



EveryMemory

FREE GUIDE & CHECKLIST

FOR FAMILIES · CAREGIVING

The Family Conversation Checklist

Raising memory worries with a parent is hard. This is a calm, non-clinical way to prepare, choose your words, and decide what to bring to a doctor — with care, not alarm.

For families

Gentle & non-clinical

Doctor-visit prep

For entertainment & general wellness — not a medical app.

by Cleanor · everymemory.app

BEFORE YOU BEGIN

Lead with care, not alarm

Most parents already sense their own changes and may feel frightened or defensive. Your job in this first conversation isn't to diagnose — it's to open a caring, ongoing door. Pick a calm moment, bring one concern rather than a list, and listen more than you talk.

1

Choose the moment

A quiet, unhurried time — not mid-argument, not in front of a crowd.

2

Lead with love

"I care about you and want us to stay ahead of things together."

3

One concern

Name one specific, recent example — gently — rather than a catalogue.



It's a conversation, not a verdict

You're not there to label anything. You're there to understand, reassure, and agree a small next step together — even if that's just "let's keep an eye on it."

WORDS THAT HELP

What to say — and what to avoid

Try saying

- "I've noticed X lately and wanted to check in — how are you finding things?"
- "We all forget things; I just want us to look after you well."
- "Would you be open to mentioning it at your next check-up? I can come along."
- "What would feel helpful to you right now?"

Gently avoid

- "You always forget everything now." — sweeping and accusing.
- "You might have dementia." — frightening and not yours to decide.
- Quizzing or testing them on the spot.
- Having the talk in front of grandchildren or guests.



If they're not ready

That's common. Don't push. Leave the door open — "no rush; I'm here whenever" — and revisit gently another day. Trust matters more than speed.

CHECKLIST

Before the conversation

I've noted one or two specific, recent examples facts, not labels

I've chosen a calm, private, unhurried time

I've decided to listen more than I speak

I've thought about one small next step to suggest

I've lined up my own support (a sibling, a friend) optional

I'm ready to let it rest if they're not ready

PREPARE

What to note before a doctor visit

If you do see a professional together, concrete examples help far more than “they've been forgetful.”

| Date | What I noticed | How often | Effect on daily life |
|------|----------------|-----------|----------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |



When to seek advice sooner

Speak with a qualified healthcare professional if changes are sudden, rapid, or affecting safety — getting lost, trouble managing money or medication, or confusion about familiar people or places.



Helpful, non-medical memory support

EveryMemory offers gentle daily brain games and simple progress tracking you can explore together — about ten minutes a day.

Start training →

everymemory.app



EveryMemory

Created by EveryMemory — daily brain-game habits by Cleanor. Free guides & workbooks to help you stay mentally active, just for fun.

everymemory.app

blog.everymemory.app

This is a general wellness resource for practising recall and focus. It is not a medical treatment and does not diagnose, prevent, or cure any condition. If you notice sudden or serious memory changes, speak with a qualified healthcare professional. EveryMemory is not a medical device and does not provide diagnosis or treatment. Non-medical use only.