

Basic Cognitive Self Assessment

An informal self assessment dementia screening questionnaire, based on widely used cognitive screening tools.

Please note: This test is merely an example of early detection and should not be used as a diagnostic tool, but rather as a prompt to seek professional medical evaluation if results are concerning.

Instructions: This test can be completed by the individual being assessed or by someone close to them on their behalf. Answer each question honestly, based on understanding and recent behaviour or experiences.

A) Memory & Orientation

1. What is today's date (day, month, year)?
2. What day of the week is it?
3. What is the name of the current Prime Minister?
4. What is your address or where are you now?
5. Can you remember these three words? (Say them aloud and ask the person to repeat them):
 - Apple, table, penny

B) Short Term Recall

6. After a few minutes, ask: What were the three words I asked you to remember earlier?

C) Executive Function

7. Draw a clock showing the time as 10 past 11.
8. If you have £100 and spend £30, how much money do you have left?

D) Language & Comprehension

9. Name these objects (describe or show them):
 - A pen
 - A traditional watch
10. Repeat this sentence: "No ifs, ands or buts."
11. Ask them to follow this instruction: Take this piece of paper in your right hand, fold it in half and place it on the floor.

E) Daily Functioning

- 12. Do you have trouble remembering appointments or recent conversations?
 - 13. Have you got lost in familiar places recently?
 - 14. Do you need help managing money, medication or household tasks?
 - 15. Have others commented on changes in your memory or behaviour?
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Scoring Guidance:

Each question scores 1 point, except for question 9 which scores 2 points (1 point per correctly named item).

11+: Within normal range but monitor for changes.

6-10: Mild cognitive issues may be present - consider seeking professional medical evaluation.

0-5: Strong indication of cognitive impairment - seek professional medical evaluation.