My checklist for possible dementia symptoms

Alzheimer's Society
It will take a society to beat dementia

This checklist will help you have a conversation with a doctor or other health professional. Use it to note any difficulties you've had.

It is not intended to diagnose dementia or any other health condition. Everyone experiences dementia in their own way. This checklist includes common signs of dementia. But there can be other reasons for any changes you've noticed.

Talk to your doctor about any concerns that you've indicated on the checklist.

Memory and mental ability problems

	Tick if affected by	Tick if impacting daily life	How long it's been happening
Memory loss – difficulty learning new information or forgetting recent events or people's names			
Struggling to find the right word			
Difficulty judging distances or mistaking reflections or patterns for other objects			
Struggling to make decisions, or making careless or risky decisions			
Losing track of time and dates			
Asking the same question over again, or repeating phrases			
Putting objects in unusual places			

Problems with daily living activities

Struggling with tasks like paying bills, planning ahead, shopping			
Difficulty getting enough sleep			
Getting lost in familiar places			

Mood and behaviour problems

	Tick if affected by	Tick if impacting daily life	How long it's been happening
Becoming easily upset, irritable, or aggressive			
Symptoms of depression, like feeling sad or hopeless			
Symptoms of anxiety, like feeling very worried or uneasy			
Withdrawal or losing interest in things I previously enjoyed			
Acting inappropriately or out of character			
Feeling restless and walking about			

Notes on other symptoms or concerns

Hearing problems

Date of last hearing test:

Sight problems

Date of last sight test:

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