

Be in the Know...

Medications for Dementia

Information about dementia medications:

- Medications for dementia can improve some symptoms of the disease, but they may not have lasting benefits.
- These medications can cause side effects during long-term use. Side effects can include weight loss, falls, worsening of depression, and the need to start other medications.
- Depending on what other diseases you have, the risks and benefits of continuing or stopping the medications may be different.

What you can do:

- You, your caregiver (if you have one) and your provider will need to decide if the medication you are taking is still working or if it is time to make a change.
- If the medication is no longer working for you, ask your provider what he or she recommends.
- **If your provider recommends stopping a medication, it is not a sign of “giving up hope” or that “nothing can be done”. It is a way to find the safest and most effective treatment.**
- Call your provider if you have questions or concerns.



Examples of dementia medications:

- Donepezil (Aricept®)
- Galantamine (Razadyne®)
- Rivastigmine (Exelon®)
- Memantine (Namenda®)



Name: _____

Date: _____ / _____ / _____

Recommendations by _____ on _____
(provider) (date)

Recommendations to consider for individuals living with dementia; not all are recommended for every patient.

- Do light exercise or walking
- Wear your glasses and/or hearing aids if you have them
- Follow a regular sleep schedule
- Eat a healthy diet
- Stop or limit alcohol use

Caregiver

- Contact caregiver support services
Contact info: _____
- Restrict patient access to firearms and ammunition
- Encourage patient to complete a written Advance Directive

Medication changes

- You can try stopping the _____ .
(medication)

Suggested taper:

(example: reduce dose by $\frac{1}{2}$ – $\frac{1}{3}$ for 2 weeks then stop)

If your behavior or your memory gets worse or if new symptoms occur, please call or return to the office.

Signed: _____