


15 Fundamental Signs of Cognitive Impairment Checklist

|  | Checklist item |
|---|--|
| <input type="checkbox"/> | Forgetfulness <i>Examples: Forgetting to pay bills, or paying them twice. Forgetting the names of relatives and/or friends. Frequently repeating the same question or observation.</i> |
| <input type="checkbox"/> | Difficulty with familiar tasks <i>Examples: Having trouble preparing familiar meals. Getting lost on the way to the mall or grocery store. No longer able to use phone or computer.</i> |
| <input type="checkbox"/> | Disorientation <i>Examples: Not knowing where you are, or why you are there. Not being able to identify the month, season, or year. Wandering or driving with unknown or imagined destination.</i> |
| <input type="checkbox"/> | Impulse buying <i>Examples: Buying a lot of "as seen on TV products". Buying expensive jewelry or other items without prior history of making similar purchases. Donating money to new causes.</i> |
| <input type="checkbox"/> | Poor judgment <i>Examples: Making rash decisions without much forethought. Frequently making choices based on "gut feelings". Making uncharacteristically bad decisions.</i> |
| <input type="checkbox"/> | Abstract thinking <i>Examples: Having trouble "connecting the dots". Losing the ability to envision future scenarios or outcomes. Inability to understand metaphors or analogies.</i> |
| <input type="checkbox"/> | Misplacing personal items <i>Examples: Losing keys, cell phone, or other personal items on a regular basis. Not being able to find the car in a parking lot.</i> |



Mood changes

Examples: Appearing more distracted or inattentive than previously. Being more emotional, depressed, anxious, sad, teary, irritable or angry than before. Appearing disheveled.



Safety issues

Examples: Getting into a car accident. Tripping or falling more at home or in the workplace. Injuring self when using tools, machinery, or other equipment.



Difficulty learning new information

Examples: Inability to use a new computer, TV, or remote control. Inability to follow simple directions or instructions. Unable to identify new family members.



Difficulty with old information

Examples: Inability to remember work experiences or family stories/history. No longer able to demonstrate knowledge or expertise in area of professional or academic training.



Issues with financial management

Examples: Inability to balance checkbook. Unable to do simple math problems. Inability to track expenses or investments.



List writing

Examples: Using "sticky notes" all over the house/apartment. Needing a written calendar to keep track of all activities. Writing reminder notes for everyday chores or activities.



Language issues

Examples: Difficulty pronouncing familiar words. Trouble "getting the words out". Reduction in the volume of words in working vocabulary.



Reports of new conversations

Examples: Mentioning phone conversations with previously unknown people. Reports of frequent emails or regular mail letters from same unknown person.