



Quartet

A SENIOR LIVING VILLAGE



Cognitive Changes & Dementia Symptom Tracker



Dementia impacts individuals in unique ways, and it's crucial to distinguish between dementia symptoms and age-related forgetfulness. If a family member or loved one shows changes in memory or behavior, it's essential to pay close attention.

Quartet Senior Living created this worksheet to help you recognize changes and patterns to better communicate these with healthcare providers.



Orientation

	Daily	Weekly	Monthly	Never
Forgets names of close family & friends				
Forgets his/her home address or location				
Forgets the date, time of day, or year				
Asks repetitive questions				

Behavior

	Daily	Weekly	Monthly	Never
Refuses or resists medications				
Accuses others of theft or malice				
Exhibits frustration easily				
Fearful of new people or situations				

Communication

	Daily	Weekly	Monthly	Never
Has trouble using words to express needs				
Becomes frustrated when speaking				
Repeats words, phrases, & gestures				
Talks to people who are not present				
Has difficulty with comprehension				

Bathing & Grooming

	Daily	Weekly	Monthly	Never
Refuses to change clothes				
Resists bathing				
Refuses personal hygiene maintenance				
Exhibits anxiety about water				
Becomes combative during grooming				

Nutrition & Hydration

	Daily	Weekly	Monthly	Never
Eats less than 1,500 calories per day				
Eats more than 2,500 calories per day				
Only eats a few types of food				
Eats 50% or less of a meal				
Refuses water consumption				

Judgment

	Daily	Weekly	Monthly	Never
Mismanages money				
Dresses inappropriately for weather				
Unable to recognize danger				
Inability to comprehend consequences				

Toileting

	Daily	Weekly	Monthly	Never
Accidents or incontinence				
Unaware of the need to use the restroom				
Unaware of incontinence				

Physical

	Daily	Weekly	Monthly	Never
Experiences difficulty walking				
Shuffles when moving				
Difficulty transitioning from sitting to standing				
Appears to have pain				
Exhibits changes in facial expressions				
Changes in sleeping habits				
Experiences accidental falls				
Increase in bruising				

Engagement

	Daily	Weekly	Monthly	Never
Appears anxious or fearful				
Appears sad or withdrawn				
Has difficulty making eye contact				
Demonstrates apathy about daily life				
Withdrawal from hobbies or pastimes				

Wandering & Safety

	Daily	Weekly	Monthly	Never
Is unsafe around the stove or hot surfaces				
Is unsafe around water				
Attempts to eat non-food items				
Has gotten lost				
Attempts to leave home				
Unsafe driving habits				

Quartet Senior Living provides a nurturing, supportive lifestyle for those living with dementia and other memory-related conditions. Our Navigate Memory Care program stands out for its innovative design and holistic approach to well-being, empowering each resident's unique abilities.



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