What I'm Noticing

Writing down changes, so you can tell a pattern from a bad day

Keep this for a few weeks. Write each entry as soon as you can. Stick to what you saw or heard. Keep it private: it's a record, not a scorecard.

Date	What I saw or heard	Area	New, same, or worse?	Who else saw it

Areas: Bills and mail · Food and kitchen · Medications · Falls and getting around · Personal care · The house · The car · Mood · Memory and thinking

What's going well:

For the doctor (fill in before an appointment):

- The changes that worry me most:
- When I first noticed them:
- Whether they are getting worse:
- Anything sudden in the last few days or weeks:
- Falls in the past year, even without injury:
- Changes in hearing or vision:
- Medicines, including over-the-counter, as best I know:

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