

Checklist for dementia symptoms and changes

Listed below are some of the common changes that may be associated with dementia. There are many different types of dementia and symptoms can vary.

This checklist is not intended to diagnose dementia or any other health condition.

There may be other reasons for these changes.

If you have any concerns, use this checklist to help you to have a conversation with your GP, nurse or health professional as well as your family.

Tick if
worse than
2 years ago

Tick if
affects
daily life

Changes in thinking and memory:

Forgetting recent events

Having trouble learning new things

Struggling to find the right words or follow conversations

Struggling to find the right words or follow conversations in second language

Having a hard time making choices, or making careless or risky choices

Losing track of time and dates

Asking the same question a lot, or saying the same things over and over

Putting things in unusual places

Changes in daily activities:

Finding it hard to do day-to-day jobs like cooking, paying bills, planning, shopping

Difficulty remembering or following religious practices or attending religious activities

Changed sleep patterns such as disturbed sleep or sleeping more during the day

Getting lost in familiar places

Harder to walk and move, for example, shuffling, feeling stiff or being slow

Changes in mood and behaviour:

Feeling unusually sad or hopeless

Feeling unusually worried, nervous or uneasy

Not being interested in previously enjoyable hobbies or social events

Behaving inappropriately or differently to usual

Feeling restless and walking around a lot

Other concerns:

Can you hear well? Yes / No

Do you use hearing aids? Yes / No

Can you see well? Yes / No

Do you wear glasses? Yes / No

Write any other concerns here:

Date:



Visit www.facingdementiatogether.au
Call the National Dementia Helpline
1800 100 500

