

Checklist for dementia symptoms and changes

Listed below are some of the common changes that may be associated with dementia. There are many different types of dementia and symptoms can vary. This checklist is not intended to diagnose dementia or any other health condition. There may be other reasons for these changes.

If you have any concerns, use this checklist to help you to have a conversation with your GP, nurse or health professional as well as your family.

	<i>Tick if it's worse than two years ago</i>	<i>Tick if it affects your daily life</i>
Changes in thinking and memory:		
Forgetting recent events	<input type="checkbox"/>	<input type="checkbox"/>
Having trouble learning new things	<input type="checkbox"/>	<input type="checkbox"/>
Struggling to find the right words or follow conversations	<input type="checkbox"/>	<input type="checkbox"/>
Having a hard time making choices, or making careless or risky choices	<input type="checkbox"/>	<input type="checkbox"/>
Losing track of time and dates	<input type="checkbox"/>	<input type="checkbox"/>
Asking the same question a lot, or saying the same things over and over	<input type="checkbox"/>	<input type="checkbox"/>
Putting things in unusual places	<input type="checkbox"/>	<input type="checkbox"/>

Changes in daily activities:

Finding it hard to do day-to-day jobs like cooking, paying bills, planning, shopping	<input type="checkbox"/>	<input type="checkbox"/>
Changed sleep patterns such as disturbed sleep or sleeping more during the day	<input type="checkbox"/>	<input type="checkbox"/>
Getting lost in familiar places	<input type="checkbox"/>	<input type="checkbox"/>
Harder to walk and move, for example, shuffling, feeling stiff or being slow	<input type="checkbox"/>	<input type="checkbox"/>

Changes in mood and behaviour:

Feeling unusually sad or hopeless	<input type="checkbox"/>	<input type="checkbox"/>
Feeling unusually worried, nervous or uneasy	<input type="checkbox"/>	<input type="checkbox"/>
Not being interested in previously enjoyable hobbies or social events	<input type="checkbox"/>	<input type="checkbox"/>
Behaving inappropriately or differently to usual	<input type="checkbox"/>	<input type="checkbox"/>
Feeling restless and walking around a lot	<input type="checkbox"/>	<input type="checkbox"/>

Other concerns:

Can you hear well? Yes / No Do you use hearing aids? Yes / No

Write other concerns here: _____

_____	Date: <input type="text"/>
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Visit www.facedementia.au | Email info@facedementia.au
Call the National Dementia Helpline: 1800 100 500

Adapted from the Alzheimer's Society United Kingdom document "My checklist for possible dementia symptoms" for the Australian context.