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10 Early Warning Signs of Alzheimer's

Printable Checklist for Families & Caregivers

 This checklist is for educational purposes only. It is not a substitute for a medical diagnosis. If you or a loved one experience any of these signs, please consult a neurologist or geriatrician.

1. Memory loss that disrupts daily life

Forgetting important dates, events, or recently learned information. Repeatedly asking for the same information.

2. Challenges in planning or solving problems

Difficulty following a familiar recipe, managing monthly bills, or concentrating on simple tasks.

3. Difficulty completing familiar tasks at home or work

Struggling to drive to a familiar location, manage a budget, or remember the rules of a favorite game.

4. Confusion with time or place

Losing track of dates, seasons, or the passage of time. Forgetting where they are or how they got there.

5. Trouble understanding visual images and spatial relationships

Difficulty reading, judging distance, determining color or contrast, or passing through doorways.

6. New problems with words in speaking or writing

Trouble following or joining a conversation. Stopping mid-sentence or repeating themselves.

7. Misplacing things and losing the ability to retrace steps

Putting things in unusual places. Accusing others of stealing when they cannot find an item.

8. Decreased or poor judgment

Poor decision-making with money, less attention to grooming or cleanliness, or falling for scams.

9. Withdrawal from work or social activities

Avoiding social gatherings, hobbies, or sports teams due to changes in ability or embarrassment.

10. Changes in mood or personality

Increased anxiety, confusion, suspicion, depression, fearfulness, or easily upset (especially in unfamiliar places).

What to do next:

- Check the box next to any warning sign you have observed.
- Bring this checklist to your doctor's appointment.
- Keep a daily log of changes (use the Caregiver Kit).
- Contact the Alzheimer's Association helpline (24/7): **1-800-272-3900**

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