

Dementia/Alzheimer Checklist

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Dementia is not a specific disease. It is an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's disease accounts for 60 to 80 percent of cases.

Symptoms of Alzheimer's can develop gradually. If a person is physically healthy, it is easy to ignore unusual behaviour. Below is a checklist that can be filled in if you are concerned about yourself or someone close to you. This is meant as a simple guide. If you answer 'yes' to five or more questions, it might be useful to seek advice from a GP. Circle the answer YES or NO.

Does the person often repeat themselves or ask the same question repeatedly?	YES	NO
Is the person more forgetful or having difficulty with short term memory?	YES	NO
Does the person need reminders to do daily tasks ie: taking medication/shopping?	YES	NO
Does the person forget appointments, family occasions etc?	YES	NO
Does the person seem sad or do they cry more often than in the past?	YES	NO
Does the person have trouble managing their finances or doing calculations?	YES	NO
Has the person lost interest in usual activities/hobbies/reading etc?	YES	NO
Does the person need help with eating, dressing, bathing or using the toilet?	YES	NO
Has the person become more agitated, irritable or suspicious?	YES	NO
Has the person started seeing, hearing or believing things that are not real?	YES	NO
Do you have concerns about their safety when driving?	YES	NO
Does the person have trouble finding the words they want to say?	YES	NO
Does the person misplace things and is losing the ability to retrace steps?	YES	NO
Does the person pay less attention to grooming or keeping themselves clean?	YES	NO

If you have questions about any of these warning signs, the Alzheimer's Association recommends consulting a physician. Early diagnosis provides the best opportunities for treatment, support and future planning