

# 10 Warning Signs of Alzheimer's

ALZHEIMER'S  ASSOCIATION®



# 10 Warning Signs of Alzheimer's

## Learning Objectives

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- Describe typical age-related memory, thinking or behavior changes.
- Recognize common warning signs of Alzheimer's and dementia.
- Discuss the tips for approaching someone about memory concerns.
- Explain the importance of early detection and benefits of diagnosis.
- Identify possible tests and assessments for the diagnostic process.
- Name the resources available through the Alzheimer's Association.



## 10 Warning Signs of Alzheimer's

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**1**

Memory loss that disrupts daily life

**2**

Challenges in planning or solving problems

**3**

Difficulty completing familiar tasks

**4**

Confusion with time or place

**5**

Trouble understanding visual images and spatial relationships

**6**

New problems with words in speaking or writing

**7**

Misplacing things and losing the ability to retrace steps

**8**

Decreased or poor judgment

**9**

Withdrawal from work or social activities

**10**

Changes in mood and personality



1

Memory loss that  
disrupts daily life

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

One of the most common signs of Alzheimer's is forgetting recently learned information.

Others include:

- Forgetting important dates or events.
- Asking the same questions over and over.
- Increasingly relying on memory aids (e.g., reminder notes) or family members for tasks formerly managed with ease.

### What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

Challenges in  
planning or solving  
problems

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

Some people may experience changes in their ability to develop and follow a plan or work with numbers, which may result in:

- Trouble following a familiar recipe or keeping track of monthly bills.
- Difficulty concentrating and taking much longer to complete tasks.

### What's a typical age-related change?

Making occasional errors when managing finances or household bills.

3

Difficulty completing familiar tasks

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

People living with dementia commonly have difficulty completing daily tasks, such as:

- Driving to a familiar location.
- Organizing a grocery list.
- 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..

4

Confusion with time  
or place

## 10 Warning Signs of Alzheimer's



### **What are possible signs of dementia?**

People living with Alzheimer's or other dementias can lose track of dates, seasons and the passage of time. They may:

- Have trouble understanding something if it is not happening immediately.
- 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.

5

Trouble understanding visual images and spatial relationships

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

For some people, having vision problems is a sign of dementia, which may lead to:

- Difficulty with balance.
- Trouble reading.
- Problems judging distance and determining color or contrast, which may cause issues with driving.

### What's a typical age-related change?

Vision changes related to cataracts.

New problems with words in speaking or writing

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

People living with Alzheimer's may have trouble following or joining a conversation. They might:

- Stop in the middle of a conversation and have no idea how to continue.
- Repeat themselves.
- Struggle with vocabulary.
- Have trouble naming a familiar object or use the wrong name.

### What's a typical age-related change?

Sometimes having trouble finding the right word.

Misplacing things and losing the ability to retrace steps

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

A person living with Alzheimer's may put things in unusual places.

He or she may:

- Lose things and be unable to go back over their steps to find them.
- Accuse others of stealing, which 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.

Decreased or poor judgment

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

People living with Alzheimer's may experience changes in judgment or decision-making. They may:

- Use poor judgment when dealing with money.
- Pay less attention to grooming or keeping themselves clean.

### What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

Withdrawal from  
work or social  
activities

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

A person living with dementia may experience changes in the ability to hold or follow a conversation. As a result, he or she may:

- Withdraw from hobbies, social activities or other engagements.
- Have trouble keeping up with a favorite team or activity.

### What's a typical age-related change?

Sometimes feeling uninterested in family or social engagements.

10

Changes in mood and personality

## 10 Warning Signs of Alzheimer's



### What are possible signs of dementia?

People living with dementia may experience mood and personality changes, such as:

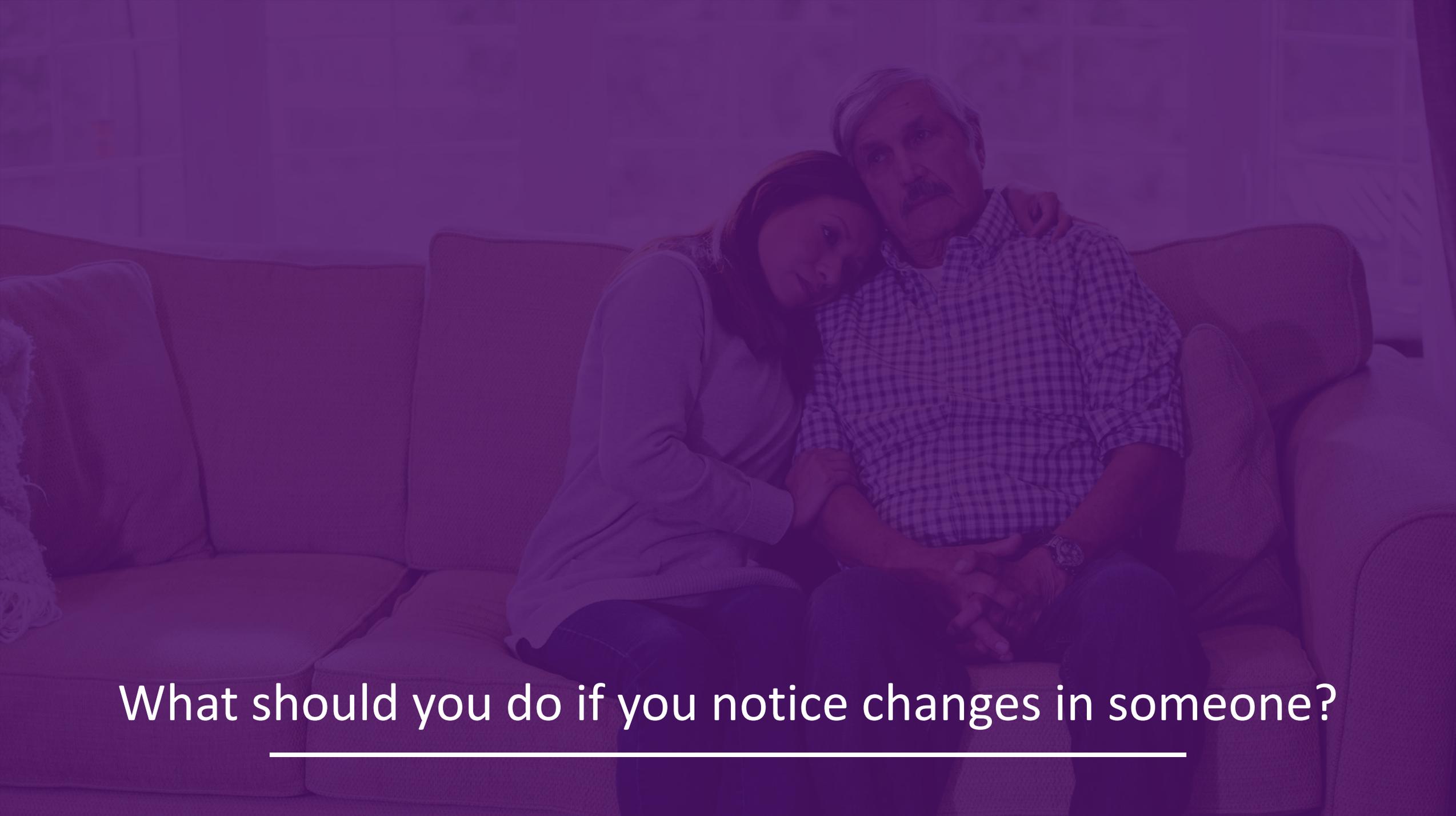
- Becoming confused, suspicious, depressed, fearful or anxious.
- Getting easily upset at home, with friends or when out of their comfort zone.

### What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



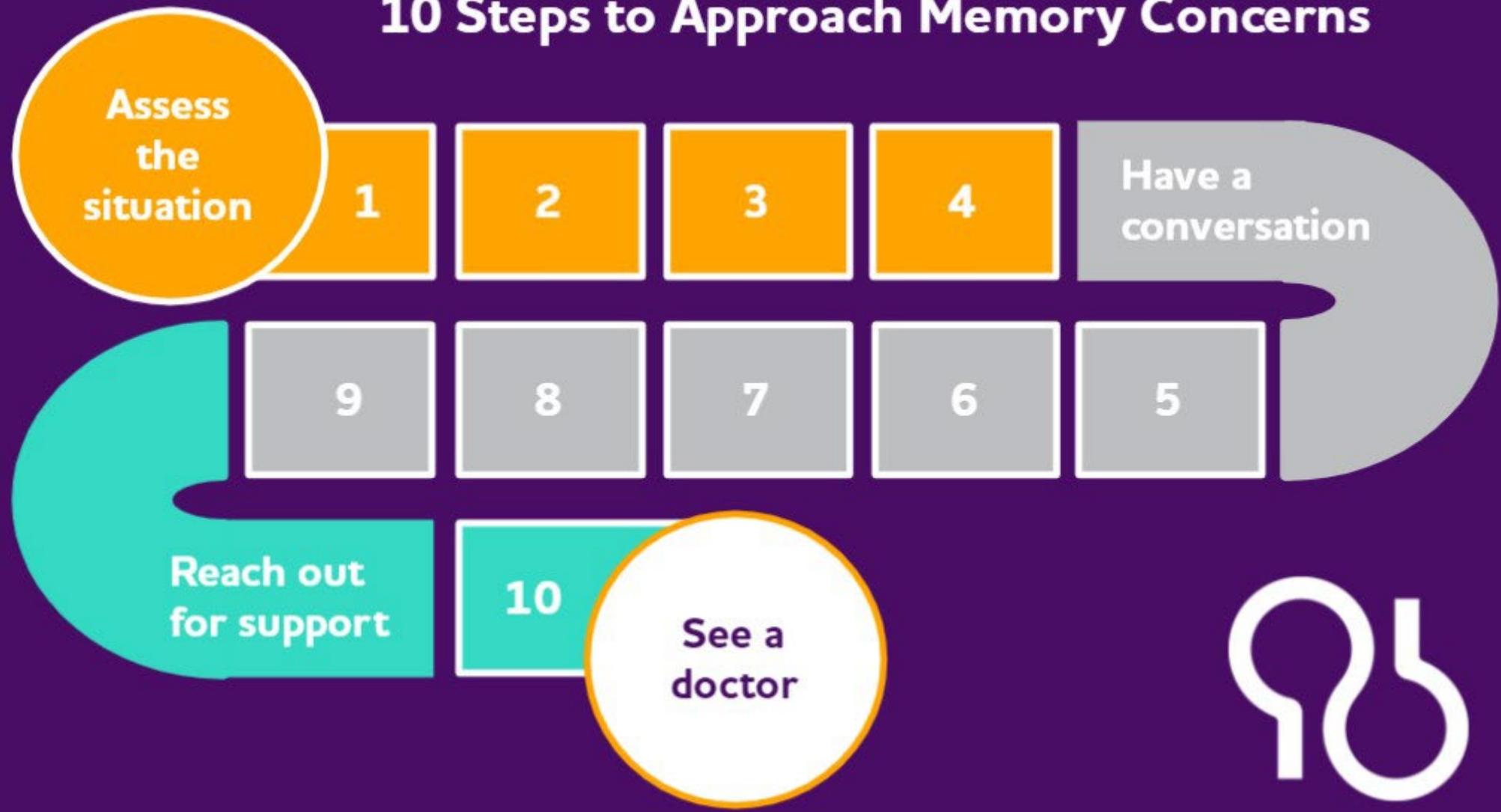
## The Importance of Early Detection



What should you do if you notice changes in someone?

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# 10 Steps to Approach Memory Concerns



# Step 1

What changes in memory, thinking or behavior do you see?



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Assess the situation

# Step 2

What else is going on?



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Assess the situation

# Step 3

Learn about the signs and the benefits of early diagnosis.



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Assess the situation

# Step 4

Has anyone else noticed  
the change(s)?



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Assess the situation

**Have a conversation**



# Step 5

Who should have the conversation to discuss concerns?



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Have a conversation

# Step 6

What is the best time and place to have the conversation?



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Have a conversation

# Step 7

What will you or the person having the conversation say?



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Have a conversation

# Step 8

Offer to go with the person to the doctor.



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Have a conversation

# Step 9

If needed, have  
multiple conversations.



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Have a conversation

**Reach out for support**



# Step 10

Turn to the Alzheimer's Association for information and support.



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Reach out for support



**See a doctor**

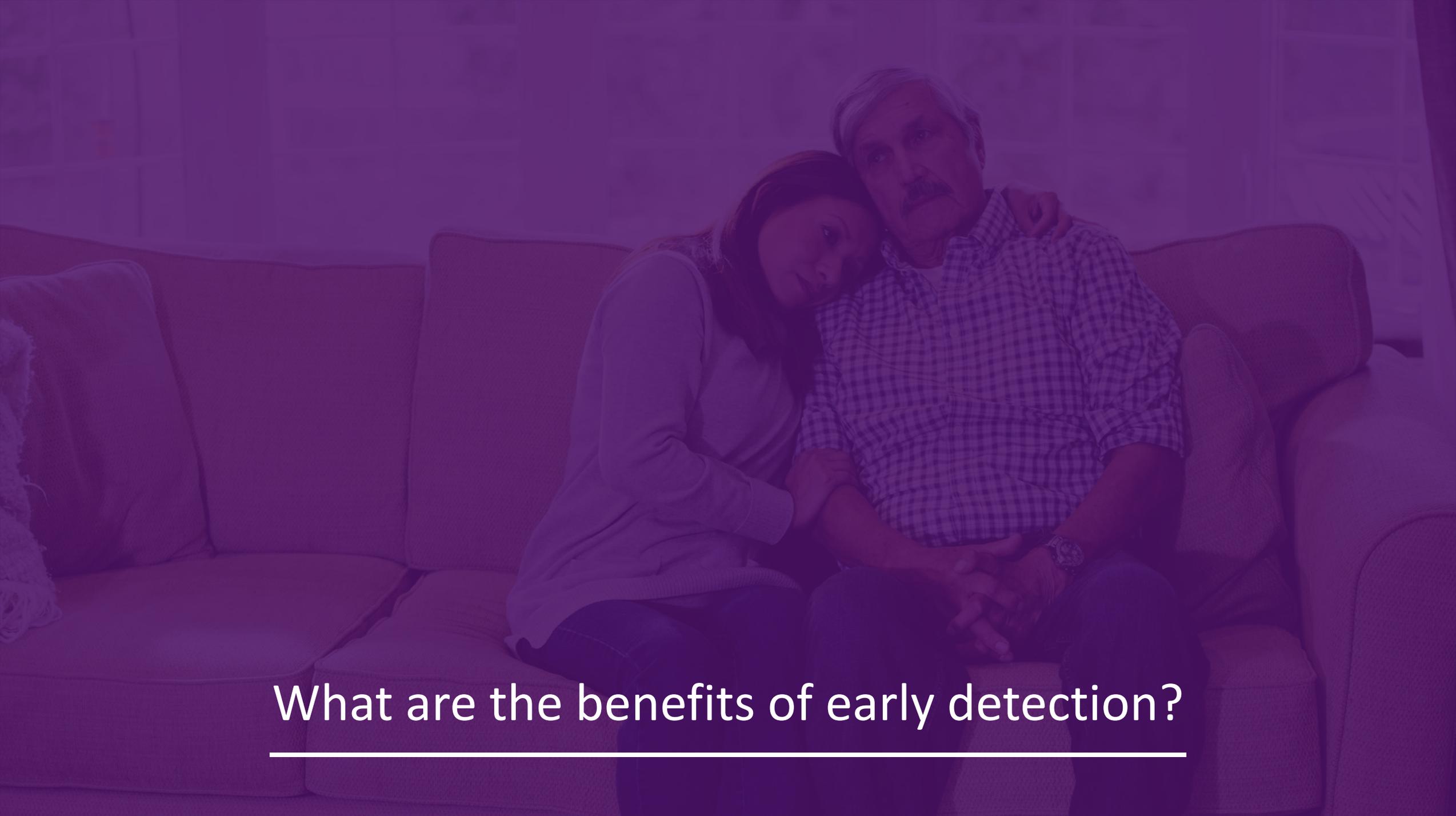
Most people address concerns about memory, thinking or behavior with their primary care physician. However, in some cases, the primary care physician will refer the person to see a specialist for further evaluation.

Specialists may include:

- Geriatrician
- Neurologist
- Neuropsychologist
- Psychiatrist
- Psychologist



See a doctor

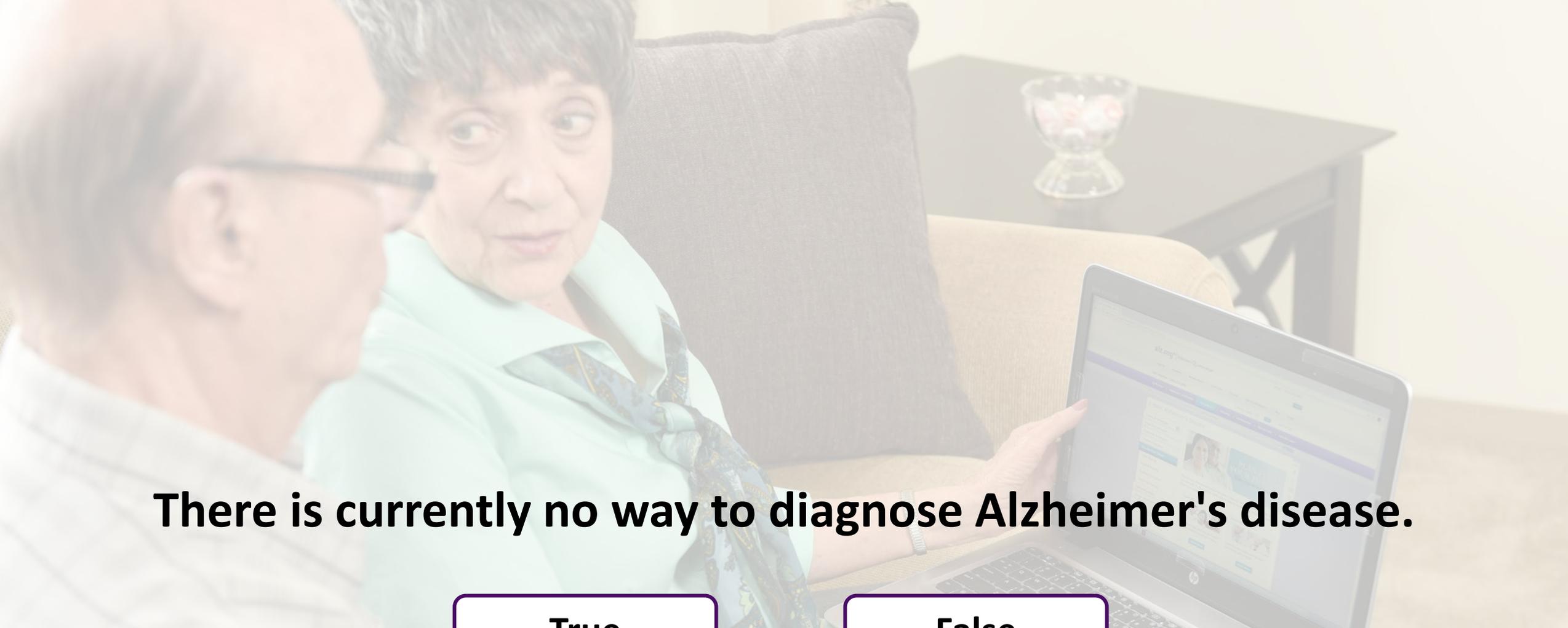


What are the benefits of early detection?

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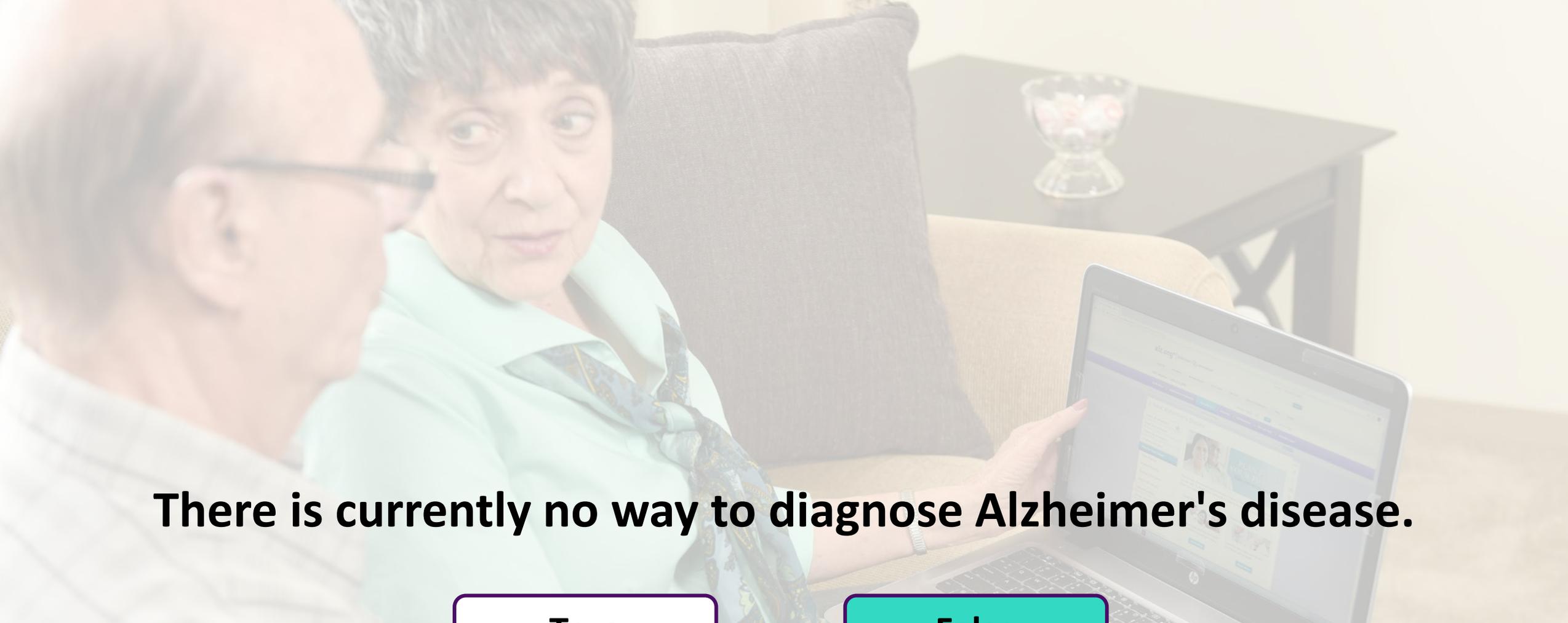
## Seeking a Diagnosis



**There is currently no way to diagnose Alzheimer's disease.**

**True**

**False**



**There is currently no way to diagnose Alzheimer's disease.**

True

False

There are a number of assessments and tests that make it possible for health care professionals to diagnose Alzheimer's with a high degree of certainty.

# Possible assessments and tests



Mary Garcia  
Age 73

## Assessments may include:

- ✓ Medical history
- ✓ Physical exam
- Screen for depression
- Interview with close companion

## Tests may include:

- ✓ Laboratory tests
- ✓ Mental cognitive status tests
- Brain imaging
- Cerebrospinal Fluid (CSF) Analysis



Do dementia-like symptoms always result in a diagnosis of Alzheimer's or another dementia?

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# Alzheimer's Association

## Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.

- ▶ **On the phone** – 24/7 Helpline, 800.272.3900
- ▶ **Online** – [alz.org](https://www.alz.org)
- ▶ **In communities nationwide** – [alz.org/CRF](https://www.alz.org/CRF)



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**800.272.3900 | [alz.org](https://www.alz.org)®**

**Questions?**

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