



What we've noticed

A simple log to take to the GP

Small changes are easy to forget, and easy to explain away. Writing them down, with dates and real examples, helps a GP understand what is happening. You don't need to be certain to ask.

Person: _____ Filled in by: _____

Things families often notice

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|--|---|
| ☐ Out-of-date food, or the same things bought again | ☐ The same question asked again and again |
| ☐ Things kept in unusual places | ☐ Struggling with a familiar task (remote, recipe) |
| ☐ Unopened post, or bills paid twice or not at all | ☐ Getting lost somewhere familiar |
| ☐ Unusual spending, or more easily persuaded by callers | ☐ Losing words, or conversations harder to follow |
| ☐ Missed appointments, or the wrong day | ☐ Changes in mood: withdrawn, anxious, irritable |

Date	What happened (a real example helps)	How often? Anything else?

Confusion that comes on suddenly, over hours or a few days?

Call 999 if someone suddenly becomes confused. Sudden confusion can be delirium and needs urgent medical assessment.



More things we've noticed

Date	What happened (a real example helps)	How often? Anything else?

Before the GP appointment

- Bring this log, a list of current medicines, and any recent hospital letters.
- If they agree, ask to go in with them. If not, you can still write to the GP practice with your concerns.
- Questions to ask: "Could anything else be causing this?" "What tests might help?" "What happens next?"
- Ask whether blood tests, a medication review, and hearing or sight checks could help rule out other causes.
- Look after yourself too: Carers UK 0808 808 7777 • Dementia UK Admiral Nurses 0800 888 6678