

# Free Memory Test for Seniors

Instructions: 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

	1	2	3	4	5
1. Forgetting where you placed commonly used items (e.g., keys, glasses).					
2. Difficulty recalling names of familiar individuals (e.g., family members, friends).					
3. Trouble remembering recent appointments or events.					
4. Finding it challenging to follow and remember instructions.					
5. Forgetting important dates or occasions (e.g., birthdays, anniversaries).					
6. Having difficulty recalling words or names during conversations.					
7. Misplacing items in inappropriate locations (e.g., putting the remote control in the refrigerator).					
8. Feeling confused about the sequence of events or activities.					
9. Having difficulty recalling recent conversations or discussions.					
10. Experiencing frequent instances of forgetfulness impacting daily activities.					
<b>Total Score:</b>					

## 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.