

# DEMENTIA CARE TRACKER

Caring for someone with dementia means noticing the little things. Sometimes they shift slowly, other times they happen overnight. This tracker helps you capture those changes so you can **spot patterns**, **see progress or decline**, and **have a clear record** to look back on.

Think of it as your **receipt**. It is a way to bring facts and patterns, not just feelings, into conversations with your loved one's care team or during family meetings.

CATEGORY	SYMPTOMS	DATE/TIME OF OBSERVATION	WHAT TRIGGERS IT?	FREQUENCY	NOTES/ COMMENTS
MOOD SHIFTS	Are they more angry or irritable?				
	Are they suspicious?				
	Are they more paranoid?				
FUNCTIONAL CHANGES	Difficulty dressing				
	Having a hard time paying their bills				
	Difficulty eating or preparing meals on their own				
	Can they take meds on their own?				
	Can they attend or make appointments on their own?				
COGNITIVE GAPS	Repeating questions or forgetting something you said a few minutes ago				
	Are they confused about time or the time period?				
	Are they wandering or doing strange behaviors?				