

10 Signs of Alzheimer's Disease to Look For

- 1. Memory loss disrupts daily life.** The increasing need to rely on memory aids (reminder notes, electronic devices) or family members for things once previously handled on their own can be a sign.
- 2. Challenges in planning or solving problems.** If a person experiences changes in the ability to follow a plan or work with numbers, or has difficulty concentrating and completing a task, that may be a concern.
- 3. Difficulty completing familiar tasks.** They may have trouble driving to a familiar location, managing a budget or remembering the rules of a familiar game.
- 4. Confusion with time or place.** Losing track of dates, seasons and the passage of time is another indication. Sometimes people with Alzheimer's can forget where they are or how they got there.
- 5. Trouble understanding visual images and spatial relationships.** They may have difficulty reading, judging distances and determining color or contrast, which may cause problems with driving.
- 6. New problems with words in speaking or writing.** They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (such as calling a "watch" a "hand clock").
- 7. Misplacing things and losing the ability to retrace steps.** Putting things in unusual places and being unable to find them later can be a sign. Sometimes, they may accuse others of stealing, which can increase in frequency over time.
- 8. Decreased or poor judgment.** They also may pay less attention to grooming and personal cleanliness.
- 9. Withdrawal from work or social activities.** Some individuals may avoid being social because of changes they're experiencing, thereby removing themselves from work projects, hobbies and sports.
- 10. Changes in mood and personality.** Individuals can become more easily upset at home, at work, with friends or in places where they are out of their comfort zone.