

Encouraging a “resistant” person to see a doctor:

Of course, there are many other options and strategies for behavioral management, but this is a more general list of suggestions:

1. Suggest that it might be time for their annual wellness visit.
2. Pair the doctor’s visit with a more pleasant outing like going to lunch or shopping.
3. Removing dementia or memory loss, spin the conversation into expressing that seeing a doctor can find out why someone is having concentration issues, sleeping difficulties, etc.
4. Have a supportive friend or family member with a good relationship with the person with memory loss tag along to appointments.
5. Try a virtual doctor’s appointment if a person refuses to leave his/her home.
6. Try a mobile doctor to come to your own home.
7. Express your concerns as a caregiver, suggesting that having him/her visit the doctor could clear up your own worries which may lead to a change of heart in seeing a doctor.
8. Remind a person who is resistant that his/her doctor wants to see them regularly per “doctor’s order.”
9. You can try asking your loved one to visit the doctor as a personal favor to you.
10. If a client has a good relationship with his/her PCP, have that doctor rave or talk up the positive aspects of a potential new specialist such as a new neurologist.