

# Identify 10 warning signs of Dementia Alzheimer



## 1 Memory Loss

Or forgetting recently learned information – others include forgetting important dates or events, asking for the same information over and over, increasingly needing to rely on memory aids or family members for the things they used to handle on their own.

## 2 Challenges in Planning / Solving Problems

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

## 3 Difficulty Completing Familiar Tasks

People with Alzheimer's often find it hard to complete daily tasks, they may have trouble driving to a familiar location, managing a budget at work, remembering rules of a favorite game, or finishing up a sentence (i.e. writing).

## 4 Disoriented

People with alzheimer's can lose track of dates, seasons, time, they may be lost, have trouble understanding something if its not happening immediately, sometimes they may forget where they are or how they got there.

## 5 Trouble Understanding Visuospatial

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.



## 6 Communication Problems

People with alzheimer's may have trouble following/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 (i.e. calling a 'watch', a 'hand clock', etc).

## 7 Misplacing Things

People with alzheimer's 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.

## 8 Decreased or Poor Judgement

People with alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgement when dealing with money, giving large amounts to telemarketers/sales. They may pay less attention to grooming or keeping themselves clean.

## 9 Withdrawal from Work or Social Activities

A person with Alzheimer may start to remove themselves from hobbies, social activities, work projects, etc. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

## 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.

Reduced the risk of dementia in later life by :  
 applying a healthy lifestyle, staying physically mentally active,  
 eating well, avoid smoking - excessive alcohol, positive thinking & engage in social  
 and productive activities

If you or anyone you know identify these 10 warning signs of Alzheimer, please schedule an appointment with your nearest doctor.

info:  
[www.alzimed.org](http://www.alzimed.org)  
[www.alzi.or.id](http://www.alzi.or.id)  
[www.alzheimer nederland.nl](http://www.alzheimer nederland.nl)

