



# Know the Signs of Dementia



Do you know the difference between early signs of dementia and normal age-related changes?

10 Warning Signs		Normal Age-Related Changes	
1	Memory loss that disrupts daily life	1	Sometimes forgetting names or appointments, but remembering them later
2	Challenges in planning or solving problems	2	Making occasional errors when balancing a checkbook
3	Difficulty completing familiar tasks	3	Occasionally needing help to use the settings on a microwave, or record a TV show
4	Confusion with time or place	4	Confusion about the day of the week but figuring it out later
5	Trouble understanding visual images and spatial relationships	5	Vision changes related to cataracts (do not ignore this, schedule an appointment)
6	New problems with words in speaking or writing	6	Sometimes having trouble finding the right word
7	Misplacing things and losing the ability to retrace steps	7	Misplacing things and from time to time losing the ability to retrace steps
8	Decreased or poor judgment	8	Making a bad decision once in a while
9	Withdrawal from work or social activities	9	Sometimes feeling weary of work, family, and social obligations
10	Changes in mood and personality.	10	Become irritated when a specific routine is disrupted

*The first step in following up on symptoms is finding a doctor you feel comfortable with. An early diagnosis of dementia provides a range of benefits for the individuals who are diagnosed, as well as for their loved ones.*



For more information and resources  
[www.vcaaa.org/dfvc](http://www.vcaaa.org/dfvc)  
 or call **805-477-7300**

Condado de Ventura Amigable a la Demencia