

MEMORY QUIZ

Memory on the fritz? Sometimes it takes a professional to tell you whether you've got a real problem or not. Below is one test the pros use to take the measure of your recall.

1

Remember these words:

*orange
telephone
lamp*

2

Remember this name and address:

*Mary Smith
650 Park Street
Athens, NY*

3

Who were the past five U.S. Presidents?

4

Who were the last three mayors of your city?

5

What were the names of the last two movies you saw?

6

What were the names of the last two restaurants in which you ate?

7

Have you had more difficulty than usual recalling events from the previous few weeks?

☐ Yes ☐ No

8

Have you noticed a decline in your ability to remember lists, such as shopping lists?

☐ Yes ☐ No

9

Have you noticed a decline in your ability to perform mental math, like calculating change?

☐ Yes ☐ No

10

Have you been more forgetful about paying bills?

☐ Yes ☐ No

11

Have you had more trouble remembering peoples' names?

☐ Yes ☐ No

12

Have you had more trouble recognizing faces?

☐ Yes ☐ No

13

Do you find it harder to find the right words you want to use?

☐ Yes ☐ No

14

Have you been having more trouble remembering how to perform simple physical tasks such as operating the microwave or the remote control?

☐ Yes ☐ No

15

Does your memory interfere with your ability to function:

At work? ☐ Yes ☐ No

At home? ☐ Yes ☐ No

In social situations? ☐ Yes ☐ No

16

Do you recall the three words you were given earlier?

17

Do you recall the name and address you were given?

_____, _____

SCORING

Questions 3-6: one point for each correct answer (12 points); Questions 7-15: one point for each "no" answer (11 points); Questions 16-17: one point for each correct answer (9 points)

INTERPRETATION

28-32 points: You have a better-than-average memory. 22-27 points: You may need follow-up. 0-21 points: You probably need a professional evaluation