

A FREE resource from Hearthside Home Care



The 10 warning signs of Alzheimer's Disease...Is it Alzheimer's?

- 1. RECENT MEMORY LOSS THAT AFFECTS JOB SKILLS**
While it is normal to occasionally forget a name, number, or an assignment, individuals with Alzheimer's disease may forget things more frequently, and not be able to remember them later.
- 2. DIFFICULTY PERFORMING FAMILIAR TASKS**
It is common for busy people to be so distracted from time to time that they may leave the carrots on the stove and remember they were there at the end of a meal. People with Alzheimer's could prepare a meal and not only forget to serve it, but also forget they prepared it.
- 3. PROBLEMS WITH LANGUAGE**
Everyone has trouble finding the right word sometimes, but a person with Alzheimer's may forget simple words or substitute inappropriate words, making his or her sentence incomprehensible.
- 4. DISORIENTATION TO TIME AND PLACE**
It is normal to forget the day of the week or your destination for a moment. But people with Alzheimer's can become lost on their own street, not knowing where they are, how they got there, or how to get back home.
- 5. POOR OR DIMINISHED JUDGMENT**
People can become so immersed in an activity that they temporarily forget the child they're watching. People with Alzheimer's could forget entirely the child under their care. They may also dress inappropriately, wearing several shirts or blouses.
- 6. PROBLEMS WITH ABSTRACT THINKING**
Balancing a checkbook may be disconcerting when the task is more complicated than usual. Someone with Alzheimer's could forget completely what the numbers are and what needs to be done with them.
- 7. MISPLACING THINGS**
Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's may put things in inappropriate places: an iron in the freezer, or a wristwatch in a sugar bowl.

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- 8. CHANGES IN MOOD OR BEHAVIOR**
Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit rapid mood swings - from calm to tears to anger - for no apparent reason.
- 9. CHANGES IN PERSONALITY**
People's personalities ordinarily change somewhat with age. But a person with Alzheimer's can change drastically, becoming extremely confused, suspicious, or fearful.
- 10. LOSS OF INITIATIVE**
It's normal to tire of housework, business activities, or social obligations, but most people regain their initiative. The person with Alzheimer's may become very passive and require cues and prompting to become involved.

Questions?

Call Hearthside Home Care today at 866-808-1351