

What Should I Do If I Am Worried About Someone Else's Memory? A Conversation Starter

The sooner you know, the more you can do.

It can be hard to know when to speak up

If you've noticed changes in the memory, mood or thinking of someone you care about, you may feel unsure about what to do. You might be worried you will upset them or say the wrong thing.

But noticing changes is important. It's often the first step towards getting the right care and support.



What might you notice?

- Repeating stories or questions
- Difficulty managing familiar tasks or routines
- Changes in mood, behaviour, or concentration
- Withdrawing from social activities
- Experiencing confusion about time or place

These changes can have many causes—but they're worth paying attention to.

How to start the conversation

You don't need perfect words.

Try:

I've noticed a few changes lately and wanted to check in—how have you been feeling?

I care about you and just wanted to see how things have been going.



Tips

Choose a calm, private moment

Avoid blaming or correcting

Focus on what you've noticed, not what they're doing "wrong"

Make it something you do together.

This isn't about telling someone what to do; it's about supporting them.

You might say:

Do you want to talk to someone? Let's go together.

It might help to check in with a health care provider, just to understand what's going on.

Going together can make it easier.

If they're not ready

That's okay. These conversations often take time. Sometimes you need a few conversations.

- Listen without pushing
- Keep the door open
- Come back to it later if needed
- If the person becomes upset, avoid arguing

Let them know you're raising the issue because you care, then return to the conversation another day.



Why the conversation matters

Starting the conversation early can:

- Reduce uncertainty
- Help identify treatable issues
- Connect the person you care about to the right supports sooner

You're not alone in this

You don't need all the answers—you just need to start the conversation.



Starting the conversation is a small step that can make a big difference.

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