

Visiting a health professional?

Tips for people with dementia

Health professionals can work with you to provide relevant information and to help you decide on the options that best meet your needs.

1 Bring a support person

If you can, bring a support person with you to your visit. A support person can be a family member, friend or a carer. They can help you ask questions, write notes for you, help remember what was said and be there to support you.

2 Be organised

It's a good idea to keep a list of current medications, vitamins and supplements, your health history and allergies. Bring the list to your visit.

3 Ask questions

It may feel scary to ask questions, however it's important to help you make the right decisions about your healthcare. Three questions you can ask your health professional are:

- What are my options?
- What are the benefits and risks?
- How likely are those benefits and/or risks?

4 Take notes

You may receive a lot of information. Take a notepad with you and take notes. At the end of your visit, read through your notes with the health professional and check you have written everything down correctly.

5 Is English your second language?

- Ask for an interpreter at your visit. You can do this when booking your visit.
- You may also ask for information in your preferred language.
- If you need help, call **131 450**, the **Translating and Interpreting Service (TIS)**.



6 Advance Care Directive

Start the conversation with a loved one about your healthcare. An **Advanced Care Directive** outlines your wishes for treatment when you are no longer able to make your own decisions. This will make it easier for health staff and your loved ones if they have to make decisions for you.

Helping someone with dementia visit a health professional?

Tips for carers or family of people with dementia

Health professionals can work with you and the patient to provide relevant information and help you decide on the options that best meet your needs.

1 Being a support person

- As a support person, you can help the person ask questions, write notes for them, help remember what was said and be there to support them.
- It's important to include the person in decision making where possible.

2 Be organised

Help the person to keep a list of current medications, vitamins and supplements, their health history and allergies. Bring the list to the visit.

3 Ask questions

It may feel scary to ask questions, however it's important to help the person make the right decisions about their healthcare. Three questions to ask the health professional are:

- What are the person's options?
- What are the benefits and risks?
- How likely are those benefits and/or risks?
- For more information on the types of questions to ask, visit the following resources:



Health Direct
Question Builder Tool



Ask Me Three



Ask Share Know

4 Take notes

The person may receive a lot of information at their visit. Take a notepad and take notes. At the end of the visit, read through your notes with the person you are supporting and the health professional and check you have written everything down correctly.

5 Is English your second language?

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