

MONTHLY CHANGES CHECKLIST

Sometimes the changes in dementia happen so slowly that it is hard to notice them until you stop and look back. Use this checklist once a month to help you reflect on what may be changing and what may need more attention. You do not need to check everything perfectly — this is simply a tool to help you stay aware.

Month / Year: _____

Name of Person Being Cared For: _____

Memory & Thinking

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

Communication

- ☐ More trouble finding words
- ☐ Repeating questions more often
- ☐ More difficulty understanding instructions
- ☐ Less interested in talking
- ☐ Harder to understand speech

Mood & Behavior

- ☐ More anxiety or nervousness
- ☐ More agitation or restlessness
- ☐ Increased irritability or anger
- ☐ More suspiciousness or paranoia
- ☐ Hallucinations or unusual beliefs
- ☐ More crying or emotional changes

Daily Care

- ☐ Needs more help with bathing or hygiene
- ☐ More difficulty dressing
- ☐ More trouble using the bathroom
- ☐ Changes in eating or drinking
- ☐ More help needed with daily routines

Mobility & Safety

- ☐ More unsteady walking
- ☐ Increased falls or near falls
- ☐ More trouble getting up or moving
- ☐ Wandering or trying to leave
- ☐ More unsafe decisions or poor judgment

Health & Physical Changes

- ☐ Changes in sleep
- ☐ Weight loss or gain
- ☐ More pain or discomfort
- ☐ More illness or infections
- ☐ Trouble taking medications correctly

What changes stood out most this month?

What do I want to watch more closely next month?

Caregiver Tip:

Looking back once a month can help you notice changes that may not stand out day to day. This can also be very helpful before doctor appointments or when deciding if more support may be needed.

Need more dementia caregiver help?

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