

If you are worried about memory problems or any of the symptoms listed below, either for yourself or a relative, you may want to make an appointment with your doctor to discuss these. This checklist aims to help you prepare for an appointment, giving you time to think about and answer these questions beforehand. You may want to bring a close friend or relative with you to the appointment who can help you remember what has been discussed.

Have you noticed problems with any of the following?

Repeating or asking the same things over and over?

Yes No Sometimes

Remembering appointments, family occasions, holidays?

Yes No Sometimes

Writing cheques, paying bills, balancing bank statements?

Yes No Sometimes

Shopping alone e.g. for clothes, groceries?

Yes No Sometimes

Taking medication according to the instructions on the box?

Yes No Sometimes

Getting lost whilst walking or driving in familiar places?

Yes No Sometimes

Difficulty completing familiar tasks at home, work, or at leisure?
e.g. following a recipe, changing a plug, following a TV show

Yes No Sometimes

Misplacing things and unable to go back over steps to find them e.g. keys misplaced

Yes No Sometimes

Preparatory questions

Has your health, memory or mood changed?

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How did it change?

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When did you first notice a change?

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How often does it happen?

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When does it happen? Is it always at a certain time of day?

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What do you do when it happens?

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Additional notes

Space to add any other symptoms, changes or questions

What medication are you currently taking?

Useful contacts

Memory problems can be the result of a variety of conditions. This questionnaire will support your GP to identify the cause. If you have answered 'yes' to any of the previous questions it may not necessarily mean you have dementia, but if you are concerned the 24 hour Kent Dementia Helpline is available:

Freephone 0800 500 3014

The helpline can put you in touch with organisations and people who may be able to help or offer support and guidance.

Questions can also be emailed to: helpline@alz-dem.org

Concerned about your memory?

A handy checklist of questions if you are worried about your own or a relative's memory. Fill it out before your next visit to your doctor, as it will help you explain how you are feeling and make diagnosis easier.

