent? | ☐ Is my loved one still safe to live alone? |

WHEN SHOULD WE CONSIDER MEMORY CARE?

Ask if your loved one would benefit from a specialized memory care community if they are experiencing:

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| ☐ Increasing confusion throughout the day | ☐ Wandering or getting lost |
| ☐ Poor nutrition or medication management | ☐ Difficulty completing daily tasks |
| ☐ Safety concerns at home | ☐ Frequent falls |
| ☐ Aggressive or unpredictable behaviors | ☐ A need for 24 hour supervision |
| ☐ Increasing stress or burnout among family caregivers | |

BRING YOUR OBSERVATIONS

Before the appointment, make notes about:

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| ☐ When you first noticed memory changes | ☐ Changes in eating, sleeping or daily routines |
| ☐ Specific examples of concerning behaviors | ☐ Recent falls, hospital visits or medical changes |
| ☐ Questions you would like the doctor to answer | |

WE'RE HERE TO HELP

At **Thrive in the Courtyard**, we understand that navigating memory changes can feel overwhelming. Whether your loved one is ready for memory care today or you're simply gathering information for the future, our team is here to provide education, support and guidance every step of the way. We are happy to answer your questions, discuss care options and help your family determine the right next steps when the time is right.