



# Worried about memory loss?

There are a number of reasons for memory loss in adults – some of these conditions may be reversible. A first step is to talk with a health care provider about it.

## Why is getting checked so important?

- Your provider can take steps to rule out causes for memory loss that might be treatable.
- Even if the reason turns out to be something not reversible such as a type of dementia, it's best to know early so you can:
  - Learn about ways to stay active and healthy
  - Make legal, financial, and care plans for the future
  - Get the support you need
  - Participate in clinical trials

An early diagnosis – along with the right services, support, and education – can help you take control of your health and your life.

**The right information at the right time helps you live your best life.**

# If you have memory loss or dementia, help is available.

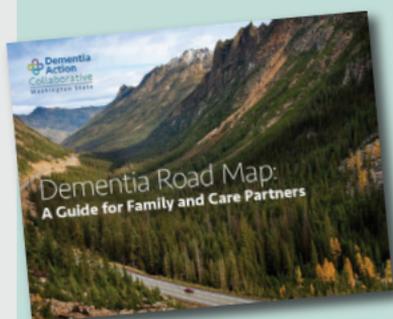
Explore Washington's **Community Living Connections** Memory Loss and Dementia webpage for resources and information about local supports and services. On this page you can:



1. Hear Washingtonians speak about their lives with dementia in the "Let's Talk Dementia" video series.



2. Find the *Dementia Road Map: A Guide for Family and Care Partners*.
3. Take control of your future with the *Dementia Legal Planning Toolkit*.



Find the above resources and more at [memorylossinfwa.org](http://memorylossinfwa.org). To talk with a person on the phone about local services and supports, call **1-855-567-0252**.

**alzheimer's association** 

To learn about the warning signs of Alzheimer's, the value of diagnosis, what to expect in a medical evaluation, and supports available, visit the Alzheimer's Association website at [alz.org](http://alz.org). To talk with a person on the phone, call **1-800-272-3900**.

The Dementia Action Collaborative is a group of public-private partners committed to preparing Washington state for the growth of the dementia population.



[dshs.wa.gov/altsa/dementia-action-collaborative](http://dshs.wa.gov/altsa/dementia-action-collaborative)