



9 SIGNS OF DEMENTIA

1 MEMORY LOSS THAT INTERFERES WITH DAILY LIFE:

Forgetting recently learned information is one of the most common signs of Alzheimer's disease and other dementias. Other signs of dementia-related memory loss might include unintentionally missing doctors' appointments or events, repeating the same questions, or increased dependence on reminder notes, prompts from electronic devices and assistance from family members.

2 DIFFICULTY PROBLEM-SOLVING OR COMPLETING EVERYDAY TASKS:

People with dementia experience a declining ability to work through logistics and follow multistep instructions. A person may struggle to follow a familiar recipe or create an efficient travel route, get lost driving to and from familiar locations, mishandle routine tasks at work, stop paying monthly bills or forget the rules of an often-played game.

3 CONFUSION WITH TIME OR PLACE:

Losing track of dates, seasons and the passage of time, or forgetting where they are or how they got there, can be signs that someone has dementia.

4 DIFFICULTY RECOGNIZING VISUAL IMAGES AND SPATIAL RELATIONSHIPS:

Some forms of dementia can affect vision. The person may have difficulty reading, judging distances, identifying colors, or distinguishing between contrasting textures, patterns or materials.

5 TROUBLE SPEAKING OR WRITING:

Following or joining a conversation may be difficult for someone with dementia. They may repeat themselves or stop abruptly in the middle of a sentence and not know how to finish it. They may struggle to find the right word or call things by the wrong name (e.g., calling a watch a "hand clock").

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6 MISPLACING ITEMS AND AN INABILITY TO RETRACE STEPS:

People with memory loss may place things in unusual places and be unable to repeat their steps to find them again. Sometimes, they accuse others of stealing.

7 POOR JUDGMENT:

People with dementia may have lowered inhibitions or be unable to properly evaluate all of the factors that go into decision-making. Some may misspend large amounts of money or fall victim to a scam, act overly flirtatious or otherwise inappropriately, or insist on wearing shorts and a t-shirt for a cold winter's day walk.

8 AVOIDING PEOPLE AND ACTIVITIES THAT ONCE BROUGHT THEM JOY:

Depression (a common symptom of dementia), the frustration of trying to follow conversations or plotlines, diminished independence, or embarrassment due to declining physical or cognitive abilities can cause people with dementia to avoid hobbies, socializing, dining out, sporting events, concerts and other activities they used to enjoy.

9 PERSONALITY AND MOOD CHANGES:

Dementia can make people disoriented, suspicious, depressed or fearful, which in turn could make them quick to anger, easily frustrated or irritable with others. Feeling anxious in unfamiliar places or in the presence of "triggers," like bright lights, loud or frustrating background noise, crowds and other sensory stimuli, can also make the person act out.

