

**Yes!** I want to do my part to help the Alzheimer's Alliance fight against Alzheimer's disease and support the Northeast Texas families faced with this devastating illness by including a donation with the form below.

- \$1,000    \$500    \$250    \$100  
 \$50    \$25    Other \_\_\_\_\_

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My donation is

- In honor of:    In memory of:

Name: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Payable and mail to:**

**Alzheimer's Alliance of Northeast Texas  
211 Winchester  
Tyler, Texas 75701**

**THANK YOU FOR CARING!**  
*Your gift is tax deductible.*

## Programs and Services

The Alzheimer's Alliance of Northeast Texas offers the following services and programs to families affected by Alzheimer's in the 16 counties we serve.

### Services

- Alzheimer's Day Clubs
- Family Support Groups
- Respite Care Assistance Program
- Tracking and Identification for Wanderers
- Caregiver Helpline

### Education

- Educational Seminars
- Annual Regional Conference
- Speakers Bureau
- Memory Screenings
- In-Service Training
- Quarterly Newsletter
- Resource Library

### Advocacy

- The Alzheimer's Alliance works with the Alzheimer's Foundation of America to effect legislation benefiting families dealing with dementia.

### Research

- 10% of all memorial donations support research efforts.

**Alzheimer's Alliance of Northeast Texas  
211 Winchester  
Tyler, TX 75701**

**903.509.8323 • 800.789.0508 • 903.509.8373 fax**  
**www.alzalliance.org**

## Successful Doctor Visits



The Alzheimer's Alliance of Northeast Texas is dedicated to supporting those affected by Alzheimer's disease and related dementias.

  
**Alzheimer's  
Alliance**  
*of Northeast Texas, Inc.*

## Maximize Medical Visits

Good communication will enable you to get the most out of your visit to a physician or other healthcare professional. It will help you obtain a proper diagnosis and understand the disease, treatment options and other interventions.

In visiting a healthcare professional, a family member or other individual should accompany the person diagnosed with dementia. Contribute information about the person's history and symptoms. Bring current medications and a list of any questions you may have.

## What You Should Ask

- What is the diagnosis?
- What other tests should be taken?
- Should we see a neurologist, geriatrician or other specialist?
- How does the disease progress (symptoms, time frame, etc.)
- What are all the available treatment options?
- What is the effectiveness of each medication, in terms of memory, behavior and other symptoms?
- What are the pros and cons of each treatment (side effects, dosage, possible drug interactions)?
- What changes in condition should we report to you?
- What do you recommend concerning diet, vitamins, physical exercise and other lifestyle changes?
- What mental exercises can we do to stimulate the brain?
- Are there clinical drug trials that would be appropriate? What are the risks and benefits?
- What advice can you provide regarding care?

“Talking openly with the doctor is perhaps the single most important step individuals can take to ensure the highest quality of care they deserve. I like to remind my patients to prepare ahead, organize their history, voice their concerns, and ask their questions. We all need to be proactive about our healthcare.”

Gary Small, M.D.

Director, UCLA Center on Aging, and author, *The Memory Bible* and *The Memory Prescription*

- Do you have information about community resources, such as counseling, support groups and educational workshops?
- Will you be speaking with the individual's other doctors?
- How often should we make an appointment to see you?

## Emergency Visits

In case an emergency room visit is necessary at some point, prepare an ER kit and have it ready to go. It should include:

- A preprinted summary of the individual's medical history, such as a list of problems, allergies, medications (prescription and over-the-counter) and vitamins.
- Health insurance cards.
- A list of key contact numbers, such as health insurance provider, family and friends.
- Copies of legal documents, such as advance directive, do-not-resuscitate order, health care proxy, power-of-attorney, and living will.
- Item of comfort, such as a family photo or favorite blanket.
- Change of clothing, including (if applicable) adult incontinence products.

## Strategies

Many times, those with Alzheimer's disease are reluctant to go to the doctor. Perhaps the person is dealing with denial or is so impaired he truly believes he has no need for a doctor visit. The following suggestions may help you deal with your loved one's concerns in a sensitive and positive manner.

Remember: you must give yourself permission to alter the truth when necessary! Keep in mind your loved one's health and well-being are at stake.

- Have your loved one's physician call and schedule an appointment with him, citing the need for a routine yearly exam.
- Have your pharmacist inform your loved one he must receive an evaluation from the doctor in order to continue a prescription.
- If possible, use a physical problem, such as a hurting hip, as an excuse for the visit.
- Respect your loved one by informing him of the appointment in advance, but don't talk about it too much ahead of time. This may create unnecessary anxiety.
- Try to get the first appointment of the day in order to avoid waiting.
- In case you will have to wait, bring some distracting items with you, such as a favorite magazine or a snack.
- Simplify your explanation of where you are going and be reassuring and positive.

Funds for the printing of this brochure were provided by:



**For additional information contact:**  
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**903.509.8323 · 800.789.0508**  
**903.509.8373 fax**