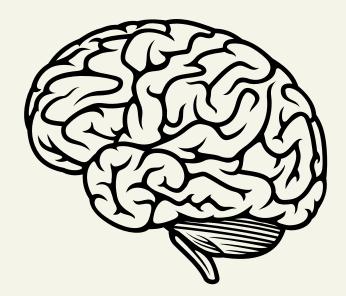
## TALK TO YOUR PROVIDERAbout Age-Friendly Care

## WHAT MATTERS MIND & MOOD

- Tell your provider your healthcare goals
- Provide your advance care planning documents to your provider



 Tell your provider if you have concerns about your memory or your mood



## MEDICATIONS

## MOBILITY

- Ask your provider if any of your medications are high-risk
- Ask your provider about possible side effects and interactions
- Bring all medications to your visit

- Create an exercise plan to improve mobility and reduce fall risk
- Stay physically active
- Reduce home hazards





www.oklahomadementiacarenetwork.org

