

10 WARNING SIGNS OF ALZHEIMER'S

IF YOU NOTICE ANY OF THESE SIGNS IN YOURSELF OR SOMEONE ELSE, TAKE ACTION.

1

MEMORY LOSS THAT DISRUPTS DAILY LIFE

Example: Forgetting recently learned information.

2

CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Example: Having trouble keeping track of monthly bills.

3

DIFFICULTY COMPLETING FAMILIAR TASKS

Example: Difficulty organizing a grocery list.

4

CONFUSION WITH TIME OR PLACE

Example: Losing track of dates, seasons and the passage of time.

5

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

Example: Problems judging distance, which may cause trouble with driving.

6

NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

Example: Calling everyday objects by the wrong name.

7

MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

Example: Leaving keys in unusual places and having no idea how they got there.

8

DECREASED OR POOR JUDGMENT

Example: Making bad decisions when dealing with money.

9

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

Example: Losing interest in a favorite hobby.

10

CHANGES IN MOOD OR PERSONALITY

Example: Becoming easily upset when out of one's comfort zone.

Visit alz.org/10signs to learn more.

NOTE: This list is for information only and not a substitute for a consultation with a qualified medical professional.

WHAT'S NEXT?

Talk to someone you trust.

When you notice any of these signs in yourself or someone else, it's important to have a conversation as soon as possible. It's normal to feel unsure about how to share your concerns, but the Alzheimer's Association® can help with tips to guide your conversation. Visit alz.org/memoryconcerns to learn more.



See a doctor.

Get a full medical evaluation. Early diagnosis offers a chance to plan for the future, access support services and explore treatment options. Visit alz.org/evaluatememory to learn what an evaluation may include.

Get support and information.

Call the **Alzheimer's Association 24/7 Helpline (800.272.3900)** to have a confidential conversation with trained specialists and master's-level clinicians who can connect you to resources, or visit alz.org/10signs.

ALZHEIMER'S  ASSOCIATION®

800.272.3900 | alz.org®

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Rev. Aug23

773-10-0013