

**Are you experiencing any of the following signs and symptoms relating to your memory, behaviour, coordination, movement or lifestyle?**

**Tick all the signs that apply to you:**

- Are you under the age of 65?
- Do you feel like you are losing items around the house more often? (e.g., car keys, cell phone, wallet etc.)
- Have family and friends expressed they are feeling concerned about your health?
- Are you having problems managing money?
- Are you having trouble reading or doing other mental tasks?
- Do you have issues judging distances when walking or driving?
- Do you find that you have issues with coordinating your body? For example, playing sports?
- Do you ever lose your balance when walking?
- Have you noticed any changes to your personality, mood and/or behaviour?
- Have you been forgetting meetings or colleagues' names at work?
- Have you ever been unable to find your way home?
- Do you ever feel disoriented or get lost when in a familiar place?
- Do you often find it challenging to find the right words?
- Have you been struggling to learn new things or adapt to changes?
- Have you lost interest in activities that used to excite you?
- Have you been withdrawing from social interactions?
- Do you sometimes have trouble sleeping at night?
- Do you find you say the same things often by accident?
- Do you ever have blurred or double vision?
- Have you been having issues keeping up with work at your job or learning new systems there?
- Have coworkers expressed to you any concerns about your work performance or health?
- Are you feeling less mentally focused than in the past?
- Do you forget names and faces of people that you know?
- Is your speech more hesitant, vague or over-detailed? Do you find it difficult to stay focused when you are speaking?

### A PERSONAL CHECKLIST

This is a checklist intended to help people be aware of the signs and symptoms of young onset dementia. It is a tool that you could use to start a conversation with your doctor if you are concerned about symptoms you are experiencing.

### SOME FACTS ABOUT YOUNG ONSET DEMENTIA IN CANADA:

In 2022, the Alzheimer Society estimated that at least 28,000 people were living with young onset dementia within Canada.

Young onset dementia occurs when people are under the age of 65.

Many people, even healthcare workers, can sometimes confuse young onset dementia with other conditions such as anxiety, menopause and depression.

The earlier a diagnosis is obtained, the better.

If you have checked off some, or all, of these symptoms this does not mean that you have young onset dementia. But you can take this checklist with you to your healthcare provider as a way to approach a conversation. Keeping a journal or other written record of your experiences can also be useful documentation for a healthcare provider to see.

The Alzheimer Society is here to support you if you are concerned you might have young onset dementia. Find your local Alzheimer Society at [alzheimer.ca/find](http://alzheimer.ca/find) or 1-855-705-4636.