

Alzheimer'S Association Top 10 Signs and Symptoms

Grade your loved one on a scale of 1-5 (1 never, 2 sometimes, 3 most, 4 often, 5 Always)

(Circle the score)

		Never	Sometimes	Mostly	Often	Always
1	Memory Loss that disrupts daily life? (Forgets dates and events, asks the same questions, rely on others)	1	2	3	4	5
2	Challenges in planning and solving problems (problems following directions, numbers, financials)	1	2	3	4	5
3	Difficulty completing familiar tasks (Help with TV, phone, shopping organization)	1	2	3	4	5
4	Confusion with time or place (forget the day, month, or how they got here)	1	2	3	4	5
5	Trouble understanding visual images and spatial relationships (falls)	1	2	3	4	5
6	New problems with speaking and writing (stop in the middle of a conversation, repeating, finding word)	1	2	3	4	5
7	Misplacing things (can't retrace steps) - may accuse others of stealing	1	2	3	4	5
8	Decreased or Poor Judgement (money, grooming, maintenance)	1	2	3	4	5
9	Withdraw from social activities (stop friendships, hobbies, or groups).	1	2	3	4	5
10	Change in mood or personality (Confused, suspicious, depressed, anxious, staying in the comfort zone)	1	2	3	4	5

Total Score

under 15	Maybe occasional memory loss, but for the most part doing well on their own.
15 to 30	It looks like they may have some early signs, and you should have a doctor evaluate whether dementia exists. Many start with a Caregiver during this stage.
30 to 40	Likely a challenging situation at home. Person may have a hard time accepting they need help. Important to have POA in place. A good idea to meet with a doctor. It could use in-home caregivers, Residential care homes, or Memory care.
40 to 50	Need a doctor to evaluate and would be a candidate for the memory care community.

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