لا يوجد نص يمكن قراءته بشكل طبيعي من الصورة المقدمة.
### Memory concerns CHECKLIST

<table>
<thead>
<tr>
<th></th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have trouble remembering events that happened recently</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
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<tr>
<td>I have trouble finding the right word</td>
<td>☐</td>
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<tr>
<td>I have trouble remembering the day and date</td>
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<tr>
<td>I forget where things are usually kept</td>
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<td>☐</td>
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<tr>
<td>I have difficulty adjusting to any changes in my day-to-day routine</td>
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<tr>
<td>I have problems understanding magazine or newspaper articles or following a story in a book or on television</td>
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<td>☐</td>
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<tr>
<td>I find it hard to follow and join in conversations, particularly in groups</td>
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<td>☐</td>
<td>☑</td>
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<tr>
<td>I have problems handling financial matters, such as banking or calculating change</td>
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<td>☐</td>
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<tr>
<td>I have difficulty with everyday activities such as finding my way in the local shopping centre, or how to cook a meal I have always cooked well</td>
<td>☐</td>
<td>☐</td>
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</tr>
<tr>
<td>I am losing interest in activities I’d normally enjoy</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
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<tr>
<td>I have difficulties thinking through problems</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>Family and/or friends have commented about my poor memory</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
</tr>
</tbody>
</table>

Other concerns:

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If you have ticked ‘sometimes’ or ‘often’ it is recommended that you see your doctor.

### About Dementia Australia

Dementia Australia is the national peak body for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information.

### More information

Further information about dementia and dementia risk reduction is available from Dementia Australia.

### National Dementia Helpline

**1800 100 500**

For language assistance **131 450**

[dementia.org.au](http://dementia.org.au)
Worried about your memory?

Feeling forgetful or confused?

Finding out if there is a problem is the first step to getting help

Have you become concerned about increasing lapses in memory, or other changes in thinking or behaviour for yourself, a family member or friend?

Changes in memory and thinking have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol and sometimes it is a sign of early dementia. Major changes in memory are not normal at any age and should be taken seriously. If you or someone you know is experiencing these kinds of difficulties it is better to see your doctor sooner rather than later.

Talking to your doctor

There is no single specific test that can show whether someone has dementia. A diagnosis is made by talking to you and perhaps a relative or friend to find out more about your difficulties with memory and thinking. You will also need a physical and neurological examination which will look at all other possible causes.

During the visit:

• Take your list of concerns with you – it will provide a useful basis for further discussion and tests
• Talk to your doctor about your concerns honestly and openly, including how long you have been experiencing these problems
• Bring a list of the medications that you are taking including the doses (or bring all your tablets in a bag). Don’t forget inhalers, creams, herbal medications and vitamins.

Remember you can:

• Ask for a longer appointment
• Take a relative, carer or friend with you
• Ask questions and request further explanations if you don’t understand
• Take notes during the visit
• Discuss the option of further assessment by a specialist

“The symptoms you have may not be caused by dementia, but if they are, an earlier diagnosis will be helpful.

An early diagnosis means that you can have access to support, information and medication. It is important for people with a diagnosis of dementia to plan ahead and consider factors such as future lifestyle, care, health and finances.

“We are glad we had that early diagnosis as we have been given the chance to change our lifestyle activities to match my capabilities and to make definite plans for the future.”

Maria diagnosed with vascular dementia

The earlier you act the better

What is dementia?

Dementia is a general term to describe problems with progressive changes in memory and thinking. Alzheimer’s disease is the most common type of dementia. Dementia can happen to anybody, but it becomes more common over the age of 65, and especially over the age of 85. Early signs may not be obvious – only a doctor or specialist can properly diagnose dementia.