

HOW IS YOUR MEMORY?

Screening Questionnaire

Place a check mark in the columns corresponding to the questions that apply to you or the person you are evaluating. To give yourself the most complete picture, have another person who knows you well also answer the questions (such as a spouse, partner, child, sibling, parent, or close friend or colleague). If the answer is “No” please leave blank.

Severity	Progression	Brain Area Dementia Questions
Yes, Present Now	A Lot Worse Than 10 Years Ago	TEMPORAL LOBES
		Is there frequent difficulty remembering appointments?
		Is there frequent difficulty remembering holidays or special occasions, such as birthdays or weddings?
		Is there frequent difficulty remembering to take medications or supplements?
		Is there frequent difficulty finding the right words during conversations or retrieving the names of things?
		Are there frequent episodes of irritability, anger, aggression, or a “short fuse” for little-to-no-reason?
		Are there frequent feelings of suspiciousness, paranoia, or hypersensitivity without a clear explanation or reason why?
		Is there a frequent tendency to misinterpret what one hears, reads, or experiences?
		Temporal Lobe Progression And Severity Totals (add up the total number of checks for this section in each column)
Yes, Present Now	A Lot Worse Than 10 Years Ago	FRONTAL LOBES
		Is there frequent difficulty recalling events that occurred a long time ago?
		Is there frequent difficulty with judgments, such as knowing how much food to buy?
		Is there frequent difficulty thinking things through (reasoning)?
		Is there frequent difficulty handling finances or routine affairs that used to be done without difficulty?
		Is there frequent trouble sustaining attention in routine situations (chores, paperwork)?
		Is there frequent difficulty finishing chores, tasks, or

		other activities?
		Is there frequent difficulty with organizing and planning things?
		Are there frequent feelings of boredom, loss of interest, or low motivation to do things that were previously enjoyed.
		Is there a frequent tendency to act impulsively, such as saying or doing things without thinking first?
		Frontal Lobe Progression And Severity Totals (add up the total number of checks for this section in each column)
Yes, Present Now	A Lot Worse Than 10 Years Ago	PARIETAL LOBES
		Are there frequent wrong turns or episodes of getting lost traveling to well known places (direction sense)?
		Are there frequent problems judging where you are in relationship to objects around you, such as bumping into things in a dark, familiar room?
		Is there frequently a problem recognizing objects just by their feel?
		Are left and right often confused?
		Is there frequent trouble learning a new task or skill?
		Parietal Lobe Progression And Severity Totals (add up the total number of checks for this section in each column)
		Total Progression and Severity Scores

Questionnaire Interpretation

Add your scores in each area and use the key to determine their meaning.

Severity Score: The number of abilities or behaviors where there is frequent difficulty.

Severity Score = The number of rows where the left column is checked.

Severity Score = _____

Progression Score: The number of abilities or behaviors that are a lot worse than ten years ago.

Progression Score = The number of rows where the right column is checked.

Progression Score = _____

Interpreting The Severity And Progression Scores

A. If both the Severity Score and the Progression Score are 0, then there does not seem to be a problem. Have your partner or significant other verify your answers.

B. If the Severity Score is two or the Progression Score is one and neither of them are three or higher, then there may be an early stage problem or this could be normal aging. If there is any concern about a problem by you or others, then proceed with further testing, such as that suggested on www.preventad.com or by your physician. An evaluation for depression should also be done if there is any sad mood or loss of motivation.

C. If either the Severity Score is three or higher or the Progression Score is two or higher, then the chance of cognitive impairment or dementia is increased. This situation should be further evaluated with the tests described at www.preventad.com or by your physician. An evaluation for depression should also be done if there is any sad mood or loss of motivation.