

RISK INVENTORY FOR OLDER INDIVIDUALS ON DEMENTIA

This inventory includes many risk factors for developing intellectual loss with aging. There are many reasons why people develop dementia especially Alzheimer's disease. Genetics plays some role of the development of dementia; however, health problems and life choices may also play some role in developing this disease.

This inventory **WILL NOT** predict your risks for developing dementia. This checklist provides you with important questions about known risk factors for developing intellectual loss with aging. Each positive answer should represent a reason to motivate yourself to make necessary life changes included in the www.alzbrain.org website.

		Yes	No
1.	Do I have high blood pressure?		
2.	Do I forget or fail to take my blood pressure or heart medicine?		
3.	Am I very over weight?		
4.	Is my waistline greater than ____ for male or ____ for female of average height?		
5.	Do I eat a poor diet?		
6.	Do I forget to take my daily vitamin on a regular basis?		
7.	Have I had severe bouts of depression and not taken my medicine to fix the depression?		
8.	Do I drink more than two ounces of alcohol per day?		
9.	Have I had a stroke?		
10.	Do I have poorly controlled diabetes?		
11.	Do I have a strong family history for dementia?		
12.	Do I have close family members who developed dementia before the age of 60?		
13.	Am I a "couch potato" who rarely exercises?		
14.	Am I a mental couch potato who rarely reads or learns new facts?		
15.	Is my social and spiritual life severely limited?		
16.	Do I have a lot of problems with my memory?		