

THE 10 WARNING SIGNS OF ALZHEIMER'S

1. **Memory loss that disrupts daily life** — forgetting recently learned information, important dates, or repeatedly asking the same questions.
2. **Challenges in planning or solving problems** — trouble following a familiar recipe or keeping track of monthly bills.
3. **Difficulty completing familiar tasks** — trouble driving to a familiar location or remembering the rules of a favorite game.
4. **Confusion with time or place** — losing track of dates, seasons, or how they got somewhere.
5. **Trouble understanding visual images and spatial relationships** — difficulty reading, judging distance, or determining color/contrast, which can affect driving.
6. **New problems with words in speaking or writing** — struggling to follow a conversation or calling things by the wrong name.
7. **Misplacing things and losing the ability to retrace steps** — putting items in unusual places and being unable to find them again.
8. **Decreased or poor judgment** — giving away large sums of money to telemarketers or paying less attention to grooming.
9. **Withdrawal from work or social activities** — pulling back from hobbies, social engagements, or sports.
10. **Changes in mood and personality** — becoming confused, suspicious, depressed, fearful, or anxious, or easily upset.