



20 QUESTIONS TO ASK ABOUT ALZHEIMER'S

Whether your loved one has already been diagnosed or is going in for a screening, you're going to have plenty of questions for the doctor. To help you get started, we've gathered some important questions that you can print and take with you to your next visit.

Questions About Diagnosis

If you suspect your loved one is showing signs of Alzheimer's or dementia, it's important to get them screened as early as possible. Asking the right questions during the screening process will help you and your loved one prepare for what's next.

Does my loved one's changes in memory seem normal for his/her age, or are they a sign of a possible medical issue?
How can we tell that these symptoms are from Alzheimer's and not a stroke or other condition?
What tests will he/she need to take?
What stage of Alzheimer's is my loved one in, and what can we expect in the future?

If my loved one does have Alzheimer's, will you be his/her ongoing physician?	
Questions About Daily Care	
While you may feel like your questions should focus on your loved one's health, you also need to know how you can help. A physician can help you prepare to care for your loved one on a daily basis, monitor their health and keep an eye on Alzheimer's progression.	
What treatments and medications are there for Alzheimer's, and which ones are best for our situation?	
What side effects of medications should we watch out for at home?	
What Alzheimer's symptoms should we look for, and how can we handle them?	
What exercises and activities do you recommend to help them stay active?	
Is it still safe for my loved one to live alone or drive a car? How will I know when these activities are no longer safe?	

Questions About Prescriptions

It's likely your loved one will be prescribed new medications to help with the side effects of Alzheimer's. Take notes about each one and download our Alzheimer's Handbook at CareForAlz.Com for a prescription chart that will help you keep track of the days, times and dosages for each medication.

What are both the brand and generic names of this medication?
What is its main purpose?
What side effects should I look out for?
Does it have any interactions with other over-the-counter or prescription medicines my loved one is taking?
When and how should they take it? (for example, in the a.m. with food, once a day with a glass of water, etc.)

Questions About Long-Term Care

Start planning for the long run as early as you can. Your loved one's doctor is a great source for long-term care advice and recommendations for local resources. Can you help us create an ongoing care plan? How often should we schedule checkups with you (or our primary care physician)? What are the signs that my loved one might be ready to move to a memory care home? Do you have any recommendations for adult day programs, respite care or other local resources? What resources do you recommend for caregivers and family members? (Local support groups, eldercare attorneys, social workers, etc.)

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Notes Keeping detailed records of your doctor's advice will be very helpful in the future. Write down anything else your doctor says and store this in a binder or folder for your family's reference.