

# Should I Get Screened?



Memory screenings make sense for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease or a related illness.

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed.

These questions might help you decide if you should be screened. If you answer "yes" to any of them, you might benefit from a memory screening.

## 1 Am I becoming more forgetful?

Do you feel like you're misplacing your keys more frequently, asking questions you feel like you've already asked, or forgetting appointments you've made?

## 2 Do I have trouble concentrating?

Sometimes memory lapses can make it harder to concentrate. Are you able to focus on one task at a time, or does your mind wander to items you're worried about forgetting?

## 3 Do I have difficulty performing familiar tasks?

It's always difficult to master a new skill, but do you find yourself having more difficulty with familiar tasks? If you're the one to always balance the checkbook, are you finding more errors? If you're always the one to do the grocery shopping, do you find yourself forgetting more needed items?

## 4 Do I have trouble recalling words or names in conversation?

It's easy to forget the name of someone you just met, but do you have trouble recalling a family member's name or a long time colleague? Is word finding becoming difficult or hindering conversation?

## 5 Do I sometimes forget where I am or where I am going?

We've all walked into a room and forgotten what we needed to do from time to time. But does this happen with more regularity? Again, it can be easy to forget where you parked the car in a large garage, but do you find yourself walking the aisles of cars frequently?

## 6 Have family or friends told me that I am repeating questions or saying the same thing over and over again?

We all have our favorite stories we like to tell. But if friends and family are telling you that you're repeating yourself, that could be a sign of memory loss. Has anyone specifically told you that you're repeating yourself recently?

## 7 Am I misplacing things more often?

You can blame the dog for eating your homework as much as you want, but in actuality, are you forgetting where you left things more often? Are you finding it harder to retrace your steps to find these items?

## 8 Have I become lost when walking or driving?

In a busy metro area it can be easy to get lost when there is a detour and road construction. But have you made a wrong turn going to work, home, or church?

## 9 Have my family or friends noticed changes in my mood, behavior, personality, or desire to do things?

It's easy to want to hibernate in the winter, or ask to stay in after a long, busy day. However, have you noticed yourself withdrawing more from social events? Have family or friends asked what's wrong, or do they seem more concerned about you?

## 10 Am I worried about my memory?

If you are worried about your memory, come in for a screening! Screenings also are appropriate for anyone who does not have a concern right now, but who wants to see how their memory is now and for future comparisons.

Insight Memory Care Center offers free, confidential, face-to-face memory screenings and educational materials to people with concerns about their memory. This is a part of the Alzheimer's Foundation of America's National Memory Screening initiative. Monthly screening are held at our center on the fourth Wednesday of each month from 1:00 pm to 3:00 pm. Additional screening sites can be found at [nationalmemoryscreening.org](http://nationalmemoryscreening.org).

