



Questions about my dementia diagnosis

Here are possible questions to ask your doctor. You don't need to ask all the questions (cross out the ones you don't want). You can also add your own questions.

- Do I have a specific type of dementia? What does my type of dementia mean?
- How certain are you about my diagnosis?
- What can I expect to happen in the next year, and next 3 years?
- Will I need to stop driving? If yes, how will I manage getting around?
- Is it OK to continue doing my activities (e.g. volunteering / looking after grandchildren)?
- Are my children more likely to get dementia?
- How and what should I tell my family?
- What can I do to stop my dementia from worsening?
- Are there medications or exercises?
- What should I do about my finances and legal matters?
- What should I do to stay independent?
- What should I do to stay in my own home?
- Can you recommend any dementia support service for me and my partner/supporter?
- Is there a support group I can join?
- I'm having trouble with...<add your own challenges> (e.g. forgetting appointments, getting lost, using my phone, telling my children). What can I do about these?
- Is there an occupational therapist who can help me with this?
- Can you write me a dementia care plan? (e.g. a Chronic Disease Management Plan)
- Write your own additional question(s) here or on the back of this page.