



Memory & Thinking Changes — Observation Guide

A simple place to write down what you've noticed, before speaking with a healthcare professional.

Everyone forgets things now and then. Noticing a change is not a diagnosis — it is simply useful information. Recording specific, factual observations can make a later conversation with a doctor far more helpful. Use plain language and real examples.

What changed?

Describe, in your own words, what seems different:

When did I first notice it?

Approximate date, season, or event:

How often is it happening?

- ☐ Rarely / once or twice
- ☐ Every so often
- ☐ Often
- ☐ Most days

Is it affecting everyday activities?

For example: cooking, driving, managing money, medications, appointments, conversations.

What, specifically, has become harder?

Examples I want to remember

Concrete moments are more useful than general impressions.

Example 1

Example 2

Questions I want to ask

Write the questions you'd like to bring to a professional:

A note before you go

Many things can affect memory and thinking — sleep, stress, medications, and treatable health conditions among them. A professional can help make sense of what you've noticed.

Prepared with Age Dignity · This Age Dignity worksheet offers general educational organization and conversation support. It is not a diagnostic tool, medical screening, or a substitute for advice from a qualified professional. Bring your notes to a trusted clinician, advisor, or counselor for guidance specific to your situation.