



Noticing mental changes in a parent or spouse would make any family concerned. Recognizing the signs of dementia early can make a huge difference in your loved one's care.

5 STEPS

to Recognize Dementia and Plan Care



TheCourtyardAtCenterville.com

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55+ ACTIVE VILLAS | INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

Dementia Signs Tracker

This checklist of common signs will help you figure out if the time is right to speak with a doctor.

1. Memory loss that disrupts daily life

Watch for: repeated questions, more handwritten notes, forgetting familiar names or routes

Noticed? ☐ Yes ☐ No | How often? ☐ Rarely ☐ Weekly ☐ Daily | Getting worse? ☐ Yes ☐ No

Example: _____

2. Planning and problem-solving challenges

Watch for: trouble following a recipe, forgetting to pay a household bill, tasks taking much longer

Noticed? ☐ Yes ☐ No | How often? ☐ Rarely ☐ Weekly ☐ Daily | Getting worse? ☐ Yes ☐ No

Example: _____

3. Difficulty completing familiar tasks

Watch for: forgetting rules of a familiar game, trouble with directions, grocery list stress

Noticed? ☐ Yes ☐ No | How often? ☐ Rarely ☐ Weekly ☐ Daily | Getting worse? ☐ Yes ☐ No

Example: _____

Dementia Signs Tracker

4. Confusion with time or place

Watch for: forgetting the month or season, irritability about waiting, uncertain how they got here

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

5. Trouble with visual images and spatial relationships

Watch for: new scratches or dents on the car, trouble judging distance, misreading what's on TV

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

6. New problems with words in speaking or writing

Watch for: stopping mid-sentence, repeating themselves, misnaming a familiar object

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

7. Misplacing things and losing the ability to retrace steps

Watch for: items in odd places, claims that small things were stolen or hidden

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

Dementia Signs Tracker

8. Poor judgment

Watch for: worsening money decisions, neglected grooming or laundry, an unmaintained vehicle

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

9. Withdrawal from social activities

Watch for: dropping hobbies, skipping family events, losing interest in a sports team or club

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

10. Mood and personality changes

Watch for: quicker to anger, new feelings of suspicion or fear, accusatory claims or reactions

Noticed? ☐ Yes ☐ No

How often? ☐ Rarely ☐ Weekly ☐ Daily

Getting worse? ☐ Yes ☐ No

Example: _____

Quick Tally

Numbers marked **Yes:** _____ Numbers marked **Getting worse:** _____

Note: This checklist cannot diagnose dementia, and there is no cutoff score. If any change is new, worsening, or interfering with daily life, schedule a doctor's visit. Even if dementia is not the cause, another condition may be treatable.

Rule Out Other Causes

Several treatable conditions can look like dementia. Check any that may apply and ask your loved one's doctor to review them before confirming a diagnosis.

- ☐ Infection (including urinary tract infection)
- ☐ Thyroid condition
- ☐ Low blood sugar
- ☐ Low levels of vitamin B-1, B-6, B-12, copper, or vitamin E
- ☐ Dehydration
- ☐ Medication side effects or interactions
- ☐ Immune disorder
- ☐ Head trauma or recent fall
- ☐ Possible brain tumor

Note: Sudden confusion developing over hours or days is not a normal sign of dementia and warrants an urgent medical evaluation.

Questions to Ask a Doctor

Families often go with their loved one to see their doctor to hear their advice firsthand. Here's a short list of questions you can ask:

1. Could a treatable condition be causing these symptoms?
2. What tests are the logical next step?
3. If it's dementia, what type and stage do you think it is?
4. Should we start looking into care communities?
5. Are there medications or therapies that could help?
6. What do you think is our timeline for these symptoms?
7. What safety changes can we make right now?
8. What level of supervision should they have in the next few months?
9. What legal or financial planning should we do now?
10. Can they still be on their own?

Care Options Summary

Here's a quick comparison of care types so you can narrow down your options:



In-home care may be possible in the early stage, when part-time help with bathing, meals, medication, and personal care is enough. As needs increase and overnight supervision becomes necessary, the cost of round-the-clock in-home care often becomes too much.



Assisted living fits seniors who need help with daily tasks such as dressing, medication, personal reminders, and meals but do not yet need full memory support. Residents live independently in a private apartment with a team available around the clock.



Memory care fits seniors with dementia who need a secure setting and specialized support, with consistent routines and supervision built to lower confusion and reduce wandering risk.

A community with more than one level of care on a single campus lets a loved one move up in care without leaving familiar surroundings.



What to Do Next

- ☐ Fill out the Dementia Signs Tracker
- ☐ Schedule a doctor's evaluation
- ☐ Gather medication and supplement list
- ☐ Review finances and legal documents
- ☐ Talk with siblings or family about a plan
- ☐ Tour care options in the area



The team at The Courtyard at Centerville helps families recognize the signs of dementia and find the right level of support in Centerville, OH. With independent living, assisted living, and memory care on one campus, families can plan ahead while keeping options open as their loved one's needs change. This is certainly stressful, but you don't have to decide alone.



Contact our team to learn more about your options for care in your loved one's situation.

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