

# Has your memory deteriorated?

We can all be a bit absent-minded sometimes, but the older we get, the greater the risk of developing dementia. Poor memory could also be a result of other factors such as vitamin deficiency and stress. If you are experiencing memory issues that have lasted six months or more you should answer the questions in the test below.

1. Have you found that you have increasing difficulties with your memory?  
YES  NO
2. Have you experienced increased difficulties with reading, counting or expressing yourself?  
YES  NO
3. Have you had difficulties concentrating?  
YES  NO
4. Have you had difficulties finding your way in your local area or indoors?  
YES  NO
5. Have you experienced increased difficulties with managing practical chores around the house such as cooking, laundry, making coffee or managing your medication?  
YES  NO
6. Have you had more falls than previously?  
YES  NO
7. Have you experienced that your personality has changed, e.g., you are angry more often or find it hard to take new initiatives?  
YES  NO

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If you have answered **YES** to **two or more** questions, you can hand this form into the reception/contact your health centre. You will subsequently be contacted by a memory nurse.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Personal identity number: \_\_\_\_\_ Telephone number: \_\_\_\_\_

In order to find the cause of your memory issues you will have to undergo a number of examinations and memory tests. At the first appointment you will also have a longer conversation about your issues and it would be advantageous (but not a must) to bring a next of kin.