

Appendix - ECog

NOTE: To be completed by a caregiver, family member or friend of the patient

Patient's Name _____ Today's Date _____

Everyday Cognition - Informant/Caregiver Form

Directions: Please rate the patient's ability to perform certain everyday tasks **NOW**, as compared to his/her ability to do these same tasks **10 years ago**. In other words, try to remember how he/she was doing 10 years ago and indicate any change you have seen. Rate the amount of change on a five-point scale ranging from: 1) no change or actually performs better than 10 years ago, 2) occasionally performs the task worse but not all of the time, 3) consistently performs the task a little worse than 10 years ago, 4) performs the task much worse than 10 years ago, or 5) don't know. Circle the number that fits your response.

| Compared to 10 years ago, has there been any change in... | Better or no change | Questionable /occasionally worse | Consistently a little worse | Consistently much Worse | Don't know |
|--|---------------------|----------------------------------|-----------------------------|-------------------------|------------|
| <i>Memory</i> | | | | | |
| 1. Remembering a few shopping items without a list. | 1 | 2 | 3 | 4 | 9 |
| 2. Remembering things that happened recently (such as recent outings, events in the news). | 1 | 2 | 3 | 4 | 9 |
| 3. Recalling conversations a few days later. | 1 | 2 | 3 | 4 | 9 |
| 4. Remembering where she/he has placed objects. | 1 | 2 | 3 | 4 | 9 |
| 5. Repeating stories and/or questions. | 1 | 2 | 3 | 4 | 9 |
| 6. Remembering the current date or day of the week. | 1 | 2 | 3 | 4 | 9 |
| 7. Remembering he/she has already told someone something. | 1 | 2 | 3 | 4 | 9 |
| 8. Remembering appointments, meetings, or engagements. | 1 | 2 | 3 | 4 | 9 |

| Compared to 10 years ago, has there been any change in... | Better or no change | Questionable or occasional problems | Consistently a little worse | Consistently much Worse | Don't know |
|---|---------------------|-------------------------------------|-----------------------------|-------------------------|------------|
| <i>Executive Functioning: Planning</i> | | | | | |
| 1. Planning the sequence of stops on a shopping trip. | 1 | 2 | 3 | 4 | 9 |
| 2. The ability to anticipate weather changes and plan accordingly (i.e. bring a coat or umbrella). | 1 | 2 | 3 | 4 | 9 |
| 3. Developing a schedule in advance of anticipated events. | 1 | 2 | 3 | 4 | 9 |
| 4. Thinking things through before acting. | 1 | 2 | 3 | 4 | 9 |
| 5. Thinking ahead. | 1 | 2 | 3 | 4 | 9 |
| <i>Executive Functioning: Organization</i> | | | | | |
| 1. Keeping living and work space organized. | 1 | 2 | 3 | 4 | 9 |
| 2. Balancing the checkbook without error. | 1 | 2 | 3 | 4 | 9 |
| 3. Keeping financial records organized. | 1 | 2 | 3 | 4 | 9 |
| 4. Prioritizing tasks by importance. | 1 | 2 | 3 | 4 | 9 |
| 5. Keeping mail and papers organized. | 1 | 2 | 3 | 4 | 9 |
| 6. Using an organized strategy to manage a medication schedule involving multiple medications. | 1 | 2 | 3 | 4 | 9 |
| <i>Executive Functioning: Divided Attention</i> | | | | | |
| 1. The ability to do two things at once. | 1 | 2 | 3 | 4 | 9 |
| 2. Returning to a task after being interrupted. | 1 | 2 | 3 | 4 | 9 |
| 3. The ability to concentrate on a task without being distracted by external things in the environment. | 1 | 2 | 3 | 4 | 9 |
| 4. Cooking or working and talking at the same time. | 1 | 2 | 3 | 4 | 9 |

| Compared to 10 years ago, has there been any change in... | Better or no change | Questionable or occasional problems | Consistently a little worse | Consistently much Worse | Don't know |
|--|---------------------|-------------------------------------|-----------------------------|-------------------------|------------|
| <i>Language</i> | | | | | |
| 1. Forgetting the names of objects. | 1 | 2 | 3 | 4 | 9 |
| 2. Verbally giving instructions to others. | 1 | 2 | 3 | 4 | 9 |
| 3. Finding the right words to use in a conversation. | 1 | 2 | 3 | 4 | 9 |
| 4. Communicating thoughts in a conversation. | 1 | 2 | 3 | 4 | 9 |
| 5. Following a story in a book or on TV. | 1 | 2 | 3 | 4 | 9 |
| 6. Understanding the point of what other people are trying to say. | 1 | 2 | 3 | 4 | 9 |
| 7. Remembering the meaning of common words. | 1 | 2 | 3 | 4 | 9 |
| 8. Describing a program he/she has watched on TV. | 1 | 2 | 3 | 4 | 9 |
| 9. Understanding spoken directions or instructions. | 1 | 2 | 3 | 4 | 9 |
| <i>Visual-spatial and Perceptual Abilities</i> | | | | | |
| 1. Following a map to find a new location. | 1 | 2 | 3 | 4 | 9 |
| 2. Reading a map and helping with directions when someone else is driving. | 1 | 2 | 3 | 4 | 9 |
| 3. Finding one's car in a parking lot. | 1 | 2 | 3 | 4 | 9 |
| 4. Finding the way back to a meeting spot in the mall or other location. | 1 | 2 | 3 | 4 | 9 |
| 5. Finding his/her way around a familiar neighborhood. | 1 | 2 | 3 | 4 | 9 |
| 6. Finding his/her way around a familiar store. | 1 | 2 | 3 | 4 | 9 |
| 7. Finding his/her way around a house visited many times. | 1 | 2 | 3 | 4 | 9 |