

# KNOW the 10 SIGNS

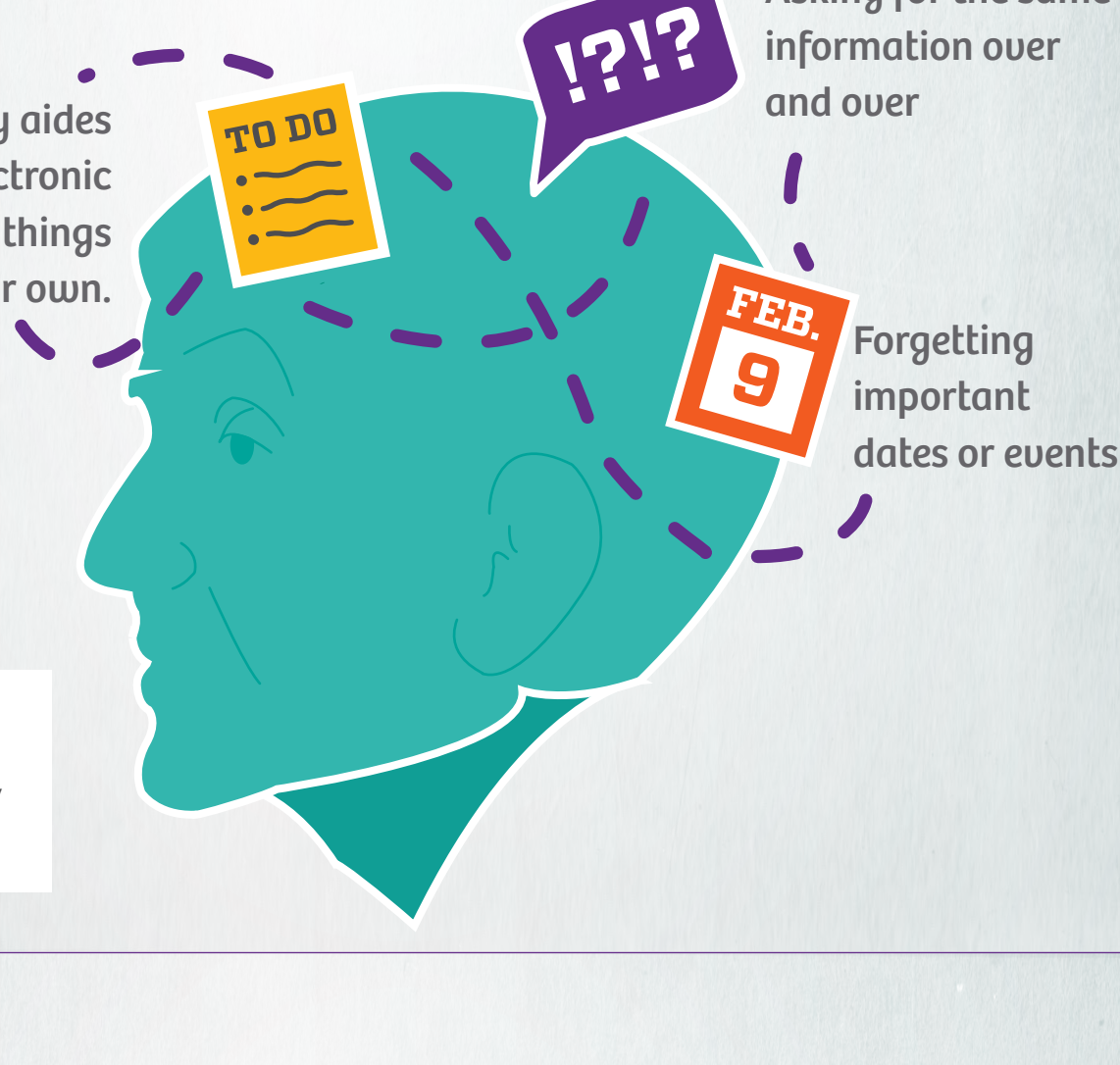
EARLY DETECTION MATTERS

Brought to you by the **alzheimer's association**

## #1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:

Relying on memory aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.



Asking for the same information over and over

Forgetting important dates or events

**Typical age-related changes:** Sometimes forgetting names or appointments, but remembering them later.

## #2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.

They may have trouble following a familiar recipe or keeping track of monthly bills.



Some people may experience changes in their ability to develop and follow a plan or work with numbers.

**Typical age-related changes:** Making occasional errors when balancing a checkbook.

## #3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:

Driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.



**Typical age-related changes:** Occasionally needing help to use the settings on a microwave or record a television show.

## #4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



**Typical age-related changes:** Getting confused about the day of the week but figuring it out later.

## #5 Trouble understanding visual images and spatial relationships

Some people may have difficulty reading, judging distance and determining color or contrast.



In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

**Typical age-related changes:** Vision changes related to cataracts

## #6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue, or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.



**Typical age-related changes:** Sometimes having trouble finding the right word.

## #7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.



They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

**Typical age-related changes:** Misplacing things from time to time.

## #8 Decreased or poor judgement

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.

For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.



They may pay less attention to grooming or keeping themselves clean.

**Typical age-related changes:** Making a bad decision once in a while.

## #9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.



**Typical age-related changes:** Sometimes feeling weary of work, family and social obligations.

## #10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.



They can become confused, suspicious, depressed, fearful or anxious.

**Typical age-related changes:** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Alzheimer's is the only cause of death among the top 10 in America **without** a way to prevent, cure or even slow its progression.

Source: 2011 Alzheimer's Disease Facts and Figures

**alzheimer's association**

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