

# DEMENTIA CARE: WHAT TO WATCH FOR CHECKLIST

Dementia changes can happen slowly over time, and it's easy to miss the small things until they start to add up.

Use this checklist to help you notice changes in your loved one so you can respond early, communicate clearly with doctors, and better prepare for what's ahead.

You do not need to track everything perfectly — just use this as a simple guide to help you stay aware.

= Something I've noticed recently

## Memory & Thinking Changes

- ☐ Forgetting recent conversations or events
- ☐ Asking the same questions repeatedly
- ☐ Trouble following conversations
- ☐ Difficulty making decisions
- ☐ Confusion about time (day, date, season)
- ☐ Confusion about where they are

## Communication Changes

- ☐ Trouble finding the right words
- ☐ Repeating stories or phrases
- ☐ Difficulty understanding instructions
- ☐ Talking less or withdrawing from conversation
- ☐ Saying things that don't make sense

## Behavior & Mood Changes

- ☐ Increased anxiety or nervousness
- ☐ Agitation or restlessness
- ☐ Irritability or anger
- ☐ Suspicion or paranoia
- ☐ Hallucinations (seeing or hearing things not there)
- ☐ Wandering or trying to leave

## Daily Care Changes

- ☐ Needs reminders for bathing or hygiene
- ☐ Trouble dressing appropriately
- ☐ Difficulty using the bathroom
- ☐ Changes in eating habits or appetite
- ☐ Trouble using everyday items (phone, remote, utensils)

## Mobility & Safety Changes

- ☐ Unsteady walking or balance issue
- ☐ Increased risk of falls
- ☐ Trouble getting up or sitting down
- ☐ Difficulty navigating familiar spaces
- ☐ Unsafe decisions (leaving stove on, wandering outside)

## Health & Physical Changes

- ☐ Changes in sleep patterns (awake at night, sleeping more during day)
- ☐ Weight loss or gain
- ☐ Changes in pain (may not be able to explain it)
- ☐ Increased infections or illness
- ☐ Trouble taking medications correctly

## Caregiver Notes

What new changes have you noticed recently?

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## Caregiver Tip:

If you begin noticing more changes or faster changes, it may be a sign that your loved one's dementia is progressing and that additional support may be needed.

Bringing notes like this to doctor appointments can help you get better guidance and support.

## Need more dementia caregiver help?

Free Caregiver Tools & Support

[AlzheimersInYourHome.com](https://AlzheimersInYourHome.com)

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