

## **10 WARNING SIGNS OF ALZHEIMER'S OR DEMENTIA (as listed by the Alzheimer's Association)**

1. Memory loss that disrupts daily life like forgetting important appointments, dates, and events.
2. Difficulty planning and problem solving like having trouble planning menus and making a grocery list or tracking monthly bills.
3. Difficulty completing familiar tasks like making and baking cookies.
4. Being confused with time or place. A person with dementia may not even know what year it is or even the season of the year and they may forget where they are even if in their own home.
5. Trouble understanding visual images and spatial relationships which would make it extremely dangerous for driving a car.
6. Having problems with either or both, spoken and written language. This could include speaking in complete sentences and being able to follow along in a conversation.
7. Misplacing things and losing the ability to retrace your steps. A person with dementia may put things in very unusual places or accuse others of stealing.
8. Decreased or poor judgment. This may be seen in an inability to keep themselves clean or spending money in an irresponsible way.
9. Withdrawal from work, social activities, hobbies, and other social obligations.
10. Changes in mood or personality and possibly becoming anxious and nervous and short tempered.

If you are noticing any of these signs in yourself or a loved one seek medical care as soon as possible. Some of these symptoms could be due to other health problems not related to dementia.

For more information on the "10 Warning Signs of Alzheimer's" visit the Alzheimer's Association website, <https://www.alz.org>