

My checklist for possible dementia symptoms

Please use this checklist to note any potential symptoms of dementia.

It is not intended for professional use, nor to provide a diagnosis.

This checklist should help you to have a conversation with your doctor or other health professional about any concerns.

Memory & Mental Ability



	Affected By	Daily Life Impacted	For how long?
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			

Memory & Mental Ability

Day-to-Day



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

Day-to-Day

Mood & Behaviour



	Affected By	Daily Life Impacted	For how long?
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 previously enjoyed			
Acting inappropriately or out of character			
Feeling restless and walking about			

Mood & Behaviour

Other Concerns



Any problems:

Other Concerns

Hearing



Any problems:

Date of last hearing test: _____

Hearing

Sight



Any problems:

Date of last sight test: _____

Sight