

记忆力问题 检核清单

	很少	偶尔	经常
我难以记住最近发生的事情	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我难以找到适当的词语	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我记不住日子和日期	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我忘记东西通常放在哪里	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我难以适应日常规律的任何变化	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我在理解报刊文章方面有困难， 或看不懂书上或电视上的故事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我觉得难以领会和加入交谈， 尤其是小组交谈	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我在处理财务事宜方面有困难， 如银行事务或计算找零等	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我在日常活动方面有困难，如在 当地购物中心不会迷路或者烹制 自己通常拿手的膳食	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我对平常喜爱的活动失去兴趣	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
我在思考解决问题方面有困难	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
家人和/或朋友说我记忆力变差	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
其它问题：			

如果您勾选了‘偶尔’或‘经常’，
建议您去看医生。

澳大利亚痴呆症协会简介

澳大利亚痴呆症协会 (Dementia Australia) 是代表患有各种痴呆症的各个年龄的患者及其家人和照顾者的全国最高机构。协会提供代言、支持服务、教育和信息。

详情

澳大利亚痴呆症协会可提供有关痴呆症以及降低痴呆症风险的详情。

National Dementia Helpline
1800 100 500



语言帮助
131 450

dementia.org.au



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担心您的 记忆力吗？

您可以采取 这些措施…



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担心您的记忆力吗？

觉得健忘或糊涂？

了解是否有问题是获得帮助的第一步

您是否对自己、家人或朋友记忆力日益衰退或思维或行为的其它变化感到担心？

记忆力和思维发生变化可能有多种原因，其中可能包括压力、抑郁、疼痛、慢性病、药物或喝酒，有时这类变化是早期痴呆症的征兆。在任何年龄出现记忆力显著变化都不正常，应受到重视。如果您或您认识的某人碰到这类困难，最好要尽快去看医生。



与医生交谈

没有一种特定检查可以表明某人是否患有痴呆症。医生通过与您交谈或者与您的亲友交谈，更多地了解您在记忆力和思维方面的困难，由此做出诊断。此外，您还需要做一次体检和神经检查，这类检查将查看其它各种可能的病因。

在就诊期间：

- 带上自己列出的问题清单 – 这将为开展进一步讨论和检查提供一个有用的基础
- 与医生开诚布公地讨论自己所担心的问题，包括自己碰到这类问题已有多长时间
- 带上您服用的药物清单，包括剂量在内(或者将所有药片装入一个袋子中带上)。不要忘记吸入剂、药膏、草药和维生素

请记住，您可以：

- 要求更长的预约时间
- 让亲友或照顾者陪同
- 在不明白时提出问题并要求进一步解释
- 在就诊时做笔记
- 讨论由专家做出进一步评估的选择

“获得诊断令人感到宽慰 – 最糟的就是不知道。”

Fred – 被诊断患有阿耳兹海默氏病

越早行动越好

您有的症状可能不是由痴呆症造成的，但如果是由痴呆症造成的，及早诊断会有所帮助。

及早诊断意味着您可以获得支持、信息和药物。诊断患有痴呆症的人士应提前计划，考虑未来的生活方式、护理、健康和财务之类的因素，这一点非常重要。

“我们非常高兴及早获得了诊断，这让我们有机会力所能及地改变自己的生活方式活动，为未来做出明确的计划。”

Maria – 被诊断患有血管性痴呆症

什么是痴呆症？

痴呆症是用来描述记忆力与思维出现渐进性变化问题的一个统称。阿耳兹海默氏病是痴呆症的最常见类型。任何人都可能患上痴呆症，但痴呆症较常见于65岁以上的人士，尤其是85岁以上的人士。早期征兆可能不明显 – 只有医生或专家才能准确做出痴呆症诊断。

Memory concerns CHECKLIST

	Rarely	Sometimes	Often
I have trouble remembering events that happened recently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble finding the right word	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have trouble remembering the day and date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I forget where things are usually kept	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty adjusting to any changes in my day-to-day routine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have problems understanding magazine or newspaper articles or following a story in a book or on television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to follow and join in conversations, particularly in groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have problems handling financial matters, such as banking or calculating change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty with everyday activities such as finding my way in the local shopping centre, or how to cook a meal I have always cooked well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am losing interest in activities I'd normally enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulties thinking through problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Family and/or friends have commented about my poor memory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other concerns:			

If you have ticked 'sometimes' or 'often' it is recommended that you see your doctor.

About Dementia Australia

Dementia Australia is the national peak body for people, of all ages, living with all forms of dementia, their families and carers. It provides advocacy, support services, education and information.

More information

Further information about dementia and dementia risk reduction is available from Dementia Australia.

National Dementia Helpline
1800 100 500



For language assistance
131 450

dementia.org.au



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Worried about your memory?

Here's what you can do...



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Worried about your memory?

Feeling forgetful or confused?

Finding out if there is a problem is the first step to getting help

Have you become concerned about increasing lapses in memory, or other changes in thinking or behaviour for yourself, a family member or friend?

Changes in memory and thinking have a number of possible causes that may include stress, depression, pain, chronic illness, medication or alcohol and sometimes it is a sign of early dementia. Major changes in memory are not normal at any age and should be taken seriously. If you or someone you know is experiencing these kinds of difficulties it is better to see your doctor sooner rather than later.



Talking to your doctor

There is no single specific test that can show whether someone has dementia. A diagnosis is made by talking to you and perhaps a relative or friend to find out more about your difficulties with memory and thinking. You will also need a physical and neurological examination which will look at all other possible causes.

During the visit:

- Take your list of concerns with you – it will provide a useful basis for further discussion and tests
- Talk to your doctor about your concerns honestly and openly, including how long you have been experiencing these problems
- Bring a list of the medications that you are taking including the doses (or bring all your tablets in a bag). Don't forget inhalers, creams, herbal medications and vitamins.

Remember you can:

- Ask for a longer appointment
- Take a relative, carer or friend with you
- Ask questions and request further explanations if you don't understand
- Take notes during the visit
- Discuss the option of further assessment by a specialist

“It was a relief to get the diagnosis – the worst was not knowing.”

Fred diagnosed with Alzheimer's disease

The earlier you act the better

The symptoms you have may not be caused by dementia, but if they are, an earlier diagnosis will be helpful.

An early diagnosis means that you can have access to support, information and medication. It is important for people with a diagnosis of dementia to plan ahead and consider factors such as future lifestyle, care, health and finances.

“We are glad we had that early diagnosis as we have been given the chance to change our lifestyle activities to match my capabilities and to make definite plans for the future.”

Maria diagnosed with vascular dementia

What is dementia?

Dementia is a general term to describe problems with progressive changes in memory and thinking. Alzheimer's disease is the most common type of dementia. Dementia can happen to anybody, but it becomes more common over the age of 65, and especially over the age of 85. Early signs may not be obvious – only a doctor or specialist can properly diagnose dementia.