📝 The Alzheimer's and Dementia Progress Checklist – (Weeks 1–8)

Instructions: Track once a week, same day. **Use a 0–10 scale for each item (0 = best day or minimal difficulty, 10 = worst day or severe difficulty).** Write a quick note beside each category (e.g., "*Felt sharper today*" or "*Tremor worse in evening*"). Watch for trends over time, not perfection. Family or caregivers can assist if needed.

🧠 CATEGORY 1**: COGNITIVE FUNCTION**

Subcategory	Description	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Short-term memory	Forgetting recent conversations or events								
Word-finding difficulty	Trouble naming objects or expressing thoughts								
Attention span	Can you stay focused during a task?								
Ability to follow instructions or steps	Making tea or dressing.								
Confusion or disorientation	Getting lost in familiar places								

🧠 CATEGORY 2: **DAILY FUNCTION & INDEPENDENCE**

Subcategory	Description	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Personal hygiene (appropriately)	showering, brushing teeth, dressing								
Meal preparation or eating habits	Cooking food and eating at the right time								
Medication	Taking the right dose at the right time								

management									
Ability to use household items	Phone, TV remote, microwave								
Handling money, bills, or appointments	Manage finances, pay bills on time, and remember due dates								

CATEGORY 3: **MOOD & EMOTIONAL HEALTH**

Subcategory	Description	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
General mood	Sadness, apathy, or contentment								
Anxiety or agitation levels	Feelings of fear, panic, or general unease								
Frustration tolerance or emotional outbursts	How well you manage stress, frustration, or sudden emotions.								
Social withdrawal or loss of interest in activities	Willingness to engage in conversations, hobbies, or social events.								
Insight into one's own condition	Awareness vs. denial								

CATEGORY 4: **PHYSICAL & SENSORY CHANGES**

Subcategory	Description	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Balance or coordination	Increased risk of falls								

Fine motor skills	Handling utensils, using buttons, writing								
Vision/spatial perception	Misjudging distances or bumping into things								
Sleep quality and disturbances	Sundowning, night waking								
Appetite or taste changes	Foods taste different or less appealing.								

📝 The Alzheimer's and Dementia Progress Checklist – (Weeks 9-16)

Instructions: Track once a week, same day. Use a 0–10 scale for each item **(0= none or no issue, 10 = severe).** Write a quick note beside each category.

🧠 CATEGORY 1**: COGNITIVE FUNCTION**

Subcategory	Description	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Short-term memory	Forgetting recent conversations or events								
Word-finding difficulty	Trouble naming objects or expressing thoughts								
Attention span	Can you stay focused during a task?								
Ability to follow instructions or steps	Making tea or dressing.								
Confusion or disorientation	Getting lost in familiar places								

CATEGORY 2: **DAILY FUNCTION & INDEPENDENCE**

Subcategory	Description	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Personal hygiene (appropriately)	showering, brushing teeth, dressing								
Meal preparation or eating habits	Cooking food and eating at the right time								
Medication management	Taking the right dose at the right time								
Ability to use household items	Phone, TV remote, microwave								
Handling money, bills, or appointments	Manage finances, pay bills on time, and remember due dates								

CATEGORY 3**: MOOD & EMOTIONAL HEALTH**

Subcategory	Description	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
General mood	Sadness, apathy, or contentment								
Anxiety or agitation levels	Feelings of fear, panic, or general unease								
Frustration tolerance or emotional outbursts	How well you manage stress, frustration, or sudden emotions.								
Social withdrawal or loss of interest in activities	Willingness to engage in conversations, hobbies, or social events.								

Insight into one's own condition	Awareness vs. denial								

CATEGORY 4: **PHYSICAL & SENSORY CHANGES**

Subcategory	Description	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Balance or coordination	Increased risk of falls								
Fine motor skills	Handling utensils, using buttons, writing								
Vision/spatial perception	Misjudging distances or bumping into things								
Sleep quality and disturbances	Sundowning, night waking								
Appetite or taste changes	Foods taste different or less appealing.								

The Alzheimer's and Dementia Progress Checklist – (Weeks 17-24)

Instructions: Track once a week, same day. Use a 0–10 scale for each item **(0= none or no issue, 10 = severe).** Write a quick note beside each category.

CATEGORY 1: **COGNITIVE FUNCTION**

Subcategory	Description	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Short-term memory	Forgetting recent conversations or events								

Word-finding difficulty	Trouble naming objects or expressing thoughts								
Attention span	Can you stay focused during a task?								
Ability to follow instructions or steps	Making tea or dressing.								
Confusion or disorientation	Getting lost in familiar places								

CATEGORY 2: **DAILY FUNCTION & INDEPENDENCE**

Subcategory	Description	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Personal hygiene (appropriately)	showering, brushing teeth, dressing								
Meal preparation or eating habits	Cooking food and eating at the right time								
Medication management	Taking the right dose at the right time								
Ability to use household items	Phone, TV remote, microwave								
Handling money, bills, or appointments	Manage finances, pay bills on time, and remember due dates								

CATEGORY 3**: MOOD & EMOTIONAL HEALTH**

Subcategory	Description	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24

General mood	Sadness, apathy, or contentment								
Anxiety or agitation levels	Feelings of fear, panic, or general unease								
Frustration tolerance or emotional outbursts	How well you manage stress, frustration, or sudden emotions.								
Social withdrawal or loss of interest in activities	Willingness to engage in conversations, hobbies, or social events.								
Insight into one's own condition	Awareness vs. denial								

🧠 CATEGORY 4**: PHYSICAL & SENSORY CHANGES**

Subcategory	Description	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Balance or coordination	Increased risk of falls								
Fine motor skills	Handling utensils, using buttons, writing								
Vision/spatial perception	Misjudging distances or bumping into things								
Sleep quality and disturbances	Sundowning, night waking								
Appetite or taste changes	Foods taste different or less appealing.								