

Activities and skills I'd like to improve

Clock & Calendar

- Telling time
- Understanding a calendar
- Knowing day/date/year
- Keeping track of appointments
- Planning my time
- Doing planned tasks

Medications

- Know why taking them
- Remembering to take
- Refilling prescriptions
- Swallowing pills

Bills & Checkbook

- Understanding paperwork
- Understanding money
- Writing out checks
- Paying bills on time
- Balancing the checkbook

Telephone

- Making phone calls
- Having a conversation
- Checking voice mail

Computer

- Email
- Social media
- Using the internet
- Other task: _____

Smart phone

- Making phone calls
- Checking voice mail
- Email
- Social media
- Using the internet
- Calendar/Alarms/other app

Mail

- Reading/understanding
- Responding appropriately

Office

- Organizing paperwork
- Finding information

Activities and skills I'd like to improve

Remembering information

- Names
- Dates
- Events
- Addresses/phone numbers
- Where I put things
- Details of conversations
- New instructions
- Information I read or hear

Finding my way around

- Dining room
- Mailbox
- Laundry room
- Trash/recycling room
- Wellness center
- Activity room

Learning & using new procedures

- Using a memory support tool
- Learning to use a new device
- Remembering to use a device
- Using a cane or walker safely
- Changing how I eat or drink

Having a conversation

- Starting a conversation
- Staying on topic
- Keeping a conversation going
- Remembering the details later

Other

- _____
- _____
- _____