

Are you forgetting things more than you used to?

Everyone changes as they get older.

It's normal that you don't remember things as well as you did when you were younger. Sometimes when you have problems remembering things this may be a sign of a disease. Then you should contact your regular GP doctor (*fastlege*).

In this brochure you will learn about:

- **What** is usual to forget
- **What is not** usual to forget
- **What you can do** if you forget a lot of things

What is usual to forget?

As you grow old your body will change. This may mean that your memory is not as good as it once was. It's usual that you:

- Forget the name of someone you know but haven't met for some time
Usually you will recall this name when you have had time to think
- Forget what you were going to buy in the shop, but it's not common to get lost on the way to the shop or on the way back home
- Spend more time learning something new, but you will do just as well as when you were young if you use more time

What is not usual to forget?

It's *not* usual to forget so many things that your day-to-day life becomes difficult.

For example it's not usual to forget:

- The name of your husband, wife or children
- The way to the shop
- Which month and which year it is
- Common words in your native language

Also, it is not usual to:

- Confuse words, such as calling a "bed" a "table"
- Ask the same question several times of the same person within an hour
- Be unable to manage daily chores you used to manage before. These could be making coffee, locking your door or making your bed
- Lose interest in activities you liked earlier, such as reading the newspaper or spending time with friends

If you experience any of these things happening to you, you should call your regular GP (*fastlege*) and book an appointment.

What can the GP do?

There may be many reasons why you forget and do not function as well as you used to. Forgetfulness may be caused by **dementia**. Dementia is caused when the brain is affected by certain diseases or conditions. The GP will examine whether dementia or another illness is causing you to forget. The GP can also refer you to other doctors who are experts on dementia (a referral to a specialist on dementia). The GP can also inform you about the assistance you may receive from others.

The appointment with the GP

It's important that you prepare before your appointment with your GP. It's a good idea to prepare with a person who can help you.

This is a list of things you can do before your appointment:

- Inform your doctor if you need an interpreter. This service will not cost you anything
- Think through the changes and symptoms you or your family have experienced
- Note down all medications you are taking, or bring them with you to your appointment
- Make a list of things you want to ask about
- Ask a person who can help you to come with you to the appointment
- Don't be afraid to talk about how you are doing

The GP is there to help you.

Do you need an interpreter?

Tell the doctor when you book your appointment. The doctor will book one for you. Tell your doctor what language you speak. You have the right to an interpreter. You do not need to pay for this service. An interpreter is under the obligation of confidentiality.

What do you do if you do not have a regular GP?

Everyone living in Norway and registered in the Population Register has the right to a regular GP.

If you need a regular GP call phone number: **810 59 500**.

You must have your national identity number (personnummer) at hand before you call.

Read more about how to get a GP on the website **www.helsenorge.no**.

Can you change to another GP?

You can change your GP by calling **810 59 500**.

Read more about this on the website **www.helsenorge.no**.



Here you can write down important information:

Your regular GP (*fastlege*):

Name of specialist:

Changes and symptoms:

Medicines:

Questions for the GP:

Name of specialist: