



Talking to your GP when caring for someone living with dementia

When a loved one is diagnosed with dementia, it's natural to experience a range of emotions and uncertainty. It can be scary and overwhelming, often because of all the “unknowns”. Even knowing what questions to ask your GP can be difficult.

Using this help sheet to support you when talking with a GP

Dementia Support Australia have created this help sheet to make it easier to talk to a GP or medical specialist about dementia – what to expect and how you can best provide ongoing support.

Remember, **every person's experience with dementia is different**, so some of the questions listed here may not apply. Use them as a guide and if you have additional questions, feel free to add them – no question is ever too small or unimportant.

By feeling more comfortable asking questions and staying informed, you are helping to provide the very best care possible for the people living with dementia that you support.

Remember, there are no wrong questions! Caring for someone living with dementia can be challenging, but with knowledge and support, it can be made easier.

We're here to help.

Questions you may wish to ask your GP:

Diagnosis and symptoms

- What type of dementia is this?
- What are the key symptoms of this dementia type?
- How might the symptoms develop over time?
- Is it hereditary?

Medical care and treatments

- What tests will need to be done?
- What medication may be necessary?
- Are there any dietary changes or nutritional supplements we should be looking at?
- Are there ways to slow it down?
- Are there any clinical trials that might help?

Care-giving and support

- What types of support are available for them?
- Are there resources available for me as a carer?

Changes in behaviour planning

- What changes in behaviour could I expect?
- What should I do if I notice their behaviour changing?
- Will it change their personality?
- Should I adjust the way I speak to them?

Additional resources

For more guidance around changes in behaviour, visit dementia.com.au, where you'll find a range of practical resources, information and advice from Dementia Support Australia.

Understanding why behaviours may change and how to respond can help reduce stress for both you and the person you're caring for. These tools are designed to support you with clear, practical strategies so you can feel more confident and prepared in your caring role.

**If concerned about behaviour changes: Dementia Support Australia
1800 699 799 (free 24/7)**

**We're here to help
24-hours a day,
365 days a year.**



1800 699 799



**Chat now at
dementia.com.au**

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