

MEMORY CONCERNS CHECKLIST:

Do the following things happen to you?

Rarely
Sometimes
Often

I have trouble remembering events that happened recently

I have trouble finding the right word

I have trouble remembering the day and date

I forget where things are usually kept

I have difficulty adjusting to any changes in my day-to-day routine

I have problems understanding magazine or newspaper articles or following a story in a book or on TV

I find it hard to follow and join in conversations, particularly in groups

I have problems handling financial matters such as banking or working out change

I have difficulty with everyday activities such as remembering how long between visits from family or friends, or cooking a meal I have always cooked well

I am losing interest in activities I'd normally enjoy

I have difficulties thinking through problems

Family and/or friends have commented on my poor memory

Other concerns: _____

If you ticked 'sometimes' or 'often' in a few boxes it is recommended you see your doctor.

If you or someone you know are noticing these changes you should talk to your doctor, health worker, dementia educator or call the

National Dementia Helpline
1800 100 500

or visit:
dementia.org.au

Worried about your memory

Here's what you can do...



What is dementia?

Dementia is a word used for medical conditions that affect the brain and change how we remember things, think and behave.

Dementia is not a normal part of ageing but it is more common in older people. Aboriginal people also have a higher risk of getting dementia than non-Aboriginal people.

Many conditions can cause dementia. Alzheimer's disease is the most common cause, but many other illnesses and conditions can also cause dementia.

Some changes happen slowly but they get worse over time.

Early signs of dementia

- Forgetting recent events
- Losing things
- Repeating stories over and over
- Forgetting words or getting them mixed up
- Not able to remember names of familiar people
- Becoming agitated or withdrawn
- Getting lost in places you know well
- Having difficulty with everyday tasks like shopping and cooking

Things that affect memory:

- Being stressed
- Medications
- Illness
- Vitamin deficiency
- Alcohol and other drugs
- Grief
- Depression

For more information call

National Dementia Helpline
1800 100 500

- Send an email
helpline.nat@dementia.org.au
- Chat online
dementia.org.au/helpline/webchat
- Ask for a call back
- Get a free dementia kit

or contact

Talk to your doctor or other health worker

During the visit:

- Take your list of concerns with you
- Be open and honest about your concerns including how long you have been experiencing the problems
- Bring a list of your medications (or bring all your tablets in a bag). Don't forget inhalers, creams, herbal medicines and vitamins

Remember you can:

- Ask for a longer appointment
- Take a relative, carer or friend with you
- Ask questions and for further information if you don't understand
- Write notes during the visit
- Discuss further assessment

