



# 10 Warning Signs of Alzheimer's

- 1.) MEMORY LOSS THAT DISRUPTS DAILY LIFE**  
(Sometimes forgetting names or appointments, but remembering them later.)
- 2.) CHALLENGES IN PLANNING OR SOLVING PROBLEMS**  
(Making occasional errors when managing finances or household bills.)
- 3.) DIFFICULTY COMPLETING FAMILIAR TASKS**  
(Occasionally needing help to use microwave settings or to record a TV show.)
- 4.) CONFUSION WITH TIME OR PLACE**  
(Getting confused about the day of the week, but figuring it out later.)
- 5.) TROUBLE UNDERSTANDING VISUAL IMAGES & SPATIAL RELATIONSHIPS**  
(Vision changes related to cataracts.)
- 6.) NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING**  
(Sometimes having trouble finding the right word.)
- 7.) MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS**  
(Misplacing things from time to time and retracing steps to find them.)
- 8.) DECREASED OR POOR JUDGMENT**  
(They may use poor judgment when dealing with money, or pay less attention to grooming or keeping themselves clean.)
- 9.) WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES**  
(Sometimes feeling uninterested in family or social obligations.)
- 10.) CHANGES IN MOOD AND PERSONALITY**  
(They may be easily upset at home, at work, with friends or when out of their comfort zone.)