

10 Warning Signs of Dementia: Checklist

Tick any changes you have noticed in yourself or someone you love. Everyone forgets sometimes; these signs are different because they **affect daily life**.

- ☐ **1. Memory loss that disrupts daily life**
Forgetting recently learned information, important dates, or asking the same questions over and over.
- ☐ **2. Trouble planning or solving problems**
Difficulty following a familiar recipe, keeping track of bills, or working with numbers.
- ☐ **3. Difficulty completing familiar tasks**
Trouble driving to a familiar place, managing a budget, or remembering the rules of a favorite game.
- ☐ **4. Confusion with time or place**
Losing track of dates, seasons, or how they got somewhere.
- ☐ **5. Trouble understanding visual images and spatial relationships**
Problems with balance, reading, judging distance, or telling colors apart.
- ☐ **6. New problems with words in speaking or writing**
Stopping mid-conversation, repeating themselves, or calling things by the wrong name.
- ☐ **7. Misplacing things and losing the ability to retrace steps**
Putting things in unusual places and sometimes accusing others of taking them.
- ☐ **8. Decreased or poor judgment**
Poor decisions with money, such as giving large amounts to telemarketers, or less attention to grooming.
- ☐ **9. Withdrawal from work or social activities**
Pulling back from hobbies, social activities, or conversations.
- ☐ **10. Changes in mood and personality**
Becoming confused, suspicious, depressed, fearful, or anxious, or easily upset when out of their comfort zone.

When to see a doctor: If you ticked **one or more** boxes, or the changes are getting worse, make an appointment. Many causes of memory problems are treatable, and an early diagnosis helps with planning. Bring this sheet with you. **Sudden** confusion is a medical emergency: call 911.

Alzheimer's Association 24/7 Helpline: 800-272-3900

Sources: Alzheimer's Association, "10 Early Signs and Symptoms of Alzheimer's" (alz.org/10signs); National Institute on Aging (nia.nih.gov). General information, not medical advice.