



Alzheimer's Services

of Marshall County

P. O. Box 2842, Albertville, AL 35950

Is it Alzheimer's?

10 Warning Signs of Alzheimer's Disease vs. Typical Aging

- 1. Memory loss that disrupts daily life:** Forgetting recently learned information and unable to recall the information later
Typical: Sometimes forgetting names or appointments, but remembering them later
- 2. Challenges in planning or solving problems:** Unusual difficulty performing mental tasks, like forgetting what numbers are and how they should be used
Typical: Making occasional errors when balancing a checkbook
- 3. Difficulty completing familiar tasks:** Having problems remembering the rules of a favorite game
Typical: Sometimes needing help with the settings on a microwave or tv.
- 4. Confusion with time or place:** Unable to keep track of dates, seasons and the passage of time
Typical: Getting confused about the day of the week but figuring it out later
- 5. Trouble understanding visual images:** Developing vision problems such as difficulty reading or judging distance. The patient may pass a mirror and think someone else is in the room.
Typical: Vision changes related to cataracts
- 6. New problems with words in speaking or writing:** Forgetting simple words or substituting unusual words
Typical: Sometimes having trouble finding the right word
- 7. Misplacing things and losing the ability to retrace steps:** Putting things in unusual places such as a wristwatch in the sugar bowl
Typical: Misplacing things occasionally such as keys, glasses, etc.
- 8. Decreased or poor judgment:** Dressing inappropriately such as wearing a coat on a hot day or too little clothing in the cold
Typical: Making a bad decision once in a while
- 9. Withdrawal from work, hobbies or social activities:** A person with Alzheimer's may withdraw because they have trouble keeping up with normal activities due to the changes they have experienced.
Typical: Sometimes feeling weary of work and social obligations
- 10. Changes in mood and personality:** Someone with Alzheimer's may become confused, suspicious, fearful, depressed or easily upset.
Typical: Developing very specific ways of doing things and becoming irritable when a routine is disrupted