



Memory Screening Questions

If the answer is "yes" to any of these questions below, a memory screening or a consultation with a doctor may be beneficial.

- Am I becoming more forgetful?
- Do I have trouble concentrating?
- Do I have difficulty performing familiar tasks?
- Do I have trouble recalling words or names in conversation?
- Do I sometimes forget where I am?
- Has family told me that I am repeating questions or saying the same thing over again?
- Am I misplacing things more often?
- Have I become lost when walking or driving in a familiar neighborhood?
- Have my family or friends noticed changes in my mood, behavior, or personality?

Warning Signs of Dementia:

- Trouble with new memories
- Trouble finding words
- Confusion about time, place or people
- Onset of new depression or irritability
- Personality changes
- Relying on memory helpers
- Struggling to complete familiar actions
- Misplacing familiar objects
- Making bad decisions
- Loss of interest in important responsibilities

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional. Sometimes a memory screening is beneficial to establish a baseline.

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