



Alzheimer's Disease Part 1

May 2021

Senior Management Services

Over the next few months, we are going to look at the early warning signs of Alzheimer's Disease and other dementias. Alzheimer's Disease is just one type of dementia. The Alzheimer's Association has so many resources for those affected by the dementia and their family, friends, and caregivers. One section of the website is dedicated to early warning signs of Alzheimer's Disease or dementia. We will highlight and discuss a few of these each month. If you notice these signs, do not ignore them, but contact the doctor to plan for assessment and evaluation.

1. Memory Loss that disrupts life

In the early stage this is one of the most common signs. Using notes and reminders more often and forgetting current information, events and plans can all be an early sign of dementia. Forgetting names or appointments can be an example of this type of memory loss.

2. Challenges in planning or solving problems

Your loved one may have changes in their ability to follow a plan or work with numbers. Examples of this may be having a hard time with a familiar recipe or making mistakes in their checkbook or with personal finances in general.

3. Difficulty completing familiar tasks

For those with probable dementia, they may find it hard to complete daily tasks. They could have trouble with finding a familiar location while driving, organizing a list to grocery shop or even working the settings on a microwave.

4. Confusion with time and place

Those with Alzheimer's can lose track of days and time. It may be difficult for them to recall a date or what season it is currently. This is often one of the first assessment tools used to determine if someone is experiencing some memory loss.

If you notice any of these signs in your loved one or yourself, contact the doctor. Do not ignore them.

For additional information about Eldercare, please contact Quest at 1-800-364-6352.