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**Know the 10 signs of dementia**

**Help and resources are available**

**Schedule an appointment with the person's primary care provider**

**Things providers should do at initial appointment**

**Next steps—following the initial appointment**

**Every person has the right to an accurate and timely diagnosis**

## Rights of People with Dementia

### People with dementia have the right to:

1. An accurate and timely diagnosis and to be informed of that diagnosis.
2. Be regarded as unique individuals and be treated with respect and dignity.
3. Access a range of treatment, care and supports, regardless of age and current condition.
4. Well-coordinated care transitions.
5. Be as independent as possible and be included in his or her community.
6. Have formal caregivers who are well supported and educated about dementia.
7. End-of-life care that respects individuals' wishes.

## 10 Signs of Dementia May Be Present

1. Memory loss that disrupts daily life.
2. Challenges in planning or solving problems.
3. Difficulty completing familiar tasks at home, at work or at leisure.
4. Confusion with time or place.
5. Trouble understanding visual images and spatial relationships.
6. New problems with words in speaking or writing.
7. Misplacing things and losing the ability to retrace steps.
8. Decreased or poor judgment.
9. Withdrawal from work or social activities.
10. Changes in mood and personality.

## Help & Resources

- Call the ***Aging and Disability Resource Connection of Oregon (ADRC)*** 1-855-673-2372, [www.helpforalz.org](http://www.helpforalz.org).
- Call the ***Alzheimer's Association*** 24/7 Helpline at 1-800-272-3900 or visit [www.alz.org](http://www.alz.org).
- Review helpful information in the guide book, ***Help is Here: When someone you love has dementia***
- Review helpful information in the guide book, ***National Institute on Health (NIH) Resources***

## The Appointment

1. Attend the appointment with the person, or provide a written list of concerns. Give examples of how changes are interfering with the person's daily life.
2. Take all the person's medications, supplements, and over the counter medications to the appointment.
3. Consider completing one of the following brief questionnaires.
  - [AD8 Dementia Screening Interview](#)
  - [Alzheimer's Association Family Questionnaire](#)

If the person refuses to attend the appointment, the following ideas may be helpful: [\*Visiting the Doctor: My Loved One Refuses to Go to the Doctor\*](#)

## Things the Provider Should Do

- Review family history.
- Conduct a physical evaluation, which may include lab work or imaging, to rule out medical conditions.
- Complete a medication review.
- Review brief assessments if you completed.
- Perform a cognitive screening.

## Next Steps

- A follow-up appointment for further testing and/or go over lab (and imaging) results.
- A referral appointment to a geriatrician/geriatric nurse practitioner, neurologist, geriatric psychiatrist, neuropsychologist or a local expert for additional testing.

## Right to an Accurate and Timely Diagnosis

- If you have additional questions, express your concerns and request a follow-up appointment.
- Not all primary care providers have the time or the ability to perform a full dementia evaluation. You may choose to seek an appointment with a specialist (geriatrician/geriatric nurse practitioner, neurologist, geriatric psychiatrist, neuropsychologist). Some appointments may be scheduled without a referral.
- Know *The Rights of People with Dementia*. (See page 1)

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