

GUIDE · 6 MIN READ

What to ask the GP about dementia

If you're worried about a parent or loved one's memory, the GP appointment matters. These are the 20 questions UK family carers tell us they wish they'd asked sooner.

Getting a diagnosis

1. What tests are needed to confirm whether this is dementia?
2. Could the symptoms be caused by something else (infection, medication, depression, vitamin deficiency)?
3. How long will it take to get a referral to a memory clinic?
4. Will the diagnosis tell us which type of dementia it is (Alzheimer's, vascular, Lewy body, frontotemporal)?

Treatment and medication

1. Are there medications that could help slow symptoms?
2. What are the side effects we should watch for?
3. Will any current medications need to be changed or stopped?
4. How often should medication be reviewed?

Day-to-day support

1. Who else will be involved in their care (memory nurse, OT, social worker)?
2. Can we get a care needs assessment from the local council?
3. What support is available for me as the family carer?

4. Is my loved one safe to drive? When does that need to be reviewed?

Planning ahead

1. Should we set up Lasting Power of Attorney now?
2. When is the right time to discuss future care preferences?
3. What financial support might we be entitled to (Attendance Allowance, Council Tax reduction)?
4. How do we register with the local Admiral Nurse service?

Red flags to watch for

1. What symptoms mean we should contact you urgently?
2. When should we go to A&E rather than waiting for a GP appointment?
3. How do we manage a sudden change in behaviour or confusion?
4. Who do we call out of hours?

Take the questions into the appointment

The Care Companion's Doctor Prep tool builds a personalised question list, tracks symptoms in a daily checklist, and creates a one-page summary you can hand the GP. 7-day free trial, £3.99/month after.

[Start free trial](#)

Information here is general guidance for UK family carers and is not a substitute for medical advice. Always speak to your GP or NHS 111 for clinical questions.

Free guide from The Care Companion — practical tools for families caring for someone with dementia. More guides at thecarecompanion.com/guides