# My checklist for possible dementia symptoms



**How long** 

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 affected impacting it's been ability problems daily life happening by 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

Tick if

Tick if



## **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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