



If you're worried about your memory, this roadmap can help guide you as you try to figure out what's going on. It also provides you with a central record of the steps you've taken to address your memory problems so you can refer to them later. Just follow the 10 steps below.



Contact Information: Step 1 of 10



Write down your contact information (and that of a close friend or family member who spends time with you and can offer another perspective on your symptoms.)

Your name:

Your phone number:

Your email address:

Friend or family member's name:

Friend or family member's phone number:

Friend or family member's email address:

Notes:

Document Your Symptoms - **Self Evaluation**: Step 2A of 10

- ➔ Have you been experiencing any of the following symptoms? If so, try to estimate when they started and to what degree they impact your life. **Fill out this first section yourself** and then ask a friend or family member to fill out the information on the next page.

	Are you experiencing this symptom? ☒ = Yes	How long have you experienced it? (Your best guess)	How much does it impact your life? (Select one number, 1= a little, 5= a lot)
Difficulty learning new information	☐	_____	1 2 3 4 5
Forgetting recent events or people's names	☐	_____	1 2 3 4 5
Difficulty finding the right word	☐	_____	1 2 3 4 5
Difficulty following a conversation	☐	_____	1 2 3 4 5
Losing track of dates and times	☐	_____	1 2 3 4 5
Asking the same question over and over	☐	_____	1 2 3 4 5
Misplacing items	☐	_____	1 2 3 4 5
Putting objects in unusual places	☐	_____	1 2 3 4 5
Difficulty making decisions	☐	_____	1 2 3 4 5
Making poor decisions	☐	_____	1 2 3 4 5
Difficulty paying bills or shopping	☐	_____	1 2 3 4 5
Forgetting appointments	☐	_____	1 2 3 4 5
Difficulty sleeping	☐	_____	1 2 3 4 5
Getting lost in familiar places	☐	_____	1 2 3 4 5
Getting upset, irritated, or aggressive easily	☐	_____	1 2 3 4 5
Feeling sad or hopeless more than before	☐	_____	1 2 3 4 5
Feeling worried or anxious more than before	☐	_____	1 2 3 4 5
Losing interest in things previously enjoyed	☐	_____	1 2 3 4 5
Acting inappropriately or out of character	☐	_____	1 2 3 4 5
Other _____	☐	_____	1 2 3 4 5

Document Your Symptoms - **Friend/Family**: Step 2B of 10

 As a friend or family member, fill out the information in this section. Have you noticed them experiencing any of the following symptoms? If so, try to estimate when they started and to what degree they impact their life.

	Have you noticed this symptom? ☒ = Yes	How long have you been noticing it? (Your best guess)	How much does it impact their life? (Select one number, 1= a little, 5= a lot)
Difficulty learning new information	☐	_____	1 2 3 4 5
Forgetting recent events or people's names	☐	_____	1 2 3 4 5
Difficulty finding the right word	☐	_____	1 2 3 4 5
Difficulty following a conversation	☐	_____	1 2 3 4 5
Losing track of dates and times	☐	_____	1 2 3 4 5
Asking the same question over and over	☐	_____	1 2 3 4 5
Misplacing items	☐	_____	1 2 3 4 5
Putting objects in unusual places	☐	_____	1 2 3 4 5
Difficulty making decisions	☐	_____	1 2 3 4 5
Making poor decisions	☐	_____	1 2 3 4 5
Difficulty paying bills or shopping	☐	_____	1 2 3 4 5
Forgetting appointments	☐	_____	1 2 3 4 5
Difficulty sleeping	☐	_____	1 2 3 4 5
Getting lost in familiar places	☐	_____	1 2 3 4 5
Getting upset, irritated, or aggressive easily	☐	_____	1 2 3 4 5
Feeling sad or hopeless more than before	☐	_____	1 2 3 4 5
Feeling worried or anxious more than before	☐	_____	1 2 3 4 5
Losing interest in things previously enjoyed	☐	_____	1 2 3 4 5
Acting inappropriately or out of character	☐	_____	1 2 3 4 5
Other _____	☐	_____	1 2 3 4 5



Medication Information: Step 3 of 10



Write down which medications and supplements you are currently taking.

Medication or Supplement Name	Dosage	Frequency





Then, use this space to make notes about what your primary care physician says during the appointment. A friend or family member can take notes for you if it helps.

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Lab Test Information: Step 6 of 10



Your Lab Tests (add information about any lab tests you have if a doctor orders them)

Test Name	Date Completed	Results
Complete Blood Count (CBC)		
Differential		
HIV Antigen Antibody		
Rapid Plasma Reagin (RPR)		
Thyroid Stimulating Hormone (TSH)		
Thyroid Levels (T3/T4)		
Comprehensive Metabolic Panel		
Vitamin B12		
Folate		
Blood/Plasma Biomarkers (such as pTau217)		
Cerebrospinal fluid (CSF)		
Other:		



- Their name:

Their Phone Number:

- [illegible]



Your Cognitive Assessments: Step 8 of 10



This is where you can keep a record of your cognitive test dates and results.

Test Name	Date Completed	Results
Self-Administered Gerocognitive Exam (SAGE)		___ /22 points
Mini-Cog		___ /5 points
General Practitioner assessment of Cognition (GPCOG)		___ /9 points
Brief Interview for Mental Status (BIMS)		___ /15 points
Mini-Mental State Exam (MMSE)		___ /30 points
St. Louis University Mental Status Examination (SLUMS)		___ /30 points
Montreal Cognitive Assessment (MoCA)		___ /30 points
Neuropsychological Assessment		
Other:		



Your Brain Imaging Scans: Step 9 of 10



This is where you can keep a record of brain imaging scan dates and results.

Test Name	Date Completed	Results
Computed Tomography (CT)		
Magnetic Resonance Imaging (MRI)		
Positron Emission Tomography (PET)		
Dopamine Transporter Single Photon Emission Computed Topography (DaT-SPECT)		
Electroencephalogram (EEG)		
Other:		



Get Help and Support: Step 10 of 10

➡ Only a medical professional can diagnose you with a specific condition.

But no matter what your doctor says, there are people out there ready to help you. Here is an incomplete list of conditions that can affect your memory and cognitive abilities, as well as some organizations that specialize in each.

Normal Memory Aging

When we age, our brains age, too, resulting in minor decreases in memory and other cognitive functions. This is normal.

Mild Cognitive Impairment

When someone experiences a greater decrease in memory or other cognitive functions than normal aging, it's called mild cognitive impairment (MCI). While it sometimes can progress into a more serious condition, for the most part, MCI doesn't significantly affect a person's day-to-day abilities. Continue to monitor and talk to your doctor if it gets worse.

Treatable Conditions

Your doctor is the best source of information for these conditions:

- Infections
- Immune disorder
- Thyroid problems
- Low blood sugar
- Vitamin deficiencies
- Medication side effect
- Subdural bleeding
- Brain tumor
- Normal-pressure hydrocephalus (buildup of fluid in the brain)

Dementias

→ Alzheimer's Disease

is the most common of all dementias, accounting for between 60-80 percent of all dementias. It is characterized by protein plaques and tangles in the brain, which are thought to damage brain cells and how they communicate. Early symptoms include short-term memory loss, confusion, personality and behavior changes. There isn't currently a cure for Alzheimer's disease although there are some therapies that can slow its progress.

Alzheimer's Association, <https://www.alz.org/>



Get Help and Support: Step 10 of 10

Dementias (Continued)

→ **L.A.T.E. (limbic-predominant age-related TDP-43 encephalopathy)**

is similar to Alzheimer's disease in that proteins accumulate in the brain causing damage over time. But with LATE, it's a different type of protein than seen in Alzheimer's disease. LATE is typically seen in older individuals (in their 80s or 90s) and is estimated to cause 15-20 percent of all dementias, although it's not uncommon for someone to have both LATE and Alzheimer's disease.

Alzheimer's Association, <https://www.alz.org/>

→ **Vascular Dementia**

is a disease where vessels that supply blood to the brain are damaged. This can cause strokes or other damage to brain cells when nutrients and oxygen are cut off. Early symptoms include difficulty with problem-solving, slowed thinking, and loss of focus and organization. Memory loss is less frequent. It accounts for about 15-20 percent of dementias.

Alzheimer's Association, <https://www.alz.org/>

→ **Lewy Body Dementia**

is characterized by balloon-like clumps of protein (called "Lewy bodies") in the brain. Early symptoms include visual hallucinations, difficulty with focus and attention, uncoordinated or slow movement, tremors and stiffness. This disease accounts for approximately 5-10 percent of dementias.

Lewy Body Dementia Association, <https://www.lbda.org/>

→ **Frontotemporal Dementia**

is a disorder that causes the breakdown of nerve cells in the frontal and temporal lobes of the brain. These areas are associated with personality, behavior and language so common symptoms include changes to behavior, personality, thinking, judgment, language and movement. It makes up about 5-6 percent of all dementia cases.

The Association for Frontotemporal Degeneration, <https://www.theaftd.org/>

→ **Mixed Dementia**

is when someone has two or more of the main types of dementia.

Alzheimer's Association, <https://www.alz.org/>



Get Help and Support: Step 10 of 10

Other Conditions That Affect the Brain:

→ **Huntington's Disease**

is a genetic disorder that causes certain brain and spinal cord cells to waste away. This mainly affects people in their 30s and 40s and early symptoms include a decline in thinking skills.

Huntington's Disease Society of America, <https://hdsa.org/>

→ **Traumatic Brain Injury**

is caused by repeated head trauma, not necessarily appearing until years after the injury. Symptoms include depression, explosiveness, memory loss, and impaired speech as well as slow movement, tremors and stiffness.

Brain Injury Association of America, <https://biausa.org/>

→ **Creutzfeldt-Jakob Disease**

is a rare brain disorder that may be caused by infectious proteins called prions. It can be passed down from a parent or caused by exposure to diseased brain or nervous system tissue.

Creutzfeldt-Jakob Disease Foundation, <https://cjd.foundation.org/>



Thank you and good luck!



We hope you and your caretakers find this Memory Loss Roadmap helpful on your journey. For additional resources, visit: www.memorylossfoundation.org