

### EVERYDAY COGNITION SCALE (ECOG) Avec l'autorisation de l'auteur

SOURCES: Farias, S.T., Mungas, D., Reed, B.R., Cahn-Weiner, D., Jagust, W., Baynes, K. & Decarli, C. (2008). The measurement of everyday cognition (ECog) : scale development and psychometric properties. *Neuropsychology*, 22(4): 531-44.

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>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

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	1	2	3	4	9

distracted by external things in the environment.							
4. Cooking or working and talking at the same time.	1	2	3	4	9		