

# DEMENTIA PROGRESSION TRACKING HELP

Dementia usually changes slowly over time, which can make it hard to notice just how much has changed until you stop and look back.

This guide can help you recognize the kinds of changes that may point to progression, so you can better prepare, communicate with doctors, and adjust care as needed.

This is not meant to diagnose or stage dementia. It is simply a tool to help caregivers stay aware of changes over time.

## Changes to Pay Attention To

If you begin noticing more of these changes over time, it may be a sign that your loved one's dementia is progressing.

### Memory & Thinking Changes

- ☐ More forgetfulness than before
- ☐ Increased confusion about time or place
- ☐ Trouble following conversations
- ☐ Difficulty making simple decisions
- ☐ More trouble solving everyday problems

### Communication Changes

- ☐ Trouble finding words more often
- ☐ Repeating questions more frequently
- ☐ Difficulty understanding instructions
- ☐ Talking less or becoming harder to understand

### Mood & Behavior Changes

- ☐ More anxiety, agitation, or irritability
- ☐ Hallucinations or suspiciousness
- ☐ Increased resistance to care
- ☐ More restlessness, pacing, or confusion

### Daily Care Changes

- ☐ Needs more reminders for hygiene or dressing
- ☐ Trouble with toileting or bathroom routines
- ☐ Needs more help with meals or eating
- ☐ Difficulty completing everyday tasks independently

### Mobility & Safety Changes

- ☐ More unsteady walking or falls
- ☐ Trouble getting up or moving safely
- ☐ Wandering or trying to leave
- ☐ Unsafe decisions or poor judgment

## What Have You Noticed Lately? What changes feel new or more noticeable than before?

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### Ask Yourself:

- Is this happening more often than it used to?
- Does my loved one need more help than before?
- Am I starting to feel more overwhelmed?
- Do I need to talk to the doctor about these changes?

### Caregiver Tip:

Dementia progression is not always obvious day to day. That is why keeping notes over time can be so helpful. The more clearly you can see the changes, the easier it becomes to prepare for what may be coming next.

## Need more dementia caregiver help?

Free Caregiver Tools & Support

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

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