

Société Alzheimer Society

Learn the signs. Act in time.

Early detection checklist

Fill out the information below to the best of your ability. Share it with your doctor. Be open and honest in answering any questions your doctor may have about the changes you've been experiencing or that you are noticing in someone else.

Please note that this document is for information only. It is not a substitute for a medical consultation.

Do you or someone you care about have problems with the following?

1. Attention

- Being easily distracted
- Losing a train of thought in conversation

2. Memory

- Asking the same questions or repeating the same information over again
- Misplacing things
- Leaving the stove on, tap running or forgetting to lock the house
- Forgetting appointments or the correct month of the year

3. Language

- Finding words like people's names or common words
- Substituting incorrect words
- Following a conversation with multiple participants
- Understanding simple or complex verbal and written instructions

4. Vision and space

- Getting lost in unfamiliar or familiar places
- Recognizing faces
- Finding your way when driving

5. Judgment

- Planning and organizing your daily activities
- Knowing what to do if there were or a fire or someone suddenly got ill
- Driving, managing finances or operating appliances

6. Coordination

- Putting movements in sequence e.g. taking the necessary steps to make a cup of coffee, prepare a bath
- Using utensils to eat or groom yourself

7. Mood

- Being down most of the time
- Losing interest in doing things

8. Personality and behaviour

- Seeing or hearing things that other people do not
- Being suspicious of others, like believing people are out to hurt you
- Having changes in your personality
- Being verbally or physically agitated or aggressive
- Being socially inappropriate, acting out of character
- Having unusual food cravings, e.g. for carbohydrates or bananas

9. Daily function

- Completing familiar tasks, e.g. dressing, bathing
- Planning and organizing daily activities, e.g. managing finances, going out alone

If you have concerns, please consult your family doctor or contact your local Alzheimer Society.

Contact information:

Sources:

- “Preparing for your doctor’s visit,” American Alzheimer Association
- Masellis, M., Black, S.E., Assessing patients complaining of memory impairment. *Geriatrics & Aging*, 11 (2008)