



**DEMENTIA
SYMPTOMS
TRACKING TOOLS**

Dementia Screening Aid and Log

**Dementia
Symptoms Tracking
Tools, LLC Barney
Nelson Copyright
2020**

Name:

Date:

X if applicable

COGNITIVE

ONSET DATE

Short term forgetfulness

Confusion including dates or events

Disorientation with time or place

Making things up

Inability to recognize common things

Misplacing things like keys, wallet

Putting things in an inappropriate place

Planning, problem solving: recipes, directions when driving

Difficulty doing familiar tasks and/or job loss

Difficulty multi-tasking and focus

CONVERSING

Repeating yourself

Cannot remember words and/or names

Not sure what someone said

Spelling, punctuation, grammar

Inability to speak properly, jumbled speech, or understand meaning

BEHAVIORAL

Irritability and/or volatility, including short term intense anger

Personality changes

Restlessness

Lack of restraint including socially inappropriate behaviors

Wandering and getting lost

Repetitive compulsive behavior

MOOD

Anxiety

Loneliness

Mood swings

Nervousness

PSYCHOLOGICAL

Depression

Apathy

Hallucinations

Paranoia

Delusions

MUSCULAR/PHYSICAL

Tremors

Unsteady walking, falling

Dizziness

Constipation

Urinary incontinence

Sleep disorder

Spatial awareness

Name:

PERSONAL LOG OF POTENTIAL DEMENTIA SYMPTOMS



DATE(S)

DESCRIPTION AND DETAILS OF SYMPTOM(S) ie: became lost going home, hallucination plus description, etc

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