



The Path to Good Memory Care

Memory Care is just like Health Care! (Except it's a lot more fun 😊!)

Our brains are our Commander in Chief! It controls everything else in our body! And knowledge is Power! When you have the knowledge about brain health, you have the power to improve ALL your health!

Here's a simplified overview of the things we can do at Memory Care Specialists together - to make sure you have all the knowledge, tools and support to enjoy a mentally clearer, happier, and healthier life right now and into the future.

YOUR plan will be individualized to match YOUR needs and desires.

1. Your First Visit - This is the time we get to know each other. I get to learn all about you - your past medical history, family history, your concerns and needs. You can find out anything you want about me too! This is a fun journey we take together, and at this first visit you will quickly discover that I'm here for you.

I like to do this visit face to face in my office; however, I recognize that this may be difficult for some. Luckily, we have Telemedicine. To meet via Telemedicine, all you need is a cell phone or computer – nothing stands in our way to get you all the care you deserve.

During our first visit we will also determine what workup (or additional workup) is best for you as an individual. I will share with you the advanced testing that is now available to discover more about our brain function. It's an exciting time for all of us because researchers have come a long way with simple, advanced tests that assist doctors in providing you an accurate understanding of your brain health. An advanced work up helps me understand what I can't see with my own eyes.

We'll have about 45 minutes together during this first visit.

2. Your Second Visit – This is time to have more fun together. We may have had the time to explore at least one cognitive test during our first visit together, but sometimes we don't. I prefer to "play it by ear" according to our time and needs.



The Path to Good Memory Care Continued:

2. Your second visit continued:

So, this second visit is usually the most fun and provides me the necessary understanding of how the different parts of your brain are functioning.

You do *not* have to have completed the advanced workup plan (we put together at the end of your first visit) before this second visit takes place. In fact, I prefer you *not* have the other parts of the workup completed before this second visit. I find that it's far better to get to know you step-by-step before the advanced testing is complete. Getting to know you as a whole person first - followed by the advanced lab workup - gives me a peek into what I can't see with my own eyes and is a smarter way to assure that the plan I put together for you is the best and most effective plan possible.

We'll have about 45 minutes together during this second visit. It can be by Telemedicine if needed, although I surely love to see you face-to-face.

3. Your third visit: This is a great visit and will be a time that we discuss all my findings! Trust me – I can really make this visit fun. You get to learn all about yourself! I will make sure you (and your family) understand everything I discover through everything we have done so far.

My dad, who was proficient in 5 languages, told me something that was quite helpful to me when I decided to become a doctor!

I said: "Dad, I really want to be a doctor. But I also love to teach."

Dad replied: "Well, pipsqueak, the Latin derivation for "doctor" is "teacher."

That little piece of knowledge made me very happy because I realized that as a doctor I could also teach. I do whatever it takes to answer all your (and your family's) questions before we go on to the next step. What is the next step? It's providing you with a complete Plan of Care specifically designed for you and only you.

We'll have up to 45 minutes together during this third visit. It can be done by Telemedicine if needed, although I surely love to see you face-to-face.



The Path to Good Memory Care Continued:

4. **Your Fourth Visit:** There is a lot of work (that I do behind the scenes) between your Third and Fourth visit. When you come to your fourth visit, I have a comprehensive plan for you, in written form. We go over it step by step, and together we will discuss how to improve all pertinent aspects of your life to improve your brain functioning.

Just like your heart, lungs, liver, kidneys (and every other organ in our body) can benefit from different things we do or don't do, our brain is very susceptible to specific things you may or may not be doing now. This includes both specific activities, practices *and* potential medications that may benefit you.

We'll have about 45 minutes together during this very important fourth visit. It can be done by Telemedicine if needed, although I surely love to see you face-to-face.

5. **Your Fifth Visit and Forward Moving:** Providing you a Comprehensive Plan is just the first step to preventing cognitive changes! It's important to have the support and guidance to slow, halt and even reverse any cognitive changes you are experiencing. I am here to help you follow your plan to achieve your goals of health, happiness and maintaining independence! This is the true icing on the cake and so much fun!

We decide together how frequently you would like "check-ins" with me.

We'll have up to 30 minutes together during these forward moving visits! They are often completed just as effectively through Telemedicine, but you are always welcome to come in to see me in person, if you prefer!

6. **Visits for your Family & Friends:** Family and Friends are very important for everyone. And if you would like a family member or friend to be involved in your care, they are welcomed by Memory Care Specialists any time.

We'll have up to 30 minutes for Family and Friends Visits. These can be completed just as effectively through Telemedicine, but you and your designated family and friends are always welcome to come into the office to see me in person, if you prefer!



The Path to Good Memory Care Continued:

7. Reassessment Visits Every 6 months: It's *so* important to celebrate your wins! This is when we get to *see with proof* all the progress that you have made! You will see great changes in your both your brain function and entire health!

It doesn't get any more fun than this! And important too!

This is when we see what is working and what might need "tweaking" in your Comprehensive Care Plan. These visits help keep you moving forward by updating your Care Plan to assure it is still working for you.

We'll have up to 45 minutes together during Reassessment Visits. Yes, these too can be done by Telemedicine if needed, although I surely love to see you face-to-face in person.

8. Unscheduled Visits or Visits Requested by YOU: If you or your family have questions or concerns, in between scheduled visits, I am here for you. Just call our office and our sweet Ms. Peggy will make you an appointment to see me.

We'll have up to 30 minutes together for Unscheduled Visits Requested by You. These can be done by Telemedicine or in person. I'm always delighted to see you face-to-face in person.

I hope you find this little guide to the Path to Good Memory Care helpful in feeling confident that you have made the right decision to be proactive about your brain health! I am also hopeful that you feel as excited as I feel about your future and look forward to working with me as much as I look forward to working with you!

With Admiration,

Dr. Karen Leggett
Board Certified Geriatrics and Memory Care Specialist