



For more information about our project, please visit:
<https://iasquared.org/brain-health/resources>

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SYMPTOM TRACKER

This symptom tracker can help you monitor changes in memory, behavior, and other symptoms that may be concerning and/or are affecting your daily life. By tracking when and where these symptoms occur, you can gain a clearer picture over time. Below is an example of how to use this chart and types of behaviors you may want to keep track of to discuss with your doctor.

EXAMPLE

Date	Time	Location	Symptoms & Behaviors
6/5	Morning	Home	✦ Misplaced the car keys in the fridge
6/8	Evening	Home	✦ Got ready for work despite having retired several years ago
6/12	Afternoon		✦ Repeated the same story several times in a matter of hours
6/15	Morning		✦ Got lost going to the grocery store
6/20	Evening	Home	✦ Forgot the steps to prepare a favorite dish
6/22	Afternoon	Home	✦ Misplaced the car keys in the fridge
6/25	Evening		✦ Asking the same question several times
6/28	Morning		✦ Repeated the same story several times in a matter of hours
6/30	Afternoon		✦ Got lost going to the grocery store

BELOW ARE OTHER SYMPTOMS AND BEHAVIORS YOU MAY WANT TO OBSERVE:

- ✦ Having difficulty with/remembering to do Activities of Daily Living (ADLs): Brushing teeth, showering, cooking, caring for pets, etc.
- ✦ Difficulty remembering words, what day/time it is, places.
- ✦ Difficulty remembering people's names (i.e. family members, close friends).
- ✦ Losing interest in, or having difficulty with, social activities or conversations.
- ✦ Difficulty with reading, writing, speech, etc.
- ✦ Having trouble with vision or hearing. (Decreased sensory input increases dementia risk.)
- ✦ Decreased balance, more clumsy than usual.
- ✦ Unusual mood or personality changes (i.e. increased anxiety, agitation, irritability, suspicion/mistrust, sadness, anger).
- ✦ Making poor decisions (i.e. Spending money you don't have, falling for scams).

For more information on the 10 Signs of Thinking or Memory Changes That Might Be Dementia visit: <https://iasquared.org/10-signs>

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