

Following is a list of common concerns about changes in memory and thinking.

Circle/ tick those that apply to you. If you have identified any areas of concern ('sometimes' or 'often' on the list), follow it up with your doctor.

I have trouble remembering events that have happened recently	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have trouble finding the right word	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have trouble remembering the day or date	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I forget where things are usually kept	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have difficulty adjusting to any changes in my day-to-day routine	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have problems understanding magazine or newspaper articles or following a story in a book or on TV	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I find it hard to follow and join in conversations, particularly in groups	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have problems handling financial matters, such as banking or calculating change	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have difficulty with other everyday activities such as remembering how long between visits from family or friends or cooking a meal I have always cooked well	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I am losing interest in activities I'd normally enjoy	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
I have difficulty thinking through problems	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
Family and or friends have commented about my poor memory	<input type="checkbox"/>	Rarely	<input type="checkbox"/>	Sometimes	<input type="checkbox"/>	Often
Other concerns:						

* This list of concerns is provided as a guide only for discussion with your doctor.