

10 Warning Signs of Alzheimer's

ALZHEIMER'S  ASSOCIATION®



10 Warning Signs of Alzheimer's

Learning Objectives

ALZHEIMER'S ASSOCIATION®

- 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.

Meet
the
Garcias





Mary, a 73-year-old widow, lives alone. She's a retired teacher who has always meticulously cared for her home. Her daughter, Lydia, has recently been noticing laundry pile up, and junk mail and old newspapers lying around the house.



Lydia is the eldest of Mary's two daughters. She lives just a few miles away and visits her mother frequently.



Patricia lives in another state. She works long hours and isn't able to visit her mother as often as she'd like. She communicates with Mary and Lydia frequently via phone and text messaging.

Worried about Mom. She keeps losing things and the house is a mess.

Probably normal to get a little forgetful with age?

It's so unlike her. Should we worry?

Let's reach out to our old neighbor, Dr. Salloway.



Send



10 Warning Signs of Alzheimer's

Dementia and Alzheimer's



What is dementia?



What is Alzheimer's disease?



Why is it important to know the signs?

10 Warning Signs of Alzheimer's



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.

What was a sign
for John?



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..

Hear from the expert



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.

Hear from the expert



6

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.

What was a sign for Phil?



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.

Hear from the expert



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.

What was a sign for Theresa?



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.

Hear from the
expert



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.

Hear from the expert



10 Warning Signs of Alzheimer's



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

If you know notice any of these signs — to any degree — in yourself or someone else, it's important to take action.



Interpreting signs and deciding next steps

Did you look at the warning signs info I sent?

I did. But still don't know. Mom's showing a couple signs, but not all the time.

How do we know if it's serious enough to see a doctor?

Let's check with Dr. Salloway.



Send

10 Signs of Alzheimer's Recap

- These 10 signs are a guide to identify problems that may be related to Alzheimer's.
- Individuals may experience one or multiple warning signs in varying degrees — but they don't have to experience them all for there to be concern.
- If you notice any of these signs in yourself or someone else, it's important to see a doctor.



The Importance of Early Detection

Hear from
the expert.

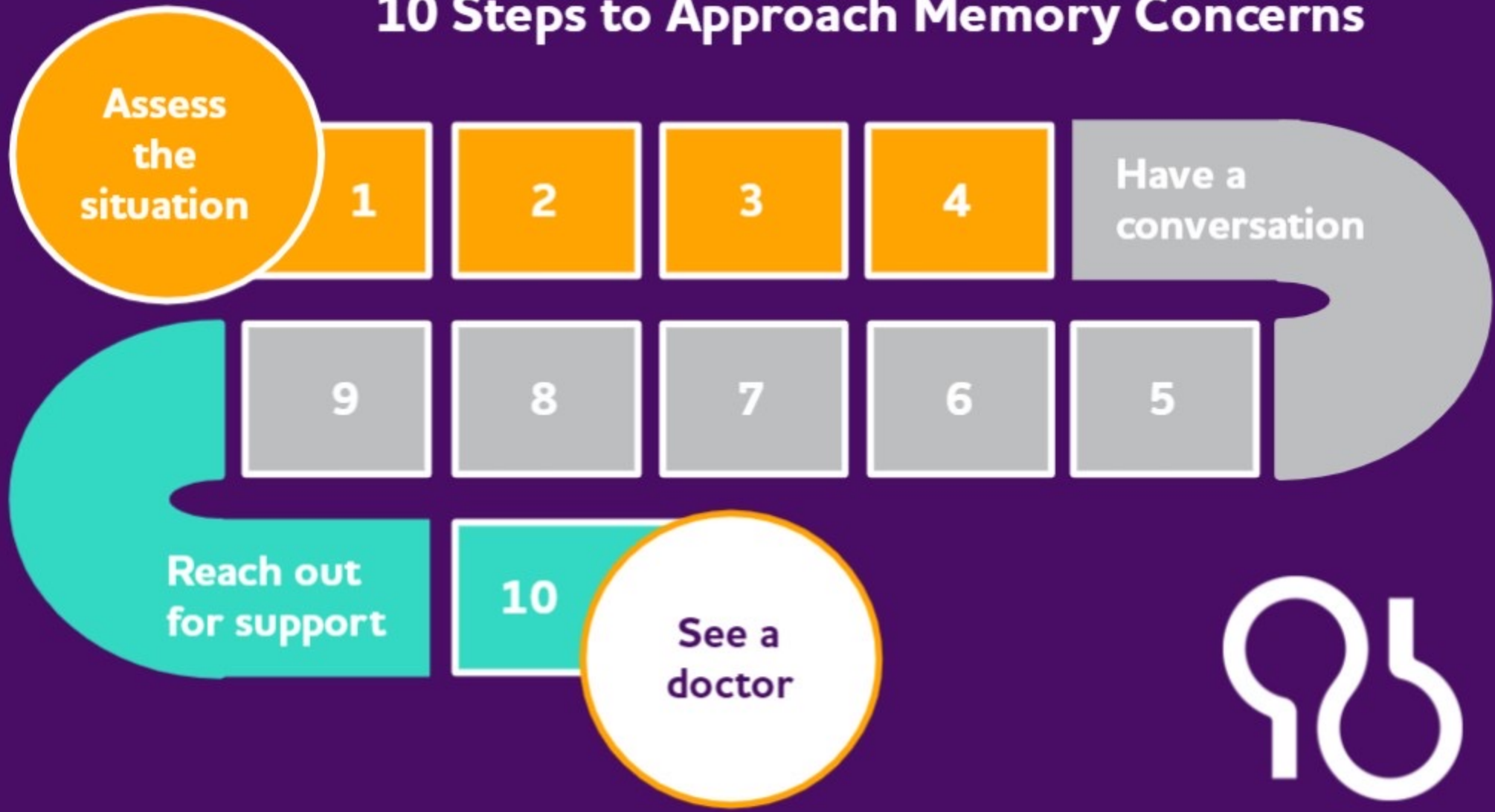


What did
Mary notice?



Friends and family are often the first to notice changes.

10 Steps to Approach Memory Concerns



Step 1

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



Assess the situation

Step 2

What else is going on?



Assess the situation

Step 3

Learn about the signs and the benefits of early diagnosis.



Assess the situation

Step 4

Has anyone else noticed
the change(s)?



Assess the situation

Have a conversation



Step 5

Who should have the conversation to discuss concerns?



Have a conversation

Step 6

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



Have a conversation

Step 7

What will you or the person having the conversation say?



Have a conversation

Step 8

Offer to go with the person to the doctor.



Have a conversation

Step 9

If needed, have
multiple conversations.



Have a conversation

Reach out for support



Step 10

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



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?



Ruth Drew, M.S., LPC

Care and support expert

Importance of Early Detection Recap

- Pay attention to any changes in memory, thinking or behavior that you notice in people.
- If you see changes that are unusual for the person, take action by having a conversation.
- Discussing these types of concerns can be difficult; consider using the 10 Steps to Approach Memory Concerns as a guide.
- There are a number of benefits to early detection, including the opportunity to plan for the future, explore treatment options and participate in clinical studies.



Seeking a Diagnosis



Test your knowledge





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

A purple-tinted photograph showing a doctor in a white coat on the left, leaning towards two women on the right. The women are in a kitchen-like setting with white cabinets. One woman is wearing a striped shirt and a necklace with a rose pendant, while the other is wearing a dark cardigan over a light top and a necklace with a cross pendant. They appear to be in a conversation.

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

Appointments have been going well. Mom's handling them OK.

Think it's really dementia?

Guess we won't know until we get a diagnosis, but let's ask Dr. Salloway if it could possibly be anything else.



Send

Seeking a Diagnosis Recap

- The diagnostic experience may vary from person to person.
- Something other than Alzheimer's or another dementia could be causing the symptoms.
- Stigma and misconceptions about the disease — like believing that nothing can be done — can prevent some people from seeking a diagnosis.



What's next when the diagnosis is Alzheimer's?

I called, but got your voicemail.
How'd it go?

Call you later when I get home,
but the diagnosis is early-stage
Alzheimer's.

Oh no. What do we do now?

Doc said the Alzheimer's
Association offers free
resources, some even help
people live well with the
disease. Will call soon, but left
office with some hope.

Send

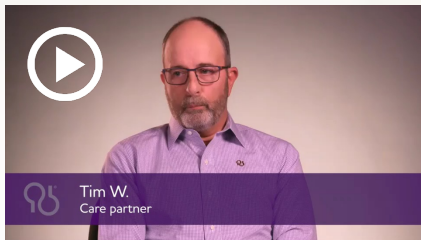


Alzheimer's Association

About the 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)



REGISTER TODAY.

WALK TO
END
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.

WALK TO
END
ALZHEIMER'S
ALZHEIMER'S ASSOCIATION



Ways to Join the Fight

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

**Let's take a look at some ways you can
get involved.**

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Whether you can spare a few hours a week or make a more significant time commitment, consider volunteering with the Alzheimer's Association. Numerous opportunities are available, including becoming a community educator or joining your local Walk Committee. [alz.org/volunteer](https://www.alz.org/volunteer)

Volunteer

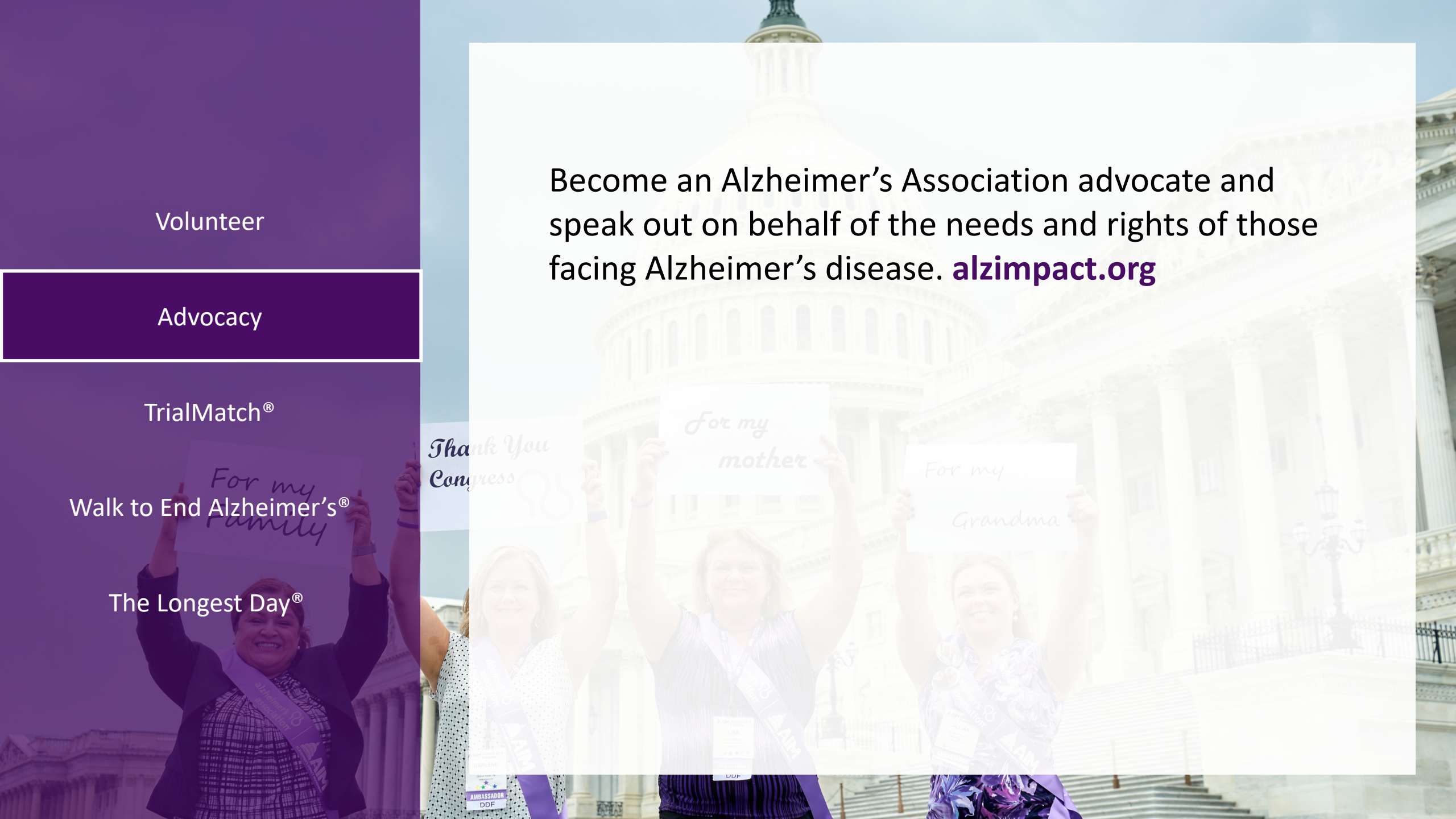
Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Become an Alzheimer's Association advocate and speak out on behalf of the needs and rights of those facing Alzheimer's disease. alzimpact.org



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service. alz.org/TrialMatch

trialmatch®

ALZHEIMER'S  ASSOCIATION®

POWERED BY CenterWatch iConnect™

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Held annually in more than 600 communities, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser to fight the disease. Register today to raise awareness and funds to benefit Alzheimer's care, support and research. alz.org/walk



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

On The Longest Day — the day with the most light, the summer solstice — raise funds and awareness for the care, support and research efforts of the Alzheimer's Association through an activity of your choice.

alz.org/thelongestday





ALZHEIMER'S  ASSOCIATION®

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

Questions?