Do you or someone you care about have any of these problems?

1. Attention
   - Being easily distracted
   - Losing focus in conversation

2. Memory
   - Asking the same questions over again
   - Repeating the same information many times
   - Losing things
   - Leaving the stove on, tap running or door unlocked
   - Forgetting meetings or the current month

3. Language
   - Having problems remembering people’s names
   - Struggling to use common words
   - Using the wrong words
   - Finding it hard to follow a conversation with many people
   - Having trouble with simple spoken and written instructions

4. Vision and space
   - Not recognizing faces
   - Getting lost in familiar places
   - Having difficulty finding the way when driving or walking

5. Judgment
   - Having problems planning daily activities (like managing money, or going out alone)
   - Not knowing what to do if there is a fire or if someone becomes sick
   - Having problems with driving or using appliances

6. Coordination
   - Can’t put actions in order (like taking the right steps to make a cup of tea)
   - Having problems using utensils to eat or using tools to groom

7. Mood
   - Feeling sad or frustrated a lot
   - Losing interest in doing things

8. Personality and behaviour
   - Seeing or hearing things that other people do not
   - Being suspicious (like thinking people want to hurt you)
   - Becoming upset or frustrated fast
   - Seeing changes in your personality
   - Being impolite, or acting out of character
   - Having strange food cravings

9. Daily function
   - Hard to finish familiar tasks (like bathing, or getting dressed)

Preparing for your doctor’s visit

Fill out this checklist. Share it with your doctor. Answer any questions your doctor asks. Be honest about changes in your life — or changes that you’ve noticed in someone else.
Medications and medical history

Take your medications to your appointment; include any prescription drugs, vitamins or supplements.

If you are seeing a new doctor, prepare a list of your current medical conditions.

More questions to ask your doctor

What tests will I need to take?

How long will it take to get a diagnosis?

Do I have any other conditions that could cause my symptoms or make them worse?

Would you suggest that I see a specialist?

When should I come back for another visit?

Sources: