

# Memory Screening Questions

Memory screenings make sense for anyone concerned for themselves or others about memory loss or who are experiencing warning signs of dementia (see below), as well as those who believe they are at risk due to a family history of Alzheimer's disease or a related illness.

These questions might help. If the answer is "yes" to any of them, a memory screening might be helpful.

- ☐ Yes ☐ No Am I becoming more forgetful?
- ☐ Yes ☐ No Do I have trouble concentrating?
- ☐ Yes ☐ No Do I have difficulty performing familiar tasks?
- ☐ Yes ☐ No Do I have trouble recalling words or names in conversation?
- ☐ Yes ☐ No Do I sometimes forget where I am?
- ☐ Yes ☐ No Have family or friends told me that I am repeating questions or saying the same thing over and over again?
- ☐ Yes ☐ No Am I misplacing things more often?
- ☐ Yes ☐ No Have I become lost when walking or driving in a familiar neighborhood?
- ☐ Yes ☐ No Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

**Note:** A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional. Sometimes a memory screening is beneficial to establish a baseline.

## Warning Signs of Dementia:

- ☐ Trouble with new memories
- ☐ Trouble finding words
- ☐ Confusion about time, place or people
- ☐ Onset of new depression or irritability
- ☐ Personality changes
- ☐ Seeing or hearing things
- ☐ Relying on memory helpers
- ☐ Struggling to complete familiar actions
- ☐ Misplacing familiar objects
- ☐ Making bad decisions
- ☐ Loss of interest in important responsibilities
- ☐ Expressing false beliefs

National Memory Screening Day: [www.nationalmemoryscreening.org/MemoryScreenings/index.shtml](http://www.nationalmemoryscreening.org/MemoryScreenings/index.shtml)

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