

# 10 SIGNS OF DEMENTIA

Everybody's experience of memory loss is unique - early symptoms will vary from person to person. Here are 10 common signs of dementia.

## 1 MEMORY LAPSES THAT IMPACT DAILY LIVING.

While some forgetfulness is a normal part of aging, frequent lapses in memory are not. Constantly forgetting dates, appointments, and newly learned information is a common early indicator of dementia.

## 2 CHALLENGES WITH PLANNING & PROBLEM SOLVING

During the early stages of memory loss, many will experience greater difficulty in making plans and solving life's routine problems due to challenges with concentration and increased confusion with numbers and dates.

## 3 DIFFICULTY WITH FAMILIAR TASKS

The memory loss associated with dementia can often first manifest as an inability to complete routine tasks such as driving to a familiar location or balancing a check book.

## 4 FORGETTING 'WHEN' AND 'WHERE'

People with dementia can have difficulty keeping track of the passing of time, losing track of days of the week, dates, and seasons. They may also forget where they are or become confused as to how they got there.

## 5 DIFFICULTY WITH VISUAL SIGNS AND SPACE

For some, dementia can cause increased difficulties reading and understanding words and symbols, or discerning distance and color.

## 6 DIFFICULTY WITH WORDS

Both in speech and in writing, those with dementia can struggle to express themselves, often forgetting the correct name for things, losing their train of thought, or repeating themselves.

## 7 FREQUENTLY LOSING ITEMS

In the early stages of memory loss, people often lose items or misplace them when they leave them in unusual locations. They may also lose the ability to retrace their steps in order to find something they have misplaced.

## 8 DECREASED GOOD JUDGEMENT

People with dementia may start to make poor or reckless decisions in important matters such as money and personal safety. You may also start to notice changes in their grooming or hygiene habits.

## 9 INCREASED ISOLATION

Those experiencing memory loss may start to feel overwhelmed and confused by social interaction or occupational tasks. This can lead to a withdraw from these situations and activities in order to avoid embarrassment or anxiety.

## 10 CHANGES IN MOOD OR PERSONALITY

People with dementia can experience personality changes and start reacting to people and situation in ways that are not typical for them. People may become confused, suspicious, anxious or hostile. They may become more easily upset and overwhelmed.

This resource sheet was developed using information produced by the Alzheimer's Association (USA) and the Alzheimer's Society of Ireland