



Alzheimer's awareness

Alzheimer's awareness: 10 early signs and symptoms

Memory loss: A significant early sign is forgetting newly learned information. Examples might be dates or events or asking similar questions repeatedly.

Difficulty planning or problem solving: Issues developing or follow a plan. Difficulty concentrating or working with numbers. Examples might be a recipe or keeping track of monthly bills.

Difficulty completing familiar tasks: Can have trouble driving to a familiar location, organizing grocery list or remembering how to play a favorite game.

Confusion with time or place: Losing track of dates, the seasons and time.

New problems with words, speaking or writing: Struggling with finding words, naming a familiar object or saying the wrong name

Trouble understanding visual images or spatial recognition: Problems judging distance and determining color or contrast, causing issues with driving.

Misplacing things and losing the ability to retrace steps: May lose personal items or think others have taken their items as the disease progresses.

Decrease in, or poor judgment: Difficulty with hygiene, dressing, or handling money.

Withdrawal from work or social activities: Struggle to follow a favorite team or following friendships.

Changes in mood and personality: May struggle with mood changes, depression, or anxiety.

Resources: https://www.alz.org/alzheimers-dementia/10_signs