



Is This Normal Forgetfulness?™

Some memory slips are common. The pattern and effect on daily life matter.



Use this guide to notice what is changing and decide whether a healthcare conversation may be helpful.

Often an Everyday Memory Slip



- ☐ A name or word comes back later
- ☐ You misplace something but retrace your steps
- ☐ You forget why you entered a room
- ☐ Multitasking feels harder than it used to
- ☐ Lapses are worse when tired, stressed or distracted

Notice, support and track.

Worth Discussing



- ☐ Changes are becoming more frequent
- ☐ You repeat questions or conversations
- ☐ You get lost in familiar places
- ☐ Bills, medications or familiar tasks feel harder
- ☐ Following conversations or instructions is difficult
- ☐ You or someone close to you notices a meaningful change

Write down examples and make an appointment.

Three Questions to Ask

1 Is this new or getting worse?

2 Is it affecting safety or independence?

3 Could sleep, stress, mood, medications or health changes be contributing?



NOTICE

Write down examples



TRACK

Look for patterns



TALK

Share what you notice



Bring Helpful Details

When it began • How often it happens • What others have noticed
Current medications and supplements • Changes in sleep, mood or health



Gentle Reminder

Memory changes can have many possible contributors. A healthcare provider can help you decide what evaluation is appropriate.



Martine's Midlife Wellness Tip

Specific examples are more helpful than saying, "My memory is bad." Write down what happened and how it affected your day.



Call emergency services for sudden confusion, trouble speaking, facial drooping, one-sided weakness, loss of balance or a severe new headache.