A PAUSE, A PRACTICE, A NEXT STEP

Dementia and memory changes

When everyday tasks start to feel unfamiliar.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Ask for a memory check

Call your primary care clinic. You can say, “I’ve noticed changes in my memory, and they’re making daily tasks harder. Can we make an appointment?” Bring a list of medicines and two examples of what changed. Someone you trust can come with you.

01 / Notice and reflect

What has changed, and when did it start?

02 / Notice and reflect

Which everyday task would you like help with first?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Get urgent medical help for confusion that starts suddenly over hours or days, even if the person already has dementia. A new illness or medicine can cause delirium. Call 911 in the U.S. for sudden trouble speaking, face drooping, or weakness on one side.

Read more: CDC · About dementia

More tools and immediate support: Our Healing Room / Crisis Support.