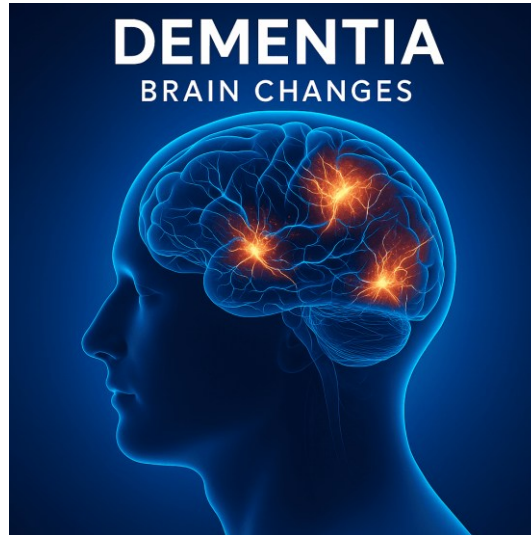




Launex Cognitive Pattern Check™



How to Use the Launex Cognitive Pattern Check™

This is not a test — it is a structured observation.

- If you repeat this check to create a baseline, keep the timing consistent (morning, mid-day, evening), as cognitive ability can change with fatigue.
- Create the situations below and observe what happens.
- Do not correct, guide, or assist unless necessary for safety.

The value lies in what you observe — not only in the answer itself, but in how it is reached and the patterns that surround it.

How to Create a Baseline:

First baseline session:

Do BOTH Task 1 + Task 2 for each section to gain

- A full cognitive snapshot
- Multiple expressions of each domain
- Stronger pattern recognition

After baseline:

Week 1: Task 1 (all sections)

Week 2: Task 2 (all sections)

Week 3: Both (to confirm consistency and alignment)

If patterns appear inconsistent or unclear, repeat both tasks to strengthen interpretation over time.



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1. Sequencing & Functional Logic

Task 1: Making a cup of tea

Ask the person to make you a cup of tea.

Which best describes what you observed?

	<ul style="list-style-type: none">• Recognises what is needed and begins the task independently
	<ul style="list-style-type: none">• Begins the task but misses key items (e.g. no water, no cup, no kettle use)
	<ul style="list-style-type: none">• Uses incorrect or inappropriate objects (e.g. glass, hands instead of spoon)
	<ul style="list-style-type: none">• Becomes stuck, confused, or abandons the task
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

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Task 2: Preparing something simple (e.g. toast or a sandwich)

Ask the person to prepare something simple such as toast or a sandwich.

Which best describes what you observed?

	<ul style="list-style-type: none">• Recognises what is needed and begins the task independently
	<ul style="list-style-type: none">• Begins the task but misses key items (e.g. bread, butter, toaster use)
	<ul style="list-style-type: none">• Uses incorrect or inappropriate objects (e.g. hands instead of knife)
	<ul style="list-style-type: none">• Becomes stuck, confused, or abandons the task
	<ul style="list-style-type: none">• Other (Describe details in your note section)



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Personal Observation Notes:

2. Working Memory & Attention

Task 1: Shopping items

Say once:

We are going shopping. Please remember these items:

After a short delay (approximately 30 seconds), ask the person to recall the items.

- * Bread
- * Tea
- * Shower Gel

Which best describes what you observed?

	<ul style="list-style-type: none"> • Holds and recalls all items clearly
	<ul style="list-style-type: none"> • Holds some items but loses others
	<ul style="list-style-type: none"> • Information fades quickly after being given
	<ul style="list-style-type: none"> • Unable to hold or retrieve the information
	<ul style="list-style-type: none"> • Other (Describe details in your note section)

Personal Observation Notes:



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Task 2: Colour recall

Say once:

We are going to draw a picture of an apple tree. Please remember these colours we are going to use: Green, Brown, Red

After a short delay (approximately 1–2 minutes), ask the person to recall the colours.

- * Green
- * Brown
- * Red

Which best describes what you observed?

	<ul style="list-style-type: none">• Holds and recalls all items clearly
	<ul style="list-style-type: none">• Holds some items but loses others
	<ul style="list-style-type: none">• Information fades quickly after being given
	<ul style="list-style-type: none">• Unable to hold or retrieve the information
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

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3. Cognitive Flexibility

Task 1: Story interruption

Ask the person to tell you a short story of their first job or when they got married.

Gently interrupt and then ask them to continue.

Which best describes what you observed?

	<ul style="list-style-type: none">• Continues the story without difficulty• Pauses but is able to continue
	<ul style="list-style-type: none">• Struggles to continue or loses track
	<ul style="list-style-type: none">• Repeats or becomes stuck
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

Task 2: Change of task

Ask the person to start a simple task such as folding towels or pairing socks.

Once they are engaged, gently interrupt and say something like:

“Let’s leave that for now, can you come and help me with this instead?”

Then introduce a new simple task, for example:

Wiping the table

Putting items into a cupboard

Sorting a few objects (e.g. cutlery, clothes)



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Which best describes what you observed?

	<ul style="list-style-type: none">• Adapts and shifts to the new task without difficulty
	<ul style="list-style-type: none">• Pauses but is able to adjust to the new task
	<ul style="list-style-type: none">• Struggles to move away from the first task
	<ul style="list-style-type: none">• Becomes stuck, repeats, or shows frustration
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

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4. Understanding & Meaning

Task 1: Object use (cup)

Show the person a cup and ask: "What would you use this for?"

Which best describes what you observed?

	<ul style="list-style-type: none">• Clear and appropriate explanation
	<ul style="list-style-type: none">• Vague or partial explanation
	<ul style="list-style-type: none">• Incorrect use
	<ul style="list-style-type: none">• Unable to explain
	<ul style="list-style-type: none">• Other (Describe details in your note section)



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Personal Observation Notes:

Task 2: Object use (toothbrush or similar)

Show the person another everyday object (e.g. toothbrush) and ask: “What would you use this for?”

Which best describes what you observed?

	<ul style="list-style-type: none">• Clear and appropriate explanation
	<ul style="list-style-type: none">• Vague or partial explanation
	<ul style="list-style-type: none">• Incorrect use
	<ul style="list-style-type: none">• Unable to explain
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:



5. Recall

Task 1: Shopping items recall

Ask the person to recall the shopping items from earlier.

Which best describes what you observed?

	<ul style="list-style-type: none">• Full recall
	<ul style="list-style-type: none">• Partial recall
	<ul style="list-style-type: none">• Recall improves with prompting
	<ul style="list-style-type: none">• No recall
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

Task 2: Recent activity recall

Ask this within 1–2 minutes of completing a task.

Ask a specific question linked to the activity you have just done together, for example:

“You helped me fold something earlier. What did we fold?”

“We just used something in the bathroom. What did we use?”

“When we made tea, what did we do with the milk?”



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Which best describes what you observed?

	<ul style="list-style-type: none">• Clear and accurate recall linked to the activity
	<ul style="list-style-type: none">• Partial or uncertain recall
	<ul style="list-style-type: none">• Recall improves with prompting
	<ul style="list-style-type: none">• No recall
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:

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6. Environmental Awareness & Interaction

Task 1: Weather awareness

Ask:

“What is the weather like outside today?”

Which best describes what you observed?

	<ul style="list-style-type: none">• Checks the environment before answering (e.g. looks out the window)
	<ul style="list-style-type: none">• Thinks and answers logically
	<ul style="list-style-type: none">• Guesses without checking
	<ul style="list-style-type: none">• Unable to interpret or respond
	<ul style="list-style-type: none">• Other (Describe details in your note section)



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Personal Observation Notes:

Task 2: Practical decision

Ask:

“Do we need a jacket before going outside?”

Which best describes what you observed?

	<ul style="list-style-type: none">• Uses environment to guide decision
	<ul style="list-style-type: none">• Thinks and answers logically
	<ul style="list-style-type: none">• Guesses without checking• Unable to interpret or respond
	<ul style="list-style-type: none">• Other (Describe details in your note section)

Personal Observation Notes:



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Sharing This Information

You may choose to share your observations from this check with a GP, specialist, or healthcare professional to support further understanding.

This information provides real-world context to what is being observed over time, particularly where patterns may not be immediately visible in a clinical setting.

If you choose to share this document:

- Include your personal observation notes
- Highlight any repeated patterns or changes over time
- Provide context around when and how the observations were made

This check is designed to support meaningful conversations and does not replace professional medical advice, diagnosis, or assessment.

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The Launex Cognitive Pattern Check™, Launex Dementia Brain Map™, and associated frameworks are proprietary tools developed by LAUNEX LTD.

Understanding patterns over time may require further guidance and interpretation.

To support what you are observing, you can request a general *Cognitive Pattern Summary* by contacting info@launexltd.com.