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connected**
ACTIVITY CENTRE

INFORMATION SHEET

Early Warning Signs

DEMENTIA VS AGE RELATED



The early signs of dementia are very subtle and may not be immediately obvious. Early symptoms also vary across individual patients.



THE EARLY SIGNS OF DEMENTIA INCLUDE:

1. Memory loss that disrupts daily life
2. Repetitive behaviour
3. Difficulty performing familiar tasks
4. Social isolation
5. Confusion about time and place
6. Problems with abstract thinking
7. Loss of initiative
8. Poor or decreased judgement
9. Language problems
10. Other behavioural changes

This information has been sourced from Dementia Australia:

<https://www.dementia.org.au/about-dementia/health-professionals/dementia-the-essentials/early-warning-signs>

If you notice any of the warning signs in yourself or someone you know, don't ignore them. Schedule an appointment with a Doctor. With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer.

TYPICAL AGE-RELATED CHANGES

SIGNS OF ALZHEIMERS AND DEMENTIA

Sometimes forgetting names or appointments, but remembering them later	Memory loss that disrupts daily life
Developing specific ways of doing things and becoming irritable when this routine is disrupted	Changes in mood and personality: confusion, anxiety, fear, suspicion, depression
Making a bad decision once in a while	Poor judgement and decision-making
Sometimes feeling uninterested in family or social obligations.	Withdrawal from work or social activities
Vision changes related to cataracts	Trouble understanding visual images and spatial relationships
Occasionally needing help to use microwave settings or to record a TV show	Difficulty completing familiar tasks
Missing a monthly payment	Inability to manage budget or money
Forgetting which day it is and remembering it later	Losing track of the date, year or the season
Sometimes forgetting which word to use	Difficulty having a conversation
Losing things from time to time	Misplacing things and being unable to retrace steps to find them

This information has been sourced from Alzheimers Association:
https://www.alz.org/alzheimers-dementia/10_signs