

Prevention of dementia and frailty

RFQs

- Where does this concern come from?
- How has your mood been?
- Do you smoke?
- What about alcohol? How much?
- How is all this affecting you?
- Would you mind if I quickly test your memory? (GP mini COG test.)

Provide

You were worried that you might be developing dementia, but it look like your memory has been affected by your anxiety and low mood. Let's talk about what might help your anxiety and mood.

Would you like to consider the options of what might help you reduce your anxiety and to lift your mood? Talking therapy or listening to the options discussion on realgeneralpractice.co.uk would both be good places to start.

You can protect yourself from dementia, or becoming frail, by getting our help to quit smoking or at least take up vaping in it's place.

Becoming more active will also help. What's the best way of making that happen? Activity should be fun so that you will do it regularly. Perhaps you could start with things like tai chi and consider zumba as you get fitter.

Do you mind me talking about your alcohol consumption? Alcohol kills brain cells. What about having at least 2 alcohol free days a week? Do you need any help to cut back? A healthy diet will also help protect against dementia and frailty. Would you like me to signpost you to a healthier diet? We can also help you to lose weight if you like. That protects your brain too.

Safety net:

If I'm not right about this being linked with your anxiety and stress: I would expect that things will slowly become more difficult for you despite what we do to help your stress levels and mood.

Please let us know if you are struggling more (or if your relative seems to be having more difficulty).

What about we repeat your memory test in, say 3 months, to see if things are changing?