

Memory Screening

The following statements describe everyday life situations. Please rate how common each situation is for you by selecting one of the following: Daily, Regularly, Occasionally, Rarely, Never. Circle the corresponding number for each rating.

Date: _____

Daily
Regularly
Occasionally
Rarely
Never

1.	Forgetting where you have put something. Losing things around the house.	1	2	3	4	5
2.	Failing to recognize places that you have been before.	1	2	3	4	5
3.	Finding a television story difficult to follow.	1	2	3	4	5
4.	Not remembering a change in your daily routine, such as a change in the place where something is kept, or a change in the time something happens. Following your old routine by mistake.	1	2	3	4	5
5.	Having to go back to check whether you have done something that you meant to do.	1	2	3	4	5
6.	Completely forgetting to take things with you, or leaving things behind and having to go back and fetch them.	1	2	3	4	5
7.	Forgetting that you were told something yesterday or a few days ago, and having to be reminded about it.	1	2	3	4	5
8.	Starting to read something (book, newspaper, magazine) without realizing you have already read it before.	1	2	3	4	5
9.	Having difficulty picking up a new skill. For example, finding it hard to learn a new game or to work a new gadget after you have practiced it once or twice.	1	2	3	4	5
10.	Finding that a word is "on the tip of your tongue." You know what it is but you cannot quite find it.	1	2	3	4	5
11.	Forgetting details of what you did or what happened to you the day before.	1	2	3	4	5
12.	When talking to someone, forgetting what you have just said. Maybe saying "What was I talking about?"	1	2	3	4	5
13.	When reading a newspaper or magazine, being unable to follow the thread of a story, losing track of what it is about.	1	2	3	4	5
14.	Getting the details of what someone has told you mixed up and confused.	1	2	3	4	5
15.	Telling someone a story or joke that you have told them already.	1	2	3	4	5
16.	Forgetting details of things you do regularly, whether at home or work, for example, forgetting details of what to do or what time it is.	1	2	3	4	5
17.	Forgetting where things are normally kept, or looking for them in the wrong place.	1	2	3	4	5
18.	Getting lost or turning in the wrong direction on a journey, on a walk, or in a building where you have been before.	1	2	3	4	5
19.	Repeating to someone what you have just told them or asking them the same question twice.	1	2	3	4	5
20.	Doing some routine thing twice by mistake. For example putting two bags of tea in the teapot, or going to brush/comb your hair when you have just done so.	1	2	3	4	5

Total Score

