# 10 WARNING SIGNS

Memories often change with age, but memory loss that disrupts daily life is not a typical part of the process. It may be a symptom of dementia - a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer’s (AHLZ-high-merz) disease, a fatal disorder that results in the loss of brain cells and function.

## 10 WARNING SIGNS OF ALZHEIMER’S:

Memory loss that disrupts daily life

Difficulty completing familiar tasks

Trouble understanding visual images and spatial relationships

New problems with spoken or written language

Changes in mood or personality

Challenges planning or solving problems

Confusion with time or place

Misplacing things and losing the ability to retrace steps

Decreased or poor judgement

Withdrawal from work or social activity

### Need more help with an Alzheimer’s diagnosis?

Use the QR code to view our website for more resources.

### knowalz-il.org

Funding for this publication made possible by a grant from the Illinois Department of Public Health.

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Stages Of Alzheimer’s

Alzheimer’s disease typically progresses through three general stages:

*Early, Middle and Late.*

Early Stage:

Middle Stage:

In the early stage, a person may function independently. Symptoms may not be widely apparent at this stage, but family and close friends may take notice and a doctor may be able to make a diagnosis.

#### Symptoms may include:

* Difficulty remembering the right word or name
* Difficulty performing tasks in social or work settings.
* Forgetting material that was just read.
* Losing or misplacing a valuable object.
* Increased trouble with planning or organizing.

The middle-stage is typically the longest stage and can last for many years. As the disease progresses, the person living with Alzheimer’s will require greater levels of care.

#### Symptoms may include:

* Being forgetful of events or personal history.
* Feeling moody or withdrawn, especially in socially or mentally challenging situations.
* Being unable to recall information about themselves.
* Experiencing confusion about where they are or what day it is.
* Requiring help dressing appropriately for the season or the occasion.
* Changes in sleep patterns.
* Showing an increased tendency to wander and become lost.
* Delusions or repetitive behavior

Late Stage:

In the final stage, memory and cognitive skills will further decline, and individuals need extensive care.

#### At this stage, individuals may:

* + Require around-the-clock assistance with daily personal care.
	+ Lose awareness of recent experiences as well as of their surroundings.
	+ Experience changes in physical abilities, including walking, sitting and, eventually, swallowing.
	+ Have difficulty communicating.
	+ Become vulnerable to infections, especially pneumonia.

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# Early detection is important.

Diagnosing Alzheimer’s disease in its early stage allows those directly affected to be actively involved in important health and planning decisions and to gain access to treatments and support services.

The normal aging process often causes memory or function-loss issues — and not all these issues are due to dementia or its most common form, Alzheimer’s disease. Only a clinical evaluation can determine if symptoms are related to dementia or a reversible cause.

Use our QR code to learn more about the value of early detection:

Importance Of Early Detection

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