

# DEMENTIA...OR SIMPLE ABSENT-MINDEDNESS?

## HOW TO SCORE

Pick one answer each of the 21 questions and note down the corresponding number of points. Then add up all the points to give a total score out of 27.

**1** Does your loved one have memory loss?

Yes **1** No **0**

**2** If so, is their memory worse than a few years ago?

Yes **1** No **0**

**3** Do they repeat questions or statements or stories in the same day?

Yes **2** No **0**

**4** Have you had to take over tracking events or appointments, or does the patient forget appointments?

Yes **1** No **0**

**5** Do they misplace items more than once a month?

Yes **1** No **0**

**6** Do they suspect others of hiding, or stealing items when they cannot find them?

Yes **1** No **0**

**7** Does your loved one frequently have trouble knowing the day, date, month, year, and time; or check the date more than once a day?

Yes **2** No **0**

**8** Do they become disoriented in unfamiliar places?

Yes **1** No **0**

**9** Do they become more confused when not at home or when travelling?

Yes **1** No **0**

**10** Excluding physical limitations, do they have trouble handling money, such as when tips or calculating change?

Yes **1** No **0**

**11** Do they have trouble paying bills or doing finances?

Yes **2** No **0**

**12** Does your loved one have trouble remembering to take medicines or keeping track of medications taken?

Yes **1** No **0**

**13** Are they having difficulty driving; or are you concerned about the patient's driving?

Yes **1** No **0**

**14** Are they having trouble using appliances such as the stove, phone, remote control, microwave?

Yes **1** No **0**

**15** Excluding physical limitations, are they having difficulty in completing home repair or housekeeping tasks?

Yes **1** No **0**

**16** Excluding physical limitations, have they given up or cut down on hobbies such as golf, dancing, exercising or crafts?

Yes **1** No **0**

**17** Are they getting lost in familiar surroundings, such as their own neighbourhood?

Yes **2** No **0**

**18** Is their sense of direction failing?

Yes **1** No **0**

**19** Do they have trouble finding words other than names?

Yes **1** No **0**

**20** Do they confuse names of family members or friends?

Yes **2** No **0**

**21** Do they have trouble recognising familiar people?

Yes **2** No **0**



## WHAT THE SCORE MEANS

**0 to 4:** No cause for concern

**5 to 14:** Memory loss may be an early warning of Alzheimer's

**15 and above:** Alzheimer's may already have developed

Source: BMC Geriatrics