

Getting a diagnosis of Alzheimer's disease or another form of dementia is often considered the first step in the dementia journey. It is an opportunity to get answers and be connected with resources.

However, the path to diagnosis can be long and challenging. Here are some tips to help you advocate for a diagnosis.

## HOW TO GET A DIAGNOSIS



If you have a family doctor or nurse practitioner, start by booking an appointment with them to speak with them about your concerns.



If you do not have a family doctor or nurse practitioner you can access a [walk-in health clinic](#) or the services of [NB Health Link](#) until you can be matched with a long-term provider.



If neither of these options are appropriate for you, please contact the Alzheimer Society to learn about other options specific to your community.

## PREPARING FOR YOUR DOCTOR'S VISIT

In preparation for your doctor's appointment, here are some helpful things to know and expect.

### BEFORE YOUR APPOINTMENT



**Fill Out a Checklist:** Download and complete our [Getting a Diagnosis Toolkit](#) with a family member to capture all symptoms.



**Bring Support:** Consider asking a family member or friend to accompany you for additional support and information.



**Prepare Information:** Note down symptoms, when they began, changes over time, and factors affecting them.

### DURING YOUR APPOINTMENT



**Ask Questions:** Don't hesitate to ask for clarifications or for the healthcare provider to slow down or repeat themselves.



**Provide Specific Examples:** Share detailed examples of your concerns, or ask your companion to provide their observations.



**Discuss Treatment Options:** Ask about all available treatments, including medications and non-drug options.

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**Understand Medical Terms:** -Request written explanations of any medical terms used.

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**Answer Honestly:** -Provide truthful responses to your doctor's questions.

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**Request Printed Material:** Ask for brochures or handouts that explain your condition, tests, or treatments.

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**Take Notes:** Ask your companion or healthcare provider to help you take notes to help you remember key points and focus on the conversation.

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## WHEN YOU GET HOME



**Review Notes:** Go over the notes from your visit, either alone or with your companion.

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**Keep a Journal:** Track what you've learned about dementia, questions for your next appointment, changes in symptoms, and reactions to medications.

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**Discuss with Family and Friends:** Inform them about your healthcare decisions to garner support.

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**IF YOU FEEL YOUR DOCTOR DIDN'T GIVE YOU THE INFORMATION YOU NEEDED,  
YOU HAVE THE RIGHT TO REQUEST A SECOND OPINION. IT'S IMPORTANT THAT  
YOU FEEL COMFORTABLE ABOUT YOUR HEALTHCARE.**

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If you have questions or want to learn more, please reach out to us!

Alzheimer Society of New Brunswick  
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[www.alzheimer.ca/nb/en/advocacy](http://www.alzheimer.ca/nb/en/advocacy)