



SIGNS OF DEMENTIA

How to spot normal signs of aging versus something more.

1



MEMORY LOSS


NORMAL AGING

Temporarily forgetting names or appointments

EVALUATION RECOMMENDED

Forgetting recently learned information, repeating yourself

2



CHALLENGES IN PLANNING OR PROBLEM SOLVING

NORMAL AGING

Occasional errors balancing a checkbook

EVALUATION RECOMMENDED

Difficulty concentrating; inability to develop or follow a plan

3



DIFFICULTY DOING FAMILIAR TASKS


NORMAL AGING

Occasionally making a wrong turn when driving

EVALUATION RECOMMENDED

Getting lost driving to familiar locations; difficulty managing medications, using cell phone, etc.

4



CONFUSION WITH TIME AND PLACE

NORMAL AGING

Occasional forgetfulness

EVALUATION RECOMMENDED

Confusion about the time of day or that an event is happening later

5

CHANGES IN VISION

NORMAL AGING	EVALUATION RECOMMENDED
Needing bifocals or cataract surgery	Difficulty judging distance or seeing color/contrast; tripping, spilling or dropping often

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COMMUNICATION ISSUES

NORMAL AGING	EVALUATION RECOMMENDED
Occasional difficulty finding the right word	Difficulty following or initiating a conversation; new problems speaking or writing

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MISPLACING BELONGINGS

NORMAL AGING	EVALUATION RECOMMENDED
Misplacing keys, but able to retrace steps to find them	Placing items in odd places; accusing others of stealing or losing ability to retrace steps

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DECREASED OR POOR JUDGMENT

NORMAL AGING	EVALUATION RECOMMENDED
Occasionally making a poor decision	Paying less attention to hygiene, succumbing to a scam, losing track of money

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WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

NORMAL AGING	EVALUATION RECOMMENDED
Tiring of daily activities	No longer initiating activities you once enjoyed; inability to follow along

10

CHANGES IN MOOD AND PERSONALITY

NORMAL AGING	EVALUATION RECOMMENDED
Occasionally being sad or moody	Rapid mood swings, issues within previously comfortable social situations



Adapted from the Centers for Disease Control and Prevention