



The 3 Big Dementia Questions

A simple, family-friendly screen for when memory or thinking changes may need medical attention.

Question	Yes	No	Not sure	Notes
1. Function What can you no longer do - or what has become much harder - that you could do 1-2 years ago?				
2. Outside Concern Do other people worry about your memory, thinking, judgment, or behavior?				
3. Repetition / Recent Memory Do you repeat the same questions, stories, or comments, or forget recent conversations or events more than you used to?				

If the answer is yes to any of these questions, it does not mean the person has dementia - but it does mean a brain health or memory evaluation is worth considering.

Educational material only - not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing a medical or psychiatric emergency, call 911 or go to the nearest emergency room.