



Have you noticed changes in your loved one's ability to remember — or in your own?

Talk with your family. Then talk with a doctor, and get support.

Early detection and care can benefit your family.

FIND MORE INFORMATION

doh.wa.gov/memory

DO YOU NEED HELP FINDING A DOCTOR?

Sea Mar Community Health Clinics
(855) 289-4503 or seamar.org

Yakima Valley Farm Workers Clinic
Find a clinic to call near you at yfwc.com

FIND LOCAL RESOURCES

Alzheimer's Association, Washington State Chapter

The Alzheimer's Association 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public. For more information, visit alz.org.

820-NonDOH

To request this document in another format, call 1 (800) 525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

How you can help a family member with memory loss

TALK WITH A DOCTOR TO LEARN YOUR OPTIONS AND GET SUPPORT.



Early detection often means a better life

As we age, many of us experience some memory loss. Sometimes that's a sign of other health problems.

When we notice signs of memory loss, we might worry others will think we're less capable. But getting your memory checked is a normal part of health care. With early detection of dementia or other problems, you have more options for staying healthy and getting support. You can:

- Access important resources and programs for people with memory loss and their families.
- Identify and treat reversible causes. Memory loss may be caused by factors such as a medication or a health condition that can be treated.
- Make lifestyle changes or get medications that help manage your symptoms.
- Get support and guidance from organizations that help people and families living with dementia.
- Find out what's going on with you. When you know the cause of your memory loss, you can learn what to expect and how to cope and start building a support network.

Sometimes memory loss is more than just getting older

Some changes in your ability to remember or think could be signs of dementia and should be checked out. If you notice any of these signs, don't ignore them.

Memory loss that disrupts daily life. Forgetting new information or dates or events. Repeating questions.

Trouble making or following plans or solving problems. It's harder to work with numbers, follow a recipe or keep track of bills. Difficulty concentrating.

Difficulty with familiar tasks. Trouble driving to a familiar location, making a grocery list or remembering the rules to a game.

Confusion about time or place. Losing track of dates and seasons. Forgetting where you are or how you got there.

Trouble understanding visual images and spatial relationships. Trouble judging distance or determining color. Vision problems that may cause balance or reading problems.

Problems with words. Trouble following or joining a conversation or naming familiar objects. Stopping mid-conversation and being unable to continue, or repeating yourself.

Losing things without being able to retrace steps to find them. Putting objects in unusual places.

Decreased or poor judgment. Changes in decision-making. Paying less attention to grooming.

Withdrawal from work, hobbies or social activities. Changes in ability to hold a conversation.

Changes in mood and personality. Confusion, suspicion, depression, fear or anxiety. Easily upset at home, with friends, or outside comfort zone.

Source: Alzheimer's Association

What to do if you notice memory loss

Getting your memory checked is an important part of overall health care, like getting checked for your blood pressure or diabetes. If you or a family member are experiencing memory loss, now is the time to talk about it.

DON'T WAIT.

Early detection makes a big difference.

TALK WITH YOUR FAMILY.

Pick a time when you're not rushed and a setting that's calm and quiet. Listen carefully and with compassion, and work together to agree on your next steps.

MAKE AN APPOINTMENT TO TALK WITH A PROVIDER.

The doctor should do tests to better understand the memory loss and to find the cause. They also should ask a lot of questions. A family member or close friend can go with the person with memory loss to help answer questions.

CONNECT WITH COMMUNITY.

Find local resources at doh.wa.gov/memory.