

Brain Health JOURNAL

Use this checklist to track behaviors over a 2-to-4 week period. Focus on repetition and functional impact. Bring this completed chart to the neurology or primary care appointment.

CATEGORY	SPECIFIC BEHAVIOR	FREQUENCY	EXAMPLE
MEMORY	Repeating stories, questions, or statements within minutes		
ORIENTATION	Confusion about the day, date, or "getting turned around" in familiar places		
FUNCTION	Trouble with multi-step tasks (e.g., following a recipe, paying bills, using a remote)		
LANGUAGE	Difficulty finding common words or subbing incorrect words (e.g., "the hand-clock" for "watch")		
JUDGEMENT	Changes in decision-making (e.g., wearing summer clothes in winter)		

Red Flags to Mention Immediately

Make sure to highlight these three things, as they often trigger "medical necessity" for insurance:

- Medication Errors: Forgetting doses or taking double doses.
- Household Safety: Leaving the stove on, forgetting to lock doors, or leaving water running.
- Hygiene Changes: Neglecting bathing or wearing the same clothes for several days.
- Driving/Navigation: Getting lost while driving to a frequent destination (grocery store, church, etc.).