

Keeping Up With Provider Visits When You Have Dementia



Keeping up with provider visits can be stressful when you have Alzheimer's or dementia. First, you have to remember you have a visit coming up. During the visit, you need to remember to ask important questions. It's easy to forget steps in the midst of it all. Follow these six tips to make keeping up with medical visits easier.

1. Have a durable power of attorney (DPOA)?

Let your provider know.

Have you chosen a family member or friend to take care of you and/or your finances? Have you completed a DPOA form indicating this? If so, make sure your provider's office gets a copy of the DPOA form. If you were diagnosed with dementia or Alzheimer's recently, do this soon. It may be harder to remember as you delay this.

2. Sign a "Release of Information" form.

The "Release of Information" form will be at your provider's office. This form will tell your provider who they can talk to about your diagnoses, treatments and other medical concerns.

3. Schedule visits when you feel your best.

Try to schedule visits when you're feeling your best. Maybe there's a time of day when you're more aware of your surroundings. Maybe there's a time of day when you're in a better mood. Scheduling visits based on this will decrease agitation and confusion. It will also reduce your stress. If you have a caregiver, work with them to find the best time to schedule visits for you.

4. Take photos of medication labels.

Taking photos of your medication labels with your phone will help your provider know what you're taking. Sometimes, certain medications don't mix with other medications. If you're taking two medications that don't mix, it could cause a bad reaction. Going over current medications with your provider can help keep this from happening. The photos you or your caregiver take should include:

- Drug name.
- Dosage.
- How often you're taking it.
- Who prescribed it.

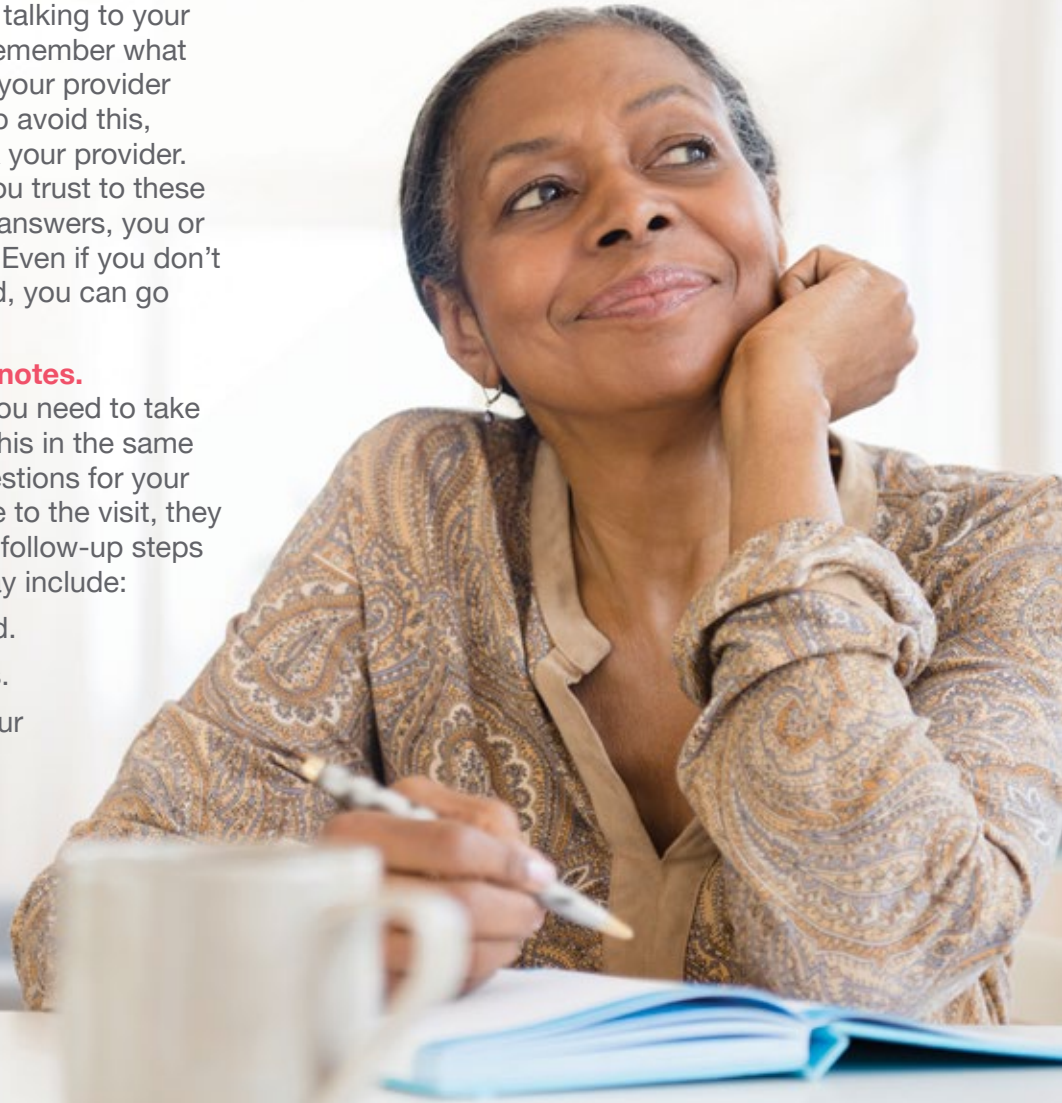
5. Make a list of questions you have.

Write down any questions you have for your provider before your visit. It can be hard to remember questions when you're talking to your provider. Sometimes, you might remember what questions to ask, but forget what your provider said. This can be stressful. To help avoid this, keep a journal of questions to ask your provider. You may also bring a loved one you trust to these visits. As your provider gives you answers, you or your loved one can write them in. Even if you don't remember what your provider said, you can go over it at a later time.

6. Track next steps and follow-up notes.

Write down any follow-up steps you need to take before the next visit. You can do this in the same journal you use to write down questions for your provider. If you invited a loved one to the visit, they could also help you keep track of follow-up steps you need to take. These steps may include:

- Tests that need to be scheduled.
- Day and time of follow-up visits.
- Any notes about changes to your treatment plan.



Helpful Resources

There are a couple of tools you can use to help you with your dementia symptoms. Explore the below tools:

Care Management Program

Our Care Management program can help you learn more about and manage your dementia. Your Care Managers can remind you about upcoming visits and work with your providers. They can also find resources that will help you stay healthy.

Call Member Services at **1-833-230-2020** (TTY: **711**) if you would like to be part of the Care Management program.

BrainHQ®

BrainHQ provides the exercise your brain needs to be at its sharpest. Think of it as a personal gym where you exercise your memory, attention, brain speed, people skills, navigation, intelligence and more! You can use BrainHQ on CareSource.BrainHQ.com. You can also download the BrainHQ app to your mobile device. This tool is free as part of your CareSource plan benefits.

Call Member Services at **1-833-230-2020** (TTY: **711**) or your Care Manager to get access to the BrainHQ tool.