



15 Questions to Ask When Dementia is Suspected

A Doctor Visit Helper Sheet (Before, During & After)

*This guide is not about demanding answers or pushing for a diagnosis.
It's about helping you organize your concerns so nothing important gets lost in the moment.*

*You don't need to ask every question.
You don't need perfect language.
You don't need certainty.*

SECTION 1: Before the Appointment (Prepare calmly, not frantically)

What I've been noticing (patterns over time):

- Memory changes
- Confusion or disorientation
- Personality or mood shifts
- Daily task challenges
- Sleep or hallucination concerns
- Other: _____

Medications & recent changes:

- New medications:

- Dosage changes:

- Recent illnesses / surgeries:

- Major stressors or losses:

My biggest concern right now is:

SECTION 2: During the Appointment:

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1. Are these changes typical for aging, or something we should monitor more closely?
2. What other conditions could cause these symptoms?
3. What tests or evaluations do you recommend — and why?
4. Should we see a specialist? If so, which type?
5. Are there medications that could be contributing?
6. Could sleep, stress, depression, or anxiety be playing a role?
7. What signs would tell us this is progressing?
8. What symptoms should prompt a follow-up sooner?
9. How should I document changes between visits?
10. What safety concerns should we be aware of right now?
11. Are there lifestyle changes that could help at this stage?
12. When should we talk about driving?
13. What support resources do you recommend?
14. How can I best communicate concerns if symptoms aren't visible here?
15. What would you want to know if this were your family member?

It's okay if your loved one "shows well" during this visit. That's more common than you think.

SECTION 3: During - Notes Space

Doctor's responses / next steps:

Tests or referrals ordered:

SECTION 4: AFTER THE APPOINTMENT

(Because clarity rarely happens in the room)

What I understood:

What still feels unclear:

Next steps (if any):

- Wait and observe
- Schedule follow-up
- Testing
- Referral
- Lifestyle changes

How I'm feeling right now:

It's normal to feel relief, frustration, or grief — sometimes all at once.

Medical visits don't always give immediate answers.

That doesn't mean you did anything wrong.

Next gentle step:

- Return to the Caregiver Compass to see what support fits where you are now.