Check In

September 8, 2026

On September 8, 2026, you completed the Check In from the Brain Health Toolkit.

The *Check In* tool compares changes in memory and thinking that happen with typical aging to changes that are “warning signs.” Warning signs are signs to talk to your doctor.

During the *Check In*, you selected warning sign(s) that may happen to you. You should make an appointment with your primary care doctor. There are many reasons you might experience warning signs. The *Check In* is not a diagnostic test. Your doctor can help you find out why you are experiencing warning signs.

It can also help to talk to someone you trust about your results. Those who know us best can help us understand our brain health.

Your Check In results from brainhealthtoolkit.com

You selected these warning signs:

You did not select these warning signs:

You have a harder time remembering recent events in your life.

You have more trouble expressing your thoughts and ideas.

You have more problems following plans with many steps.

You struggle to do familiar, daily tasks.

It's harder to get started on things you enjoy.

Your Next Steps

- Make an appointment with your primary care doctor.
- When you call to schedule your appointment, you can tell them you've noticed changes in your brain health.
- Show your *Check In* results to your doctor.
- Keep using the Brain Health Toolkit. Use the *Share Notes* tool to prepare for your doctor's visit.

These materials were created by a team of experts at the University of California, San Francisco and the University of Southern California, and are supported by the California Department of Public Health, Alzheimer's Disease Program. © 2024, funded under contract #23-10608. Contact: brainhealthtoolkit@ucsf.edu.

TOOL 1

CHECK IN

Everyone notices changes in how they think and feel as they age. Learn 5 warning signs and know when to talk to your doctor.

Your brain is aging, and that's normal.

Small changes in thinking and memory may surprise you, but should not disrupt your daily life.

Watch for changes that disrupt your life.

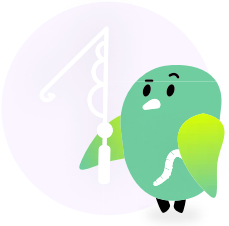
If you're having new problems thinking, speaking, or remembering, this could be a sign to talk to your doctor.

This is *typical* aging.

Forget a detail, but remember it later

Pause before remembering which word to use

Make a mistake while doing something hard

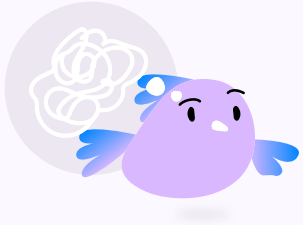


Need help while doing something new

Have less energy than you used to

These are *warning* signs.

A hard time remembering recent events in your life



Trouble expressing your thoughts and ideas

Problems following plans with many steps

Struggle to do familiar, daily tasks

Harder to get started on things you enjoy

THIS IS TYPICAL AGING

You forget a detail, but remember it later.

It's typical to forget the name of an acquaintance but then remember it.

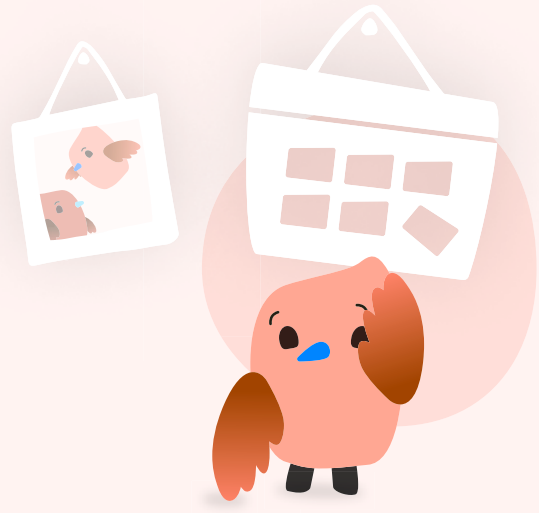
Or to confuse when you're supposed to meet a friend for coffee.

THIS IS A WARNING SIGN

You have a harder time remembering recent events in your life.

It's not typical to forget the name of a close friend.

Or to forget that you attended a major family event.



THIS IS TYPICAL AGING

You pause before remembering the right word.

It's typical to feel like a word is "on the tip of your tongue" for a moment.

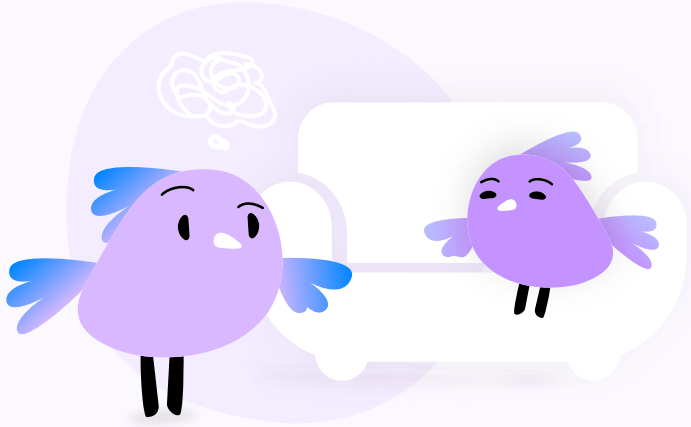
Or to use a word that isn't quite right because you forgot the more exact word.

THIS IS A WARNING SIGN

You have more trouble expressing your thoughts and ideas.

It's not typical to have problems following a conversation.

Or to often feel confused by the story in a book or TV show.



THIS IS TYPICAL AGING

You make a mistake while doing something hard.

It's typical to have trouble following the rules of a complicated new game.

Or to miss an occasional monthly payment.

THIS IS A WARNING SIGN

You have more problems following plans with many steps.

It's not typical to have problems following the rules of a game you've played many times.

Or to have problems keeping track of your bills when you didn't before.

THIS IS TYPICAL AGING

You need help while learning something new.

It's typical to have trouble finding your way around a new bus terminal or airport.

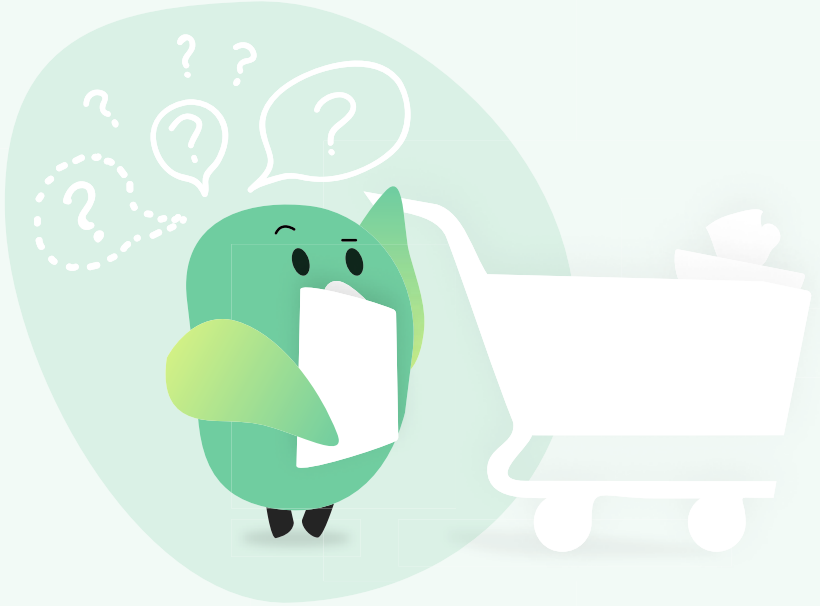
Or to need more practice learning a new hobby or skill.

THIS IS A WARNING SIGN

You struggle to do familiar, daily tasks.

It's not typical to feel lost in familiar places.

Or to struggle to keep track of your medications or to-dos.



THIS IS TYPICAL AGING

You have less energy than you used to.

It’s typical to skip an activity once in a while.

Or to feel tired after an afternoon of activities.

THIS IS A WARNING SIGN

It’s harder to get started on things you enjoy.

It’s not typical to feel like you can’t be bothered to do your favorite hobbies.

Or to not see your friends as much since you don’t reach out anymore.

It's always good to *Check In*.

Keep the signs in mind. Return here to check in every so often, even if you did not notice any warning signs.

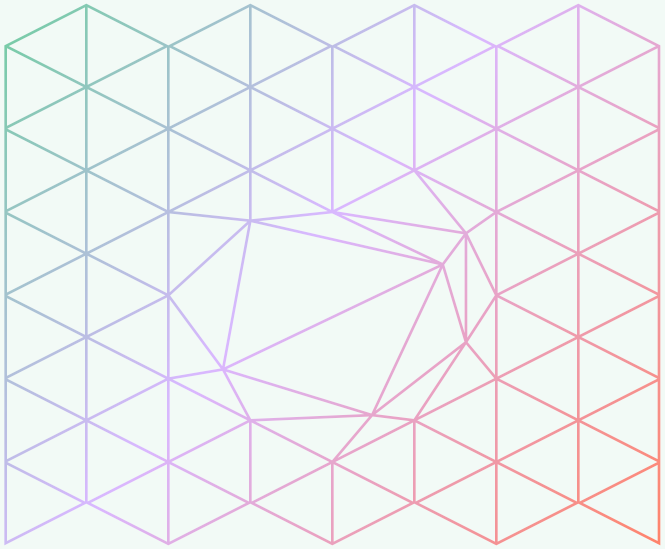
Share with people close to you, and ask if they have noticed any changes. Those who know us best can help us understand our brain health.

What if I think I have signs?

Make an appointment with your primary care doctor. There are many reasons you might experience warning signs. Your doctor can help you find out why.

When you call to schedule the visit, you might tell them you've noticed changes in your brain health.

Use the *Share Notes* tool to prepare for your doctor's visit. Turn the page to get started.



MIND YOUR **BRAIN HEALTH**

Use this toolkit to understand and support your brain health as you get older.

This toolkit was created by a team of experts at the University of California, San Francisco and the University of Southern California. It is supported by the California Department of Public Health, Alzheimer's Disease Program.
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Reuse or recycle. Pass on to a friend or recycle the paper.

We're also online. Go to BrainHealthToolkit.com for the digital toolkit & to learn more.