

Discussing Memory Changes with Patients and Their Families

Clear and compassionate communication lays the groundwork for trust and collaboration throughout the care journey for both patients and their families. By actively listening and tailoring communication to the patient's individual needs and cognitive abilities, healthcare professionals can ensure the patient understands the information provided and feels actively involved in the care plan. This collaborative approach fosters a sense of agency for the patient, allowing them to participate meaningfully in decisions regarding their future health and well-being.

Researchers have **identified seven best practices** to help guide physicians:



Diagram based on *Best Practices for Communicating a Diagnosis of Dementia: Results of a Multi-Stakeholder Modified Delphi Consensus Process*, Armstrong et al.