

Questions to Ask the Doctor

Tick the questions you want to ask, and bring this sheet and a list of all your medicines. Bring a family member or friend to take notes.

About the diagnosis

- ☐ What do you think is causing these memory or thinking changes?
- ☐ Could anything else be causing them (medicines, vitamin B12, thyroid, depression, sleep, hearing)?
- ☐ What tests do I need, and what will they tell us?
- ☐ Should I see a specialist, such as a neurologist, geriatrician, or memory clinic?
- ☐ What stage is this, and what changes should we expect?

About treatment

- ☐ What treatments or medicines might help? What are the side effects?
- ☐ Am I a candidate for newer Alzheimer's treatments, and what monitoring do they need?
- ☐ Should any of my current medicines be changed or stopped?
- ☐ Are there clinical trials I could join?

About daily life and safety

- ☐ Is it safe for me to keep driving, cooking, or managing money?
- ☐ What can I do now (exercise, sleep, diet, hearing, social contact) to help?
- ☐ What support is available for my family or caregiver?
- ☐ Who should we call with questions between visits?
- ☐ When should we come back, and what should we watch for?

Notes:

Alzheimer's Association 24/7 Helpline: 800-272-3900

Adapted from guidance by the National Institute on Aging and the Alzheimer's Association. General information, not medical advice.