**10 Early Signs and Symptoms of Alzheimer’s**

# **Memory loss that disrupts life**

One of the most common signs of Alzheimer’s disease, especially in the early stage, is **forgetting recently learned information**. Others include **forgetting** **important dates or events**, asking for the **same information over and over**, and **increasingly needing to rely on memory aids** (ex: Post-Its or electronic devices) or family members for things they used to handle on their own.

 **What’s a typical age-related change?**

 Sometimes forgetting names or appointments, but remembering later.

# **Challenges in planning or solving problems**

Some people may experience **changes in their ability to develop and follow a plan or work with numbers**. They may have **trouble following a familiar recipe** or **keeping track of monthly bills**. They may have **difficulty concentrating and take much longer to do things** than they did before.

***What’s a typical age-related change?***

Occasional errors when balancing a checkbook.

# **Difficulty completing familiar tasks at home, work or leisure**

People with Alzheimer’s often find it **hard to complete daily tasks**. Sometimes, people may have **trouble driving** to a familiar location, **managing a budget** at work, or **remembering the rules of a favorite game**.

 ***What’s a typical age-related change?***

Occasionally needing help to use the settings on the microwave or to record a television show.

# **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**.

 ***What’s a typical age-related change?***

Getting confused about the day of the week but figuring it out later.

# **Trouble understanding visual images and spatial relationships**

For some people, having vision problems is a sign of Alzheimer’s. They may have **difficulty reading, judging distance and determining color or contrast**, which may cause problems with driving.

 ***What’s a typical age-related change?***

Vision changes related to cataracts.

# **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** (ex: calling a “watch” a hand-clock).

 ***What’s a typical age-related change?***

Sometimes having trouble finding the right word.

# **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.

 ***What’s a typical age-related change?***

Misplacing things from time to time and retracing steps to find them.

# **Decreased or poor judgement**

People with Alzheimer’s may experience **changes in judgement or decision-making**. For example, they may use **poor judgement when dealing with money**, giving large amounts to telemarketers. They may **pay less attention to grooming or keeping themselves clean**.

 ***What’s a typical age-related change?***

Making a bad decision once in a while.

# **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 have **trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby**. They may **avoid being social** because of the changes they have experienced.

 ***What’s a typical age-related change?***

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 can become **confused, suspicious, depressed, fearful or anxious**. They may be **easily upset at home, at work, with friends or in places where they are out of their comfort zone**.

 ***What’s a typical age-related change?***

Developing very specific ways of doing things and becoming irritable when

 routine is disrupted.

# **Get checked. Early detection matters.**

If you notice any of the 10 Warning Signs of Alzheimer’s in yourself or someone you know, don’t ignore them. Schedule an appointment with your doctor.