Memory Changes? The Next Steps:

You have noticed your loved one has been more forgetful lately. What should you do next? First of all, you may want to meet with your primary care provider. Some low or abnormal lab results can mimic dementia-like symptoms. Some tests to ask for:

- ☐ **Routine Blood Draw:**
- **CBC-** blood counts
- **CMP -** liver, kidney, electrolytes
- **TSHR -** thyroid levels
- **Vitamin B12**
- **Folate**
- **Vitamin D**
- ☐ **Vision Test:** Are there changes to vision?
- ☐ **Hearing Test:** Can they hear you?
- ☐ **Medication Review:**
- Free medication reviews are available. Call 218-736-8229. The pharmacist will look for potential medication interactions.

In evaluating memory changes, it may be helpful for you and your provider to consider the **3 D's: Depression, Delirium, and Dementia.**

Some additional testing which may be helpful:

- ☐ **PHQ-9:** A simple test for mood changes and depression
- ☐ **Delirium** (sudden confusion or disorientation) is more common with an illness, infection or even a recent change of environment
- ☐ **Dementia Screening:**
- **SLUMS/MoCA/MiniMental -** quick cognitive screening exams
- **Cognitive Performance Test:** performed by an Occupational Therapist, a more in-depth screening
- **Neuropsychiatric Evaluation,** if needed

Finding the cause of memory changes takes time and may take several appointments. Please be patient as your healthcare team works with you to find answers.

For those with memory loss and their care partners, the Rivers Area Memory Cafe meets monthly, the third Tuesday, at the Fergus Falls YMCA.

www.riversareamemorycafe.org

RIVERS AREA
MEMORY CAFÉ

Rivers Area Memory Café is a place of connection, learning, and support for those impacted by memory loss. We host monthly events featuring movement, music, art, games, and educational resources. Our goal is to build community in an environment that is enjoyable, safe, and comfortable.

JOIN US FOR MEMORY CAFÉ:

THIRD TUESDAYS
AT THE **YMCA**
1164 FRIBERG AVE
FERGUS FALLS, MN 56537
FROM **1-3 PM**

Learn more & stay connected
REGISTER AT - riversareamemorycafe.org
While reservations are helpful,
we warmly welcome guests without reservations.
NO CHARGE FOR PARTICIPATION

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