

## Family Questionnaire

Some older adults develop problems with memory or the ability to think clearly. Often times we wonder if it is a normal part of the aging process or if there is something else happening. Please take a moment to answer the following questions. If you have concerns or would like more information, please call the Alzheimer's Association at 1-800-272-3900.

**In your opinion does \_\_\_\_\_ have problems with any of the following?**

Please circle the answer:

**1. Repeating or asking the same thing over and over?**

Not at all      Sometimes      Frequently      Does not apply

**2. Remembering appointments, family occasions, holidays?**

Not at all      Sometimes      Frequently      Does not apply

**3. Writing checks, paying bills, balancing the checkbook?**

Not at all      Sometimes      Frequently      Does not apply

**4. Shopping independently (e.g. for clothing or groceries)?**

Not at all      Sometimes      Frequently      Does not apply

**5. Taking medications according to the instructions?**

Not at all      Sometimes      Frequently      Does not apply

**6. Getting lost while walking or driving in familiar places?**

Not at all      Sometimes      Frequently      Does not apply

**What is your relationship to the older adult?** \_\_\_\_\_

(spouse, son, daughter, brother, sister, grandchild, friend, etc.)

*This tool was developed for the Chronic Care Networks for Alzheimer's Disease (CCN/AD) project and is the joint property of the Alzheimer's Association and the National Chronic Care Consortium. Use of the Family Questionnaire for educational and clinical purposes is authorized without prior approval if acknowledgement is given to the Alzheimer's Association and the National Chronic Care Consortium as the source. This version of the questionnaire is an official publication of the Alzheimer's Association but may be distributed by unaffiliated organizations or individuals. Such distribution does not constitute an endorsement of these parties or their activities by the Alzheimer's Association.*

## Warning Signs

Memory loss that disrupts everyday life is not a normal part of aging. It may be a symptom of dementia (dih-MEN-shuh), a gradual and progressive decline in memory, thinking and reasoning skills. This checklist of common symptoms can help you recognize signs of memory loss.

### 10 warning signs of memory loss©

#### 1. Memory loss

Forgetting recently learned information is one of the most common early signs of memory challenges. A person begins to forget more often and is unable to recall the information later.

**What's normal?** Forgetting standard meetings

#### 2. Difficulty performing familiar tasks

May often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps to fill out their time sheet or send an e-mail.

**What's normal?** Occasionally, forgetting a thought during a conversation with a colleague

#### 3. Problems with language

May often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may forget the word for supervisor, for example, and instead say "the person who is in charge."

**What's normal?** Sometimes having trouble finding the right word

#### 4. Disorientation to time and place

May become lost driving to work or going to a common meeting area.

**What's normal?** Forgetting the day of the week or where you were going

#### 5. Poor or decreased judgment

May make a poor business decision that may include not understanding a legal document and failing to inquire prior to signing.

**What's normal?** Making a questionable or debatable decision from time to time

#### 6. Problems with abstract thinking

May have difficulty remembering what numbers are used for or managing steps to complete a project.

**What's normal?** Finding it challenging to balance a department budget

#### 7. Misplacing things

May lose important documents or lose their blackberry and forget they lost it.

**What's normal?** Misplacing keys or a wallet temporarily

#### 8. Changes in mood or behavior

May cry suddenly for no apparent reason and swing to being happy moments later.

**What's normal?** Occasionally feeling sad or moody

#### 9. Changes in personality

The personalities can change dramatically. They may appear angry or negative when they had been a fairly happy, positive person.

**What's normal?** People's personalities do change somewhat with age

#### 10. Loss of initiative

May begin to shy away from groups or engage with colleagues less where they were once outgoing.

**What's normal?** Occasionally being quiet or declining social invitations