



## Memory Self-Assessment Screen

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### ARE YOU OR A LOVED ONE WORRIED ABOUT YOUR MEMORY?

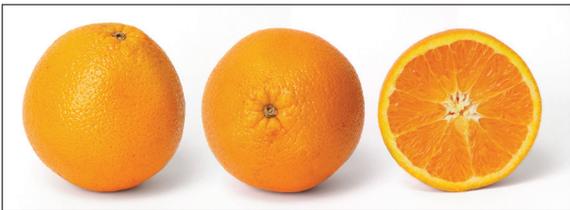
Sometimes it's difficult to determine if lapses in memory are just normal instances of forgetfulness or a sign of a real memory problem. The Memory Self-Assessment Screen can be helpful in giving you specific information about memory. Scores of eight or below may indicate a memory problem. We suggest that if you obtain a score of eight or below, you discuss these results with your family and doctor. Keep in mind that scores on this test provide indications of memory functioning, not a real diagnosis of an actual problem. After taking the test, if you or your family are concerned about your memory, consider asking your doctor or healthcare provider to administer the BCAT. The BCAT is a cognitive screening tool that can help evaluate your memory and cognitive functioning.

### INSTRUCTIONS:

Study the three words below. Take your time, but do not write them down. In a few minutes, you will be asked to remember them. When you think you have them memorized, continue.

PEAR      ALICE      BICYCLE

1. Can you remember your current telephone number and address?  Yes       No
2. Can you remember what you had for your last meal?  Yes       No
3. Take a good look at the picture below. Memorize it, but don't write it down. In a few minutes, you will be asked to remember it.



4. Have you forgotten to take a dose of your medication during the past week?  Yes       No  
(If you're not taking medication, check "No.")
5. Have you misplaced your keys, wallet, purse, eye glasses or other object during the past week?  Yes       No
6. Without using paper or other device, calculate  $13 \times 4$ . Write your answer in the box below
7. Have family or friends told you that you repeat yourself in conversations?  Yes       No



## Memory Self-Assessment Screen, Continued

8. The woman in the photograph below was best known as a:  Religious Icon  First Lady of the US  Hollywood Pin Up Girl



9. Do you recall the three words that you memorized at the beginning of the test? Take your time and write them down in the box below:

10. Do you recall the picture that you were asked to memorize? Please write down what it is called in the box below:

11. How many types of fruit were mentioned on this test?

### SCORING & RECOMMENDATIONS

#### Scores for 8 and Below:

Some people with this score report problems with memory. If you, a family member, or other person believe that memory is an issue, please talk to a healthcare professional about whether an evaluation is warranted. Keep in mind that scores on this test provide indications of memory functioning, not a diagnosis of a memory problem.

#### Scores of 9 and 10:

This score does not indicate a memory problem. However, this test provides indications of memory functioning, not verification of memory functioning. If you, a family member, or other person believe that memory is an issue, please talk to a healthcare professional about whether a cognitive evaluation is warranted.

### SCORING KEY

- 1.** 1 Point for "Yes"; **2.** 1 Point for "Yes"; **3.** Not Scored; **4.** 1 Point for "No"; **5.** 1 Point for "No"; **6.** 1 Point for "52"; **7.** 1 Point for "No";  
**8.** 1 Point for "First Lady of the US"; **9.** 1 Point for Correct Recall of the Three Words; **10.** 1 Point for "Orange"; **11.** 1 Point for Answering "Two".

To learn more about memory and brain fitness, visit the **BCAT WEBSITE** at [www.thebcat.com](http://www.thebcat.com). For specific information about memory disorders, visit our Patient and Family information page at [www.thebcat.com/patient\\_family.php](http://www.thebcat.com/patient_family.php).

