

Alzheimer's & Dementia

SYMPTOM TRACKER WORKSHEET



Although Alzheimer's and dementia affect people differently and each person's journey is unique; there are some common symptoms and behaviors shown in most people living with the disease. We designed this tool to help family members track the type and frequency of symptoms your loved one is experiencing. Using this worksheet, we hope that you can have better communication with your loved one's healthcare providers and facilitate the best care plan possible for your specific situation.

ORIENTATION	DAILY	WEEKLY	MONTHLY	NEVER
Forgets names of close family & friends				
Forgets his/her home address or location Forgets the date, time of day, or year				П
Asks repetitive questions		_	_	_
COMMUNICATION				
Has trouble using words to express needs				
Becomes frustrated when speaking				
Repeats words, phrases, & gestures				
Talks to people who are not present Has difficulty with comprehension				
BATHING & GROOMING	_	_	_	_
	П	_	п	п
Refuses to change clothes Resists bathing				
Refuses personal hygiene maintenance				
Exhibits anxiety about water				
Becomes combative during grooming				
NUTRITION & HYDRATION				
Eats less than 1500 calories per day				
Eats more than 2500 calories per day				
Only eats a few types of food				
Eats 50% or less of a meal Refuses water consumption				
·	П		Ц	
BEHAVIOR		_	_	_
Refuses or resists medications				
Accuses others of theft or malice Exhibits frustration easily				
Fearful of new people or situations				
JUDGMENT	_	_	_	
Mismanages money		п		
Dresses inappropriately for weather	_	_	_	_
Unable to recognize danger				
Inability to comprehend consequences				

ENGAGEMENT	DAILY	WEEKLY	MONTHLY	NEVER
Appears anxious or fearful Appears sad or withdrawn Has difficulty making eye contact Demonstrates apathy about daily life Withdrawal from hobbies or pastimes	_ _ _ _	_ _ _ _	0	0000
TOILETING				
Accidents or incontinence Unaware of need to use the bathroom Is unaware of incontinence	_ _ _	_ 	_ 	0
PHYSICAL				
Experiences difficulty walking Shuffles when moving Difficulty transitioning from sitting to standing Appears to have pain Exhibits changes in facial expressions Changes in sleeping habits Experiences falls Increases in bruising				00000
WANDERING & SAFETY				
Is unsafe around the stove or hot surfaces Is unsafe around water Attempts to eat non-food items Has gotten lost Attempts to leave home Unsafe driving habits				0000



If you would like more information on the benefits of memory care, please contact Oaks Senior Living or: