

## Know the 10 Signs of Alzheimer's Disease

There are 10 warning signs and symptoms of Alzheimer's Disease. Individuals may experience one or more of these signs. If you notice any of them, please see a doctor.

**1. Memory loss that disrupts daily life.** This is one of the most common signs of Alzheimer's especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on reminder notes or family members for things they used to handle on their own.

What's a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

**2. Challenges in planning or solving problems.** Experiencing changes in being able to develop and follow a plan, working with numbers or following a familiar recipe. They may have difficulty concentrating and take longer to do things than they did before.

What's a typical age-related change? Making occasional errors when balancing a checkbook.

**3. Difficulty completing familiar tasks.** Finding it hard to complete daily tasks such as driving to a familiar location or remembering 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.** People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may 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.** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change? Vision changes related to cataracts.

**6. New problems with words in speaking or writing.** Having trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

What's a typical age-related change? Sometimes having trouble finding the right word.

**7. Misplacing things and losing the ability to retrace steps.** Putting things in unusual places or lose things and be unable to trace their steps to find them again. This may occur more frequently over time.

What's a typical age-related change? Misplacing things but being able to find them.

**8. Decreased or poor judgement.** People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

What's a typical age-related change? Making a bad decision once in a while.

**9. Withdrawal from work or social activities.** A person with Alzheimer's may start to remove themselves from hobbies, social activities or work. They may have trouble remembering a favorite hobby or avoid being social because of the changes they have experienced.

What's a typical age-related change? Sometimes feeling weary of work, family and social obligations.

**10. Changes in mood and personality.** People with Alzheimer's can become confused, suspicious, depressed, fearful or anxious. They may be easily upset with friends or in places out of their comfort zone.

What's a typical age-related change? Developing very specific ways of doing things and be-

## **Get screened for Alzheimer's and receive a free gift**

Call us to arrange for a free Alzheimer's Disease screening and we'll give you a free gift. The screening is a brief verbal test conducted in your home or at our office. See page 2 in this newsletter for more details.

## **Join the Walk to End Alzheimer's**

The St. Cloud area Walk to End Alzheimer's is Saturday September 24. Call 800-272-3900 and ask for details on getting involved and supporting Alzheimer's Disease programming.

## **Alzheimer's Support Resources**

**Alzheimer's Association Helpline:** Operates 24 hours a day, seven days a week. Highly-trained staff on all aspects of Alzheimer's disease or related dementias. Call 800.272.3900.

**Family and Individual Care Consultation:** Help families develop a plan for addressing issues and answering questions about dementia. Call the Alzheimer's Association Helpline.

## **Alzheimer's Education Opportunities:**

We offer groups/organization presentations in Holdingford/St. Stephen. Attendees can qualify for a \$20 cash stipend. Call us for details.

**Alzheimer's Friends:** Learn the best approach to being a friend to someone with Alzheimer's. This program is great for families and volunteers.

**Becoming an Alzheimer's Friendly Business:** For business owners and employees who want to understand how to make their business welcoming to those with Alzheimer's.