

Is this just forgetfulness that comes with age or do I need to worry?

Use this worksheet to start a conversation with your healthcare provider.

Check the box that reflects your experience

Daily

Weekly

Rarely

	Daily	Weekly	Rarely
I misplace my keys			
I forget names or words			
I have trouble learning new things			
I get frustrated with the buttons on the remote, the computer or calculator			
I get irritable over previously insignificant events			
I can easily complete complex tasks			
I worry that I'm "losing it"			

Please check Yes or No to the following statements

YES

NO

	YES	NO
I have an accurate list of my current medications		
I had a recent medication change		
I am sleeping well		
I drink at least 8 glasses of water a day		
There too much stress in my life right now		
I currently have an infection		
I am taking a multi-vitamin		
I recently had surgery	Date _____	
I had a significant life change recently, like a divorce, relocation, death in the family, loss of a good friend		

Don't delay! It may be nothing, but it's never too early to discuss these concerns with a healthcare provider.

cje SeniorLife

Jewish values for positive aging



THE CJE ADVANTAGE: Our broad continuum of care offers people of all ages, faiths and incomes access to life-enriching opportunities, resources and healthcare. Our Jewish values make us the provider of choice for enhancing lives and navigating the positive aging process.

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