alzheimer's association®

KNOW the 10 SIGNS

EARLY DETECTION MATTERS

HAVE YOU NOTICED ANY OF THESE WARNING SIGNS?

Please list any concerns you have and take this sheet with you to the doctor.
Note: This list is for information only and not a substitute for a consultation with a qualified professional.

☐ **1. MEMORY LOSS THAT DISRUPTS DAILY LIFE.** One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on aides (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.
What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

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☐ **2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS.** Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.
What's a typical age-related change? Making occasional errors when balancing a checkbook.

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☐ **3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE.** People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.
What's a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

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☐ **4. CONFUSION WITH TIME OR PLACE.** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
What's a typical age-related change? Getting confused about the day of the week but figuring it out later.

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☐ **5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS.** 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.
What's a typical age-related change? Vision changes related to cataracts.

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☐ **6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING.** People with Alzheimer's disease may have trouble following or 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 (e.g., calling a "watch" a "hand clock").
What's a typical age-related change? Sometimes having trouble finding the right word.

☐ **7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS.** A person 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.
What's a typical age-related change? Misplacing things from time to time and retracing steps to find them.

☐ **8. DECREASED OR POOR JUDGMENT.** People with Alzheimer's may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.
What's a typical age-related change? Making a bad decision once in a while.

☐ **9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES.** A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. 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.
What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.

☐ **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.
What's a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you or someone you care about is experiencing any of the 10 Warning Signs of Alzheimer's disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

The Alzheimer's Association can help. Visit **alz.org/10signs** or call **800.272.3900** (TTY: 866.403.3073).

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