

Free Memory Test for Seniors

FREE MEMORY TEST FOR SENIORS

For each statement below, please indicate how frequently you experience each memory-related situation by selecting the appropriate response on the Likert scale: 1 = Never | 2 = Rarely | 3 = Sometimes | 4 = Often | 5 = Always

Forgetting where you placed commonly used items (e.g., keys, glasses).

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1 2 3 4 5

Difficulty recalling names of familiar individuals (e.g., family members, friends).

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1 2 3 4 5

Trouble remembering recent appointments or events.

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1 2 3 4 5

Finding it challenging to follow and remember instructions.

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1 2 3 4 5

Forgetting important dates or occasions (e.g., birthdays, anniversaries).

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1 2 3 4 5

Having difficulty recalling words or names during conversations.

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1 2 3 4 5

Misplacing items in inappropriate locations (e.g., putting the remote control in the refrigerator).

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1 2 3 4 5

Feeling confused about the sequence of events or activities.

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1 2 3 4 5

Having difficulty recalling recent conversations or discussions.

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1 2 3 4 5

Experiencing frequent instances of forgetfulness impacting daily activities.

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1 2 3 4 5

Interpretation of Scores: 10 - 20 points: Low level of memory-related concerns. 21 - 30 points: Mild level of memory-related concerns. 31 - 40 points: Moderate level of memory-related concerns. 41 - 50 points: High level of memory-related concerns.

Disclaimer: This test is intended solely for evaluation purposes and should not be relied upon for making diagnoses.

Reference: This resource is based on Jorm A.F. A short form of the Informant Questionnaire on Cognitive Decline in the Elderly (IQCODE): development and cross-validation. Psychol Med 1994; 24: 145-153.