Memory Concerns Assessment

It is important to have an assessment if you or others have noticed any changes with your memory, thinking, or other brain skills. Congratulations on making your health and well being a priority by having an assessment.

What to bring to your appointment

It is recommended that you bring the following to your appointment if you have them:

1. Eye glasses and readers
2. Hearing aids
3. Dentures
4. Assistive devices: walker, cane, special shoes, TED stockings...
5. Prescription medication bottles, vitamins, and regularly used over-the-counter medications. Also bring pill planners and medication dispensers you use.
6. Recent appointment summary documents, health history information, recent hospital discharge instructions, and brain scan results.
7. Advance directives; such as Power of Attorney for Healthcare, Living Will, Five Wishes® Advance Directive, guardianship papers, and activation documents if you have them.
8. Insurance cards and driver's license (or valid photo ID)
9. Written questions and concerns
10. A family member or friend who knows you well.

What to expect during your appointment

A visit to a WAI-affiliated memory clinic will include a physical exam, a review of your medical history, and tests that measure your memory, thinking, and problem-solving skills. Staff will ask you questions about your medications, sleep health, mood, and ability to perform daily tasks. A doctor may ask you to undergo brain imaging scans and blood tests.

It is helpful if a friend or family member who knows you well accompany you to your appointment. After your assessment, clinic staff will explain the results either immediately after your appointment or during a follow-up visit. Based on your results, clinic staff will review options for treatment, including medications and healthy lifestyle recommendations. The clinic staff will also supply you with information about community support services for patients and families and offer recommendations for maintaining independence and brain health.