

10 early signs and symptoms of dementia

Warning Sign	Dementia	Normal Aging
Memory loss that disrupts daily life	<ul style="list-style-type: none"> Forgetting recently learned information Forgetting important dates or events Asking for the same information over and over Relying on memory aides Relying on family members for things they used to handle themselves 	<ul style="list-style-type: none"> Sometimes forgetting names or appointments but remembering them later
Challenges in planning or solving problems	<ul style="list-style-type: none"> Changes in ability to develop or follow a plan Changes in ability to work with numbers Trouble following a familiar recipe or keeping track of monthly bills Difficulty concentrating and taking much longer to do things 	<ul style="list-style-type: none"> Occasional errors with numbers
Difficulty completing familiar tasks at home, work or leisure	<ul style="list-style-type: none"> Hard to complete familiar daily tasks Trouble driving to familiar location, managing a budget at work or remembering rules of favourite game 	<ul style="list-style-type: none"> Occasionally needing help to use settings on microwave or recording TV show
Confusion with time or place	<ul style="list-style-type: none"> Losing track of dates, seasons, and the passage of time Trouble understanding something if it is not happening immediately May forget where they are or how they got there 	<ul style="list-style-type: none"> Getting confused about the day or the week but figuring it out later
Trouble understanding visual images and spatial relationships	<ul style="list-style-type: none"> Alzheimer's disease can result in vision problems. There may be trouble in judging distance (e.g. on stairs), colour and contrast. 	<ul style="list-style-type: none"> Vision changes related to cataracts
New problems with words in speaking or writing	<ul style="list-style-type: none"> Trouble following or joining a conversation May stop in middle of conversation and not know how to continue May repeat themselves May struggle with vocabulary by having problems finding the right word or calling things by the wrong name 	<ul style="list-style-type: none"> At times having trouble finding the right word
Misplacing things and losing the ability to retrace steps	<ul style="list-style-type: none"> Putting things in unusual places Lose things and be unable to go back over steps to find them again May accuse others of stealing 	<ul style="list-style-type: none"> Misplacing things from time to time (eg. glasses or TV remote control)
Decreased or poor judgement	<ul style="list-style-type: none"> Changes in judgement or decision making Poor judgement when dealing with money May pay less attention to grooming 	<ul style="list-style-type: none"> Making a bad decision once in a while
Withdrawn from work or social activities	<ul style="list-style-type: none"> May start to remove themselves from hobbies or social activities May avoid social engagements 	<ul style="list-style-type: none"> Sometimes being weary of work, family and social obligations
Changes in mood and personality	<ul style="list-style-type: none"> Mood and personalities can change. They can become confused, suspicious, depressed, fearful or anxious. May become easily upset at home, friends, work or places where they are out of their comfort zone 	<ul style="list-style-type: none"> Developing specific ways of doing things and becoming irritable when a routine is disrupted.