

# RECOGNIZE THE SIGNS: ALZHEIMER'S & DEMENTIA CHECKLIST

Each person's experience with Alzheimer's disease or another form of dementia is unique. Symptoms may change frequently, and the progression of symptoms will differ from person to person. Symptoms can also be affected by many factors, including the environment and time of day.

This tool was designed to help caregivers track the type and frequency of symptoms exhibited by their loved one. The goal is to support communication and planning with healthcare providers and other professionals to develop the best possible treatment and care plan.

<b>ORIENTATION</b>	Daily	Weekly	Monthly	Never
Forgets name of close family & friends				
Forgets address or hometown				
Forgets date/time of year/time of day				
Asks repetitive questions				
<b>COMMUNICATION</b>	Daily	Weekly	Monthly	Never
Has trouble using words to express needs				
Becomes frustrated when speaking				
Repeats key words/phrases/gestures				
Talks to/looks at people that aren't there				
Has difficulty with written or verbal comprehension				
<b>BATHING AND GROOMING</b>	Daily	Weekly	Monthly	Never
Refuses to change clothes				
Resists bathing (showering)				
Refuses to shave/brush teeth or hair				
Exhibits fear/anxiety regarding water or undressing				
Becomes combative during bathing and grooming				
<b>NUTRITION AND HYDRATION</b>	Daily	Weekly	Monthly	Never
Eats less than 1500 calories per day				
Eats more than 2500 calories per day				
Eats only a few types of food				
Eats 50% or less of meals				
Has less than 8 glasses of water/liquid per day				
Rapid weight loss (5+ pounds per month)				
Rapid weight gain (5+ pounds per month)				
<b>BEHAVIOR</b>	Daily	Weekly	Monthly	Never
Refuses or resists medications				
Accuses others of theft or malice				
Yells, curses, or engages in name calling				
Strikes out/throws things/hits people or things				
Fearful of new people or situations				
Disrobes inappropriately				
Exhibits sexual aggressiveness				

<b>JUDGMENT</b>	Daily	Weekly	Monthly	Never
Mismanages money or bills				
Dresses inappropriately for weather				
Unable to recognize potential danger signs				
Inability to comprehend consequences				
<b>ENGAGEMENT</b>	Daily	Weekly	Monthly	Never
Appears anxious or fearful				
Appears sad or withdrawn				
Has difficulty making eye contact/conversation				
Demonstrates an overall lack of interest in daily life and activities				
Has difficulty self-initiating hobbies/pastimes				
<b>TOILETING</b>	Daily	Weekly	Monthly	Never
Accidents/incontinent of urine				
Accidents/incontinent of bowel				
Attempts to "go" in places other than the toilet				
Is unaware of need to use bathroom				
Is unaware when wet, soiled, or foul-smelling				
<b>PHYSICAL</b>	Daily	Weekly	Monthly	Never
Has difficulty walking				
Walks with a "shuffling" gait				
Has difficulty transitioning between sitting and standing				
Appears to have pain				
Changes in facial expressions/drooping				
Changes in sleeping habits				
Falls (with or without injury)				
Increasing in bruising/unexplained injuries				
<b>WANDERING AND SAFETY</b>	Daily	Weekly	Monthly	Never
Is unsafe around the stove or hot surfaces				
Is unsafe around water or faucets				
Attempts to eat things that are not food				
Gets lost/loses caregiver on outings				
Attempts to leave home				
Is currently driving or still asks to drive				

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