

Do You Know the Signs of Dementia?

Is it 'Normal' Aging or Something More?*

While mild forgetfulness can be a normal part of aging, memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementias.

	<i>Common Aging</i>	<i>Warning Signs</i>
Forgetting	Misplacing items and needing to retrace steps or initially forgetting an appointment but later remembering. Needing assistance using new technology.	Putting things in unusual places (like a remote in the refrigerator), trouble concentrating or forgetting recently learned information to a point that it disrupts daily living.
Confusion	Having trouble finding the right words, vision changes due to cataracts, and mistaking days of the week (but later realizing the mistake).	Struggling with vocabulary, halting conversations without the ability to continue, repeating questions or statements, and losing track of how they arrived at a place or time.
Emotional Changes	Feeling weary of work and social obligations, or becoming irritable when a routine is disrupted.	Trouble remembering how to complete tasks or inability to follow social norms. New feelings of being anxious, suspicious, or fearful.
Altered Judgment	Making a bad decision or mistake once in a while, or making occasional errors when managing finances or household bills.	Becoming less attentive to grooming, being too naïve, or conversely mistrusting others/accusing them of stealing lost items.



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* Note, these examples are for information purposes only and are not a substitute for a consultation with a qualified medical professional. Speak with your physician about any questions or concerns regarding possible signs of dementia.