

# 10 WARNING SIGNS OF ALZHEIMER'S

As we age, it's common to experience some issues with memory, thinking and behavior. However, changes that interfere with daily life could be a sign of something more serious, such as dementia. The Alzheimer's Association® has outlined 10 warning signs of Alzheimer's disease, a form of dementia. If you notice more than one of these warning signs in a loved one, it can be difficult to know what to do. At Regency, we're here to help you make the best decision.

### 1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

- Forgetting recently learned information or important dates or events
- Asking the same questions repeatedly
- Needing to rely on others for things they used to handle on their own

### 2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

- Changes in the ability to develop and follow a plan or work with numbers
- Trouble following a familiar recipe or keeping track of monthly bills

### 3. DIFFICULTY COMPLETING FAMILIAR TASKS

- Trouble completing routine tasks or driving to a familiar location
- Problems organizing a grocery list or remembering the rules of a favorite game

### 4. CONFUSION WITH TIME OR PLACE

- Losing track of dates, seasons and the passage of time
- Trouble understanding something if it is not happening immediately
- Forgetting where they are or how they got there

### 5. TROUBLE RECOGNIZING IMAGES & SPATIAL RELATIONSHIPS

- Vision problems
- Difficulty with balance
- Problems judging distance and determining color or contrast

### 6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

- Challenges following or joining a conversation
- Repeating themselves often
- Struggling with vocabulary and naming a familiar object

### 7. MISPLACING THINGS AND UNABLE TO RETRACE STEPS

- Placing things in unusual place or losing items
- Accusing others of stealing, especially as the disease progresses

### 8. DECREASED OR POOR JUDGMENT

- Changes in judgment or decision-making, especially with money
- Paying less attention to bathing and grooming

### 9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

- Withdraw from hobbies, social activities or other engagements
- Trouble keeping up with a favorite team or activity

### 10. CHANGES IN MOOD AND PERSONALITY

- Mood and personality changes
- Increased confusion, suspicion, depression, fear and anxiety