

join us for an alzheimer's association caregiver workshop

PARTNERING WITH YOUR DOCTOR: A Guide for Persons with Memory Problems and Their Care Partners

Presented by
Chris Ridley, LCSW
Hilo Program Coordinator

Friday, April 24, 2009

10:00 am - 11:30 am

**Ward Warehouse
Kaka'ako Conference Room**

Chris Ridley has worked at Life Care Center of Hilo as the Director of Social Services since 1994 and has worked part-time at the Alzheimer's Association from 1999-2004, and again in 2008. Ridley has served on various committees including the Mayor's Committee on Aging and the Aging and Disability Resource Center Advisory Committee. She presently serves as the Island Representative on the Hawaii Chapter Board of National Association of Social Workers and serves as the facilitator for the Long Term Care Social Workers of Hawaii.

Doctors only have a limited amount of time to spend with each patient. You can help by being prepared!

Partnering with Your Doctor will help you to learn:

- How to get prepared.
- How a diagnosis is made.
- Questions to ask your doctor when it's a diagnosis of Alzheimer's disease or a related disorder.
- Working with your doctor to get the best care.
- A guide for follow-up doctor visits.
- Patient and caregiver education and support.
- How to complete a doctor visit worksheet.

Some tips on how to get prepared for a doctor's visit:

- Take all medications, both over-the-counter (vitamins, aspirin) and prescription, to the visit.
- Take a list of past and current medical problems. Have other family members had illnesses that caused memory problems?
- Answer the doctor's questions honestly and to the best of your ability.
- Write a list of symptoms, when they began, and how frequently they occur.
- Ask the doctor to explain any tests and how long it will take to get a diagnosis.

To register or for information:

808 591 2771 p

www.alz.org/Hawaii

alzheimer's  association®

Alzheimer's Association - Aloha Chapter Office
1050 Ala Moana Blvd, D2610
Honolulu, HI 96814