WHAT ARE MY SYMPTOMS?

Print this page off and write down information about your symptoms. It’s useful to say how long you’ve had a symptom for, how often you get them and whether they have got worse over time.

You can take this with you to your appointment, to help you explain your symptoms to your GP.

Are you forgetting things regularly?

What kind of things are you forgetting (names, where you’ve put things, recent events, conversations)?

Are you experiencing any significant changes from normal (e.g. sleep, mood, hearing, vision)?

Is it becoming difficult to follow instructions or carry out tasks around the house?

How often does this happen? For example, all the time, once or twice a day, once or twice a week.

Have you noticed or has anyone told you that you’ve repeated yourself during a conversation recently?

Are your symptoms stopping you from doing the things you enjoy doing?

Which symptoms are you most worried about?

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