

Early Signs of Dementia Checklist

Patient's name:
Age:
Address:
Contact number:
Emergency contact person:
Contact number:

Instructions for use:

To effectively use this checklist, carefully observe the individual in question over a period of time, noting any behaviors or symptoms that match the items listed. It's important to remember that these signs could be subtle and not always constant. Check the following signs that you observe, and use the Additional Notes section to write down any additional information or context.

Disclaimer:

This checklist is not a diagnostic tool but can help healthcare professionals identify early signs of dementia in patients.

Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

Challenges in planning or solving problems

Some people living with changes in their memory due to Alzheimer's or other dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

Difficulty completing familiar tasks

People living with memory changes from Alzheimer's or other dementia often find it hard to complete daily tasks. Sometimes, they may have trouble driving to a familiar location, organizing a grocery list, or remembering the rules of a favorite game.

Confusion with time or place

People living with Alzheimer's or other dementia can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it does not happen immediately. Sometimes, they may forget where they are or how they got there.

Trouble understanding visual images and spatial relationships

Some people living with Alzheimer's or other dementia could experience vision changes. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

New problems with words in speaking or writing

People living with Alzheimer's or other dementia may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

Misplacing things and losing the ability to retrace steps

A person living with Alzheimer's or other dementia may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses.

Decreased or poor judgment

Individuals living with Alzheimer's or other dementia may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

Withdrawal from work or social activities

A person living with Alzheimer's or other dementia may experience changes in the ability to hold or follow a conversation.

As a result, they may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

Changes in mood and personality

Individuals living with Alzheimer's or other dementia may experience mood and personality changes. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

Additional notes

Reference

Alzheimer's Association. (2022). *10 early signs and symptoms of alzheimer's*. Alzheimer's Disease and Dementia; Alzheimer's Association. https://www.alz.org/alzheimers-dementia/10_signs