

Warning Signs or Normal Aging

Forgetting

- Memory loss that disrupts daily life
- Forgetting recently learned information
- Asking the same question repeatedly



- Occasionally forgetting a name or an appointment
- Later remembering what was forgotten
- Needing assistance using new technology

Confusion

- Confusion with time or place
- Forgetting where one is or how they got there
- Struggling with vocabulary
- Trouble following conversations



- Temporarily forgetting the day of the week
- Occasionally having trouble finding the right word

Emotional changes

- Difficulty completing familiar /previously simple tasks
- Inability to follow social norms
- Withdrawal from hobbies, social activities or other engagements
- Changes in mood and personality



- Occasionally feeling uninterested in family or social obligations
- Irritability when a daily routine is disrupted

Altered Judgment

- Paying less attention to grooming and cleanliness
- Mistrusting others/accusing them of stealing



- Making a bad decision/mistake once in a while
- Occasional errors when managing finances or household bills