

Ten Signs of Alzheimer's

**Alzheimer's Disease Signs: What is and what isn't?
It's sometimes difficult to tell.**

Dementia is the umbrella term for the variety of conditions that can cause the brain to fail. One of those is Alzheimer's Disease, which represents the majority of cases, noted Dr. Jane F. Potter, chief of the Division of Geriatrics and Gerontology at the University of Nebraska Medical Center. "It's safe to say that the thing that Alzheimer's and other dementias have in common is a high risk of behavioral disorders - change in personality, people behaving in ways counter to their prior personality," Dr. Pottter said. According to the Alzheimer's Association, following are 10 warning signs* of Alzheimer's compared with what are typical age-related changes:

Possible Sign of Alzheimer's Disease

Memory loss that disrupts daily life:

One of the most common signs is memory loss, especially forgetting recently learned information.

Challenges in planning or solving problems:

Some people may experience changes in their ability to develop and follow a plan or work with numbers.

Difficulty completing familiar tasks at home, at work or at leisure:

People sometimes may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

Confusion with time or place:

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

Trouble understanding visual images and spatial relationships:

For some people, having visions problems is a sign. They may not realize they are the person in the mirror, for instance.

New problems with words in speaking or writing:

There is trouble following or joining a conversation.

Misplacing things and losing the ability to retrace steps:

Placing things in unusual places. Sometimes they may accuse others of stealing.

Decreased or poor judgment:

Experiencing changes in judgment or decision-making.

Withdrawal from work or social activities:

Some may start to remove themselves from hobbies, social activities, work projects or sports.

Changes in mood and personality:

Some can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work or with friends or in places where they are out of their comfort zone.

Typical Age-Related Changes

Sometimes forgetting names or appointments, but remembering them later.

Making occasional errors when balancing a checkbook.

Occasionally needing help to use the settings on a microwave or to record a television show.

Getting confused about the day of the week, but figuring it out later.

Vision changes related to cataracts or macular degeneration.

Sometimes having trouble finding the right word.

Misplacing things from time to time, such as a pair of glasses.

Making a bad decisions once in a while.

Sometimes feeling weary of work, family and social obligations.

Developing specific ways of doing things and becoming irritable when a routine is disrupted.

The Home Instead Senior Care network is a corporate member of the Alzheimer's Association Alzheimer's Early Detection Alliance, whose goal is to educate about the warning signs of Alzheimer's, the importance of early detection and the resources available to help.

*Source: alz.org/alzheimers_disease_10_signs_of_alzheimers.asp

**For more information about free Family Caregiver Training for family caregivers of seniors dealing with the behavioral changes of Alzheimer's or other dementias, contact our local Home Instead Senior Care office at 972.239.3934.
www.CentralDallas.MyHomeCareBlog.com**



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