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Dementia Warning Signs Checklist

Use this checklist to track early signs of dementia in your loved one. If you check two or more boxes, it's time to talk with a doctor

☐	Memory loss that disrupts daily life (repeating questions, forgetting events)
☐	Challenges with planning or solving problems (paying bills, following steps)
☐	Difficulty completing familiar tasks (cooking, using appliances, getting lost)
☐	Confusion with time or place (missing appointments, disoriented in familiar areas)
☐	Trouble with words in speaking or writing (repeating phrases, losing track mid-sentence)
☐	Misplacing items and inability to retrace steps (keys, wallet, remote control)
☐	Poor judgment or risky decisions (money scams, unsafe driving, inappropriate clothing)
☐	Withdrawal from hobbies, work, or social activities
☐	Changes in mood or personality (irritability, suspicion, anxiety, depression)
☐	Visual-spatial difficulties (stumbling, misjudging stairs, trouble reading)
☐	Unexplained weight loss or frequent infections
☐	Sleep disturbances or acting out dreams
☐	Loss of smell (trouble recognizing common odors)
☐	Hearing loss that is untreated or worsening
☐	Gait and balance changes (shuffling, stumbling, difficulty walking and talking)

Tip: Keep notes about when and how often you notice these changes. Sharing this record with a doctor can help with early diagnosis and planning.