

Early Signs Checklist



Does your loved one need additional help in the home?

The following questions will help you spot “red flags” indicating you need to talk with your doctor.

- ◆ Is your loved one feeling forgetful?
- ◆ Has your loved one missed doctor’s appointments or forgotten to take their medication?
- ◆ Do they show signs of isolation?
- ◆ Does your loved one have difficulty sleeping, walking, dressing, eating and/or bathing?
- ◆ Have you noticed that your loved one is having difficulty maintaining the home? i.e. clutter, spoiled food
- ◆ Have you noticed your loved one with bruises and when asked they were unsure how they got them?
- ◆ Did your loved one experience a fall since the last time you spoke to them?
- ◆ Have you noticed personality changes?
- ◆ Is your loved one remembering to eat?
- ◆ Has your loved one lost weight?
- ◆ Can your loved one still use the phone to make an outgoing call or text?
- ◆ Is your loved one receiving late payment notices, bounced checks, or calls from collectors?
- ◆ Does your loved one’s vehicle have excessive dents or scratches?

FACTORS THAT AFFECT THE MEMORY PROCESS

- ◆ attention
- ◆ stress/anxiety
- ◆ depression, negative expectations
- ◆ loss and grief
- ◆ inactivity or isolation
- ◆ fatigue/sleep patterns
- ◆ poor nutrition, dehydration
- ◆ heart and lung disorders that deprive the brain of oxygen
- ◆ diseases of the thyroid, pituitary or adrenal glands that regulate memory
- ◆ physical illness
- ◆ medication side effects
- ◆ vision/hearing problems
- ◆ alcohol abuse
- ◆ vitamin deficiency
- ◆ diabetes
- ◆ smoking

