

Self-Check Tool for Someone with Dementia

We all have good days and bad days. This tool can help you decide when to reach out to your CTN or other sources of support for more help or information!

EXCELLENT — KEEP UP THE GOOD WORK!



☐ Keeping a simple routine



☐ Staying physically active



☐ Eating a balanced diet



☐ Sleeping well



☐ Staying socially connected

Continue: Learning about the disease, preparing for the future, making legal and financial plans, facing changes with courage and creativity, having regular follow-up visits with your doctor

PAY ATTENTION — USE CAUTION...



☐ Falls



☐ Getting lost or disoriented



☐ Mistakes with money



☐ Problems with eating and drinking



☐ Trouble sleeping



☐ Mistakes with machines or appliances



☐ Feeling worried or anxious

Check in: These symptoms may be improved through increased support, changes to the environment, professional legal advice, or medical treatment

WARNING ALERT — SEEK HELP!



☐ Feeling hopeless or despair about the future



☐ Acting aggressively



☐ Accidental injury or near misses



☐ Significant weight loss



☐ Sudden increase in confusion



☐ Sudden change in energy, thinking or function



☐ Thoughts of hurting yourself or others

Seek emergency help if needed or call to make an appointment with your doctor right away