

Memory checklist



Memory checklist

Below is a memory checklist that anyone can do if concerned about themselves or someone close to them. If you answer 'Yes' to five or more of the questions, you should seek further advice from your GP*.

	NO	YES
1. Does the person often repeat themselves or ask the same question repeatedly?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the person more forgetful or having difficulty with short-term memory?	<input type="checkbox"/>	<input type="checkbox"/>
3. Does the person need reminders to do daily tasks, such as shopping or taking medicine?	<input type="checkbox"/>	<input type="checkbox"/>
4. Does the person forget appointments, family occasions or holidays?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does the person seem sad, down in the dumps or cry more often than in the past?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is the person having trouble doing calculations or managing their money?	<input type="checkbox"/>	<input type="checkbox"/>

Memory checklist (contd...)



- | | NO | YES |
|---|--------------------------|--------------------------|
| 7. Has the person lost interest in their usual activities and hobbies, i.e reading, watching/listening to the news or other social activities? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Does the person need help eating, dressing, bathing or using the bathroom? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Has the person become more irritable, agitated, suspicious or started seeing, hearing or believing things that are not real? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you have concerns in relation to their safety when driving? | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Does the person have trouble finding words they want to say; do you find yourself finishing sentences or naming people or things on their behalf? | <input type="checkbox"/> | <input type="checkbox"/> |

Adapted from Mundt JC, Freed DM, Griest JH. Lay person-based screening for early detection, development and validation of an instrument. *J Gerontol Psychol Sci Soc.* 2000, 55B:

*This checklist does not offer a diagnosis of dementia or Alzheimer's Disease. However, if you answer 'Yes' to more than five questions, you should contact your GP.