



CONVERSATIONS ABOUT DEMENTIA

When someone is showing signs of dementia, it's time to talk.

Often, conversations with family about dementia and their changing behaviors can be challenging and uncomfortable.

Common difficult conversations are about: going to the doctor, deciding when to stop driving, making legal and financial plans.

Be Prepared:

- Develop a plan to gently position the discussion for a positive outcome.
- Sooner is better than later — don't wait for a crisis.
- Take notes about the changes you see in the person's behavior.
- Practice in advance.
- Try to be relaxed and comfortable when you have the discussion.

YOU ARE NOT ALONE.

For more information, visit Oklahoma.gov/health/OHBI or alz.org



Here are some tips for breaking the ice with your family so you can reduce the stress that accompanies the disease and get the support you and your family need.



Going to the Doctor

- Use words that are most comfortable for the person.
- Suggest Medicare's free Annual Wellness Visit.
- Suggest an outing and go to the doctor together.
- Invite family to communicate concerns and questions to the doctor.
- If still reluctant, try using a "therapeutic fib."



Deciding when to stop driving

- Plan ahead before an accident occurs.
- Express your concern about specific changes you noticed.
- Appeal to the person's sense of responsibility and concern for others.
- Offer alternate plans for transportation.
- Incorporate the voice of an esteemed professional and have empathy.



Making legal and financial plans

- Begin by explaining that you are in this together.
- Start by asking questions and gathering documents.
- Explain that these are standard plans that need to be made as we get older.
- Break the conversation into parts, and try different times and locations.
- Involve others as needed.