

Cognitive Problems and Strategies Assessment

Please read the individual each item and record the response by placing a check in the appropriate box.

Say, "First I'm going to ask you about problems some people have with their thinking and memory. Tell me how frequently each one is a problem for you, using this scale." Show the individual the scale (detach the back page).

Problems with Thinking and Memory

	Rarely/ Never (0)	Sometimes (1)	Often (2)	Always (3)
1. I have difficulty remembering to do things that I have scheduled.				
2. I forget to go to doctor's appointments.				
3. I have difficulty remembering to take medications.				
4. I forget to do housework or chores.				
5. I have difficulty remembering to take a bath or shower.				
6. I forget whether I've taken my medication.				
7. I have trouble remembering events that are coming up in the next few weeks.				
8. I forget people's names.				
9. I have trouble remembering the names of my medications.				
10. I forget my medication dosages.				
11. I have difficulty memorizing things that I need to know.				
12. I forget details from conversations.				
13. I have problems with memory retrieval (I know the information is in my brain, but I just can't seem to get it out).				
14. I have trouble learning new information.				
15. I lose things like my keys, glasses, or wallet.				
16. If I have a lot of things to do, I have trouble knowing which thing to do first.				
17. My living space is a mess because I have trouble getting organized with my chores.				
18. I run out of medication because I have not planned ahead to get my medication.				
19. I have trouble staying focused during conversations.				
20. I get distracted by other things when I am talking with someone.				
21. I have trouble staying focused while I work on a task.				

22. I get distracted by other things when I am working on a project.				
23. When I have a conversation, I get off track instead of staying on the topic.				
24. When I don't understand what someone is saying, I just pretend that I do understand.				
25. I have trouble understanding what to do when someone gives me instructions.				
26. I have trouble solving problems.				
27. My thinking gets stuck in a rut.				
28. When I need to solve a problem, I try one solution, and if it doesn't work, I give up.				
29. There is only one way to solve a problem.				
30. If I'm solving a problem and my solution is not working, I keep trying the same strategy until it works.				

Say, "Now I'm going to ask you about strategies some people use to help with their thinking and memory. Tell me how frequently you use each one, using the same scale."

Memory and Thinking Strategies

	Rarely/ Never (0)	Sometimes (1)	Often (2)	Always (3)
1. I use a calendar regularly to schedule and remember appointments and activities.				
2. I check a calendar every day to see what I have scheduled that day.				
3. Once a week or so, I look at my calendar and make a plan for the week.				
4. I keep a written list of things I need to do.				
5. I keep a written list of appointments I need to go to.				
6. I remember to do certain things by pairing them up with other things that I do on a regular basis (e.g., remember to clean out the refrigerator every time I come home with groceries).				
7. I remember where things are by putting them in the same place all the time.				
8. If I need to remember something, I write it down somewhere.				
9. I place reminders for myself where I am sure to see them.				
10. I remember things by creating visual pictures in my mind.				
11. I take notes on things I want to learn and remember.				
12. If I want to remember something I've just heard, I repeat it to myself over and over.				
13. I remember things by linking new information to information I already know.				
14. I use acronyms to remember things.				
15. I put things I have to remember into categories.				
16. I use rhymes to remember things.				
17. If I want to learn something, I study it over and over until I know it by heart.				
18. I repeat back what I hear to make sure I've understood things people tell me.				
19. I make eye contact with someone who is talking to help me understand what is being said.				
20. To stay focused, I talk to myself while I'm working on a task.				
21. If I don't understand something that someone says, I ask the person questions about it until I am sure I understand.				
22. I usually stick to a daily schedule.				

23. My living space is organized so there is a place for everything, and everything is in its place.				
24. I use brainstorming to help me solve problems.				
25. I use a problem-solving method to help me solve problems.				
26. When I am solving a problem, I talk myself through it, step by step.				
27. I test out my ideas to see if they are accurate.				
28. I test out ideas by gathering "pro" and "con" evidence.				
29. When I am working on something, I monitor myself to see how I'm doing.				
30. When I'm having trouble solving a problem, I switch to a different strategy.				

Rarely/Never

Sometimes

Often

Always