



PO Box 482 - Waterbury, VT 05676 ♦ 877-856-1772 ♦ support@biavt.org ♦ www.biavt.org

Checklist for communicating with providers

Check those that apply-note if you noticed the symptom or if others told you that it was an issue.

Take with you to your appointment and write notes on any recommendations.

<b>Persistent Intellectual Impairments</b>	<b>check</b>	<b>note</b>
Memory problems		
Difficulty concentrating		
Attention Difficulties		
Easily Distracted		
Misplacing or difficulty tracking things		
Difficulty making decisions		
Difficulty solving problems		
Difficulty understanding spoken instructions		
Difficulty understanding written instructions		
Difficulty finding words		
Difficulty communicating thoughts / feelings		
Unintentionally repeating the same remarks		
Unintentionally repeating same activities		
Stuttering or stammering		
Difficulties doing simple math		
Impaired abstraction or literalness		
Mental rigidity		
Deficits in processing information		
Deficits in sequencing information		
Difficulty executing or doing things		
Difficulty starting or initiating things		
Difficulty handling work requirements		
Difficulty handling school requirements		
Having to check and re-check what you do		
Disoriented by slight changes in daily routine		
Unsure about things that you know well		
Difficulty learning new things		



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Doing things slowly to insure correctness		
Decreased capacity for reality testing		
Impaired ability to appreciate details		
Impaired ability to benefit from experience		
Inappropriate responses to people & things		
Difficulty taking care of your self		
Difficulty taking care of children		
<b>Psychological Consequences</b>	<b>check</b>	<b>note</b>
Impaired sense of self		
Fear of loss of control		
Easily agitated or irritated		
Easily startled		
Feelings of paranoia		
Spells of terror or panic		
Feelings of depression		
Feelings of shame or guilt		
Persistent anxiety		
Anxiousness or feelings of fear and dread		
Feelings of discouragement		
Withdrawal or social isolation		
Feeling others not appreciating your difficulties		
Feeling everything is an effort		
Feeling inept or worthless		
Laughing or crying without apparent cause		
Worrisome thoughts won't leave your mind		
Making up explanations for things		
Insensitive to others and social context		
Diminished insight		



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<b>Persistent Mood Disorders</b>	<b>check</b>	<b>note</b>
Mood swings		
Having urges to beat, injure or harm someone		
Shouting or throwing things		
Temper outbursts that you could not control		
<b>Persistent Physiological Impairments</b>	<b>check</b>	<b>note</b>
Heart pounding or racing		
Rapid pulse		
Headaches or head pains		
Increased blood pressure		
Increased sensitivity to touch		
Ringing in ears		
Easily fatigued		
Numbness or tingling in parts of your body		
Weakness or loss of strength		
Feeling tense or keyed up		
Restlessness, unable to sit still		
Lessened ability to perform physically		
Decreased tolerance for alcohol and drugs		
Appetite disturbances		
Trouble falling asleep		
Awakening during the night		
Sleep that is restless or disturbed		
<b>Persistent Personality Alterations</b>	<b>check</b>	<b>note</b>
Passivity, or submissiveness		
Aggressiveness		
Apathy, lack of interest or emotion		
Overly sensitive		



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Discouragement or demoralization		
Increased emotional distress		
Chronic frustration		
Grandiosity or boastfulness		
Excessively talkative		
Compulsive writing		
Egocentricity		
Childishness		
Silliness		
Overly responsible		
Irresponsibility		
Impulsively		
Self-indulgent		
Indiscreet comments and acts		
Obscene comments or acts		
Increased sexual activity		
Decreased sexual activity		
Increased shame or guilt		
Religiosity		
<b>Persistent Neurological Problems</b>	<b>check</b>	<b>note</b>
Sense of observing your self from afar		
Altered consciousness		
Slowed reaction time		
Smelling odors that others do not smell		
Hearing music that others do not hear		
Making up explanations for things		
Sensitivity to temperature shifts		
Seeing dark spots before your eyes		



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Blurred vision, especially when fatigued		
Double vision especially when fatigued		
Diminished night vision		
Difficulty relaxing		
Twitching		
Sensitivity to sound or noise		
Sensitivity to light		

Remember to keep this for the next appointment to refer to what was tried, what helped or did not help. It is important to pay attention to what friends or family tell you they are seeing.