

10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



Participant's Guide

alzheimer's  association®

10 Warning Signs of Alzheimer's Participant's Guide

Introduction

10 Warning Signs of Alzheimer's

Learning Objectives

- Describe typical age-related memory, thinking or behavior changes.
- Recognize common warning signs of Alzheimer's and dementia.
- Discuss the tips for approaching someone about memory concerns.
- Explain the importance of early detection and benefits of diagnosis.
- Identify possible tests and assessments for the diagnostic process.
- Name the resources available through the Alzheimer's Association.

Meet the Garcias



Mary, a 73-year-old widow, lives alone. She's a retired teacher who has always meticulously cared for her home. Her daughter, Lydia, has recently been noticing laundry pile up, and junk mail and old newspapers lying around the house.



10 Warning Signs of Alzheimer's

What is dementia?

What is Alzheimer's disease?

Why is it important to know the signs?



1

Memory loss that disrupts daily life

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

One of the most common signs of Alzheimer's is forgetting recently learned information. Others include:

- Forgetting important dates or events.
- Asking the same questions over and over.
- Increasingly relying on memory aids (e.g., reminder notes) or family members for tasks formerly managed with ease.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

10 signs home

Next sign >

2

Challenges in planning or solving problems

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

Some people may experience changes in their ability to develop and follow a plan or work with numbers, which may result in:

- Trouble following a familiar recipe or keeping track of monthly bills.
- Difficulty concentrating and taking much longer to complete tasks.

What's a typical age-related change?

Making occasional errors when managing finances or household bills.

What was a sign for John?



10 signs home

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3

Difficulty completing familiar tasks

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with dementia commonly have difficulty completing daily tasks, such as:

- Driving to a familiar location.
- Organizing a grocery list.
- Remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

Hear from the expert



10 signs home

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4

Confusion with time or place

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's or other dementias can lose track of dates, seasons and the passage of time. They may:

- Have trouble understanding something if it is not happening immediately.
- Forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week, but figuring it out later.

10 signs home

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5

Trouble understanding visual images and spatial relationships

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

For some people, having vision problems is a sign of dementia, which may lead to:

- Difficulty with balance.
- Trouble reading.
- Problems judging distance and determining color or contrast, which may cause issues with driving.

What's a typical age-related change?

Vision changes related to cataracts.

Hear from the expert



10 signs home

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6

New problems with words in speaking or writing

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's may have trouble following or joining a conversation. They may:

- Stop in the middle of a conversation and have no idea how to continue.
- Repeat themselves.
- Struggle with vocabulary.
- Have trouble naming a familiar object or use the wrong name.

What's a typical age-related change?

Sometimes having trouble finding the right word.

What was a sign for Phil?



10 signs home

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7

Misplacing things and losing the ability to retrace steps

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

A person living with Alzheimer's may put things in unusual places. He or she may:

- Lose things and be unable to go back over their steps to find them.
- Accuse others of stealing, which may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

Hear from the expert



10 signs home

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8

Decreased or poor judgment

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's may experience changes in judgment or decision-making. They may:

- Use poor judgment when dealing with money.
- Pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

What was a sign for Theresa?



10 signs home

< Previous sign

Next sign >

9

Withdrawal from work or social activities

10 Warning Signs of Alzheimer's



Hear from the expert.



10 signs home

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Next sign >

What are possible signs of dementia?

A person living with dementia may experience changes in the ability to hold or follow a conversation. As a result, he or she may:

- Withdraw from hobbies, social activities or other engagements.
- Have trouble keeping up with a favorite team or activity.

What's a typical age-related change?

Sometimes feeling uninterested in family or social engagements.

10

Changes in mood and personality

10 Warning Signs of Alzheimer's



Hear from the expert



10 signs home

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What are possible signs of dementia?

People living with dementia may experience mood and personality changes, such as:

- Becoming confused, suspicious, depressed, fearful or anxious.
- Getting easily upset at home, with friends or when out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



10 Signs of Alzheimer's Recap

- These 10 signs are a guide to identify problems that may be related to Alzheimer's.
- Individuals may experience one or multiple warning signs in varying degrees — but they don't have to experience them all for there to be concern.
- If you notice any of these signs in yourself or someone else, it's important to see a doctor.

A blurred background image showing an elderly man and a woman sitting outdoors. The man is on the left, wearing a light-colored shirt and pants, and the woman is on the right, wearing a dark top. They appear to be in a park or garden setting.

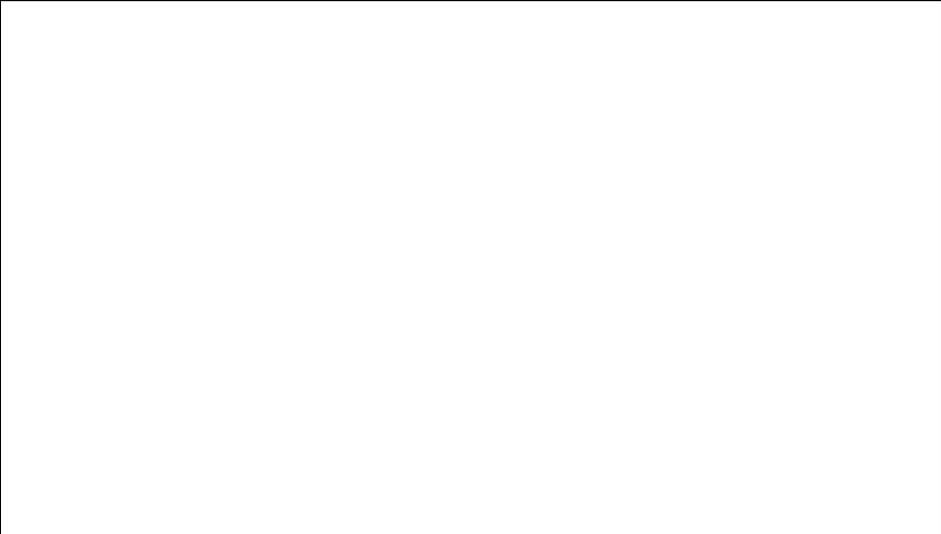
The Importance of Early Detection

Hear from the expert.

What did Mary notice?



Friends and family are often the first to notice changes.



10 Steps to Approach Memory Concerns

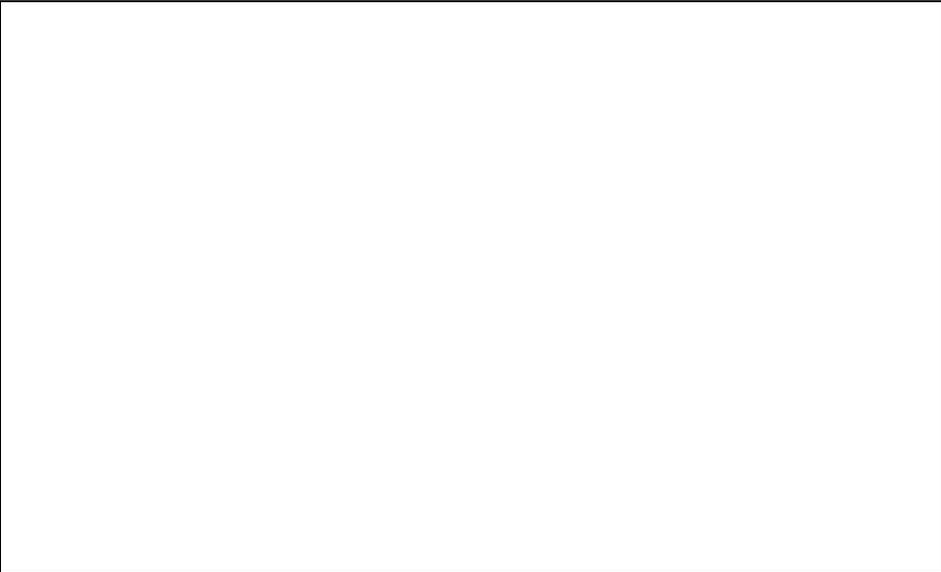
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What changes in memory, thinking or behavior do you see?



Assess the situation

Next step >



10 Steps to Approach Memory Concerns ✕

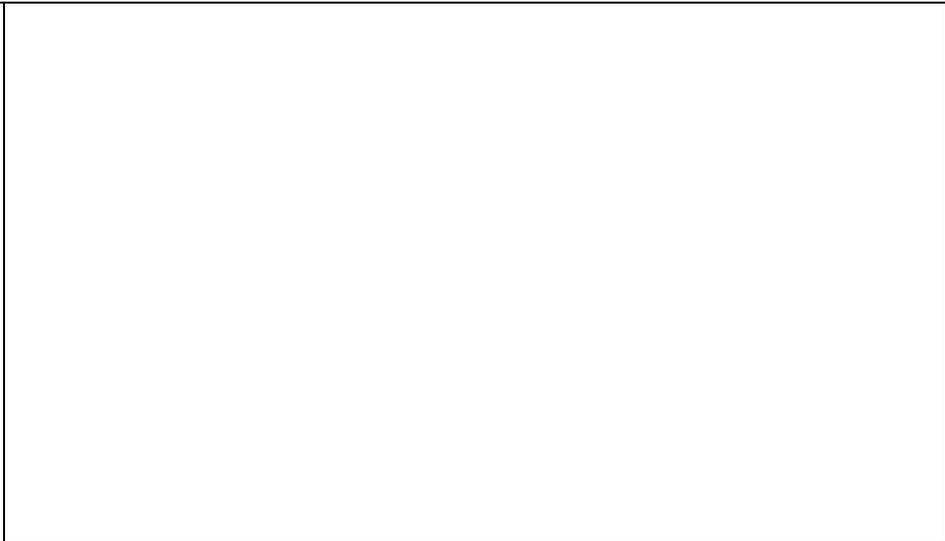
2

What else is going on?



Assess the situation

< Prev step Next step >



10 Steps to Approach Memory Concerns ✕

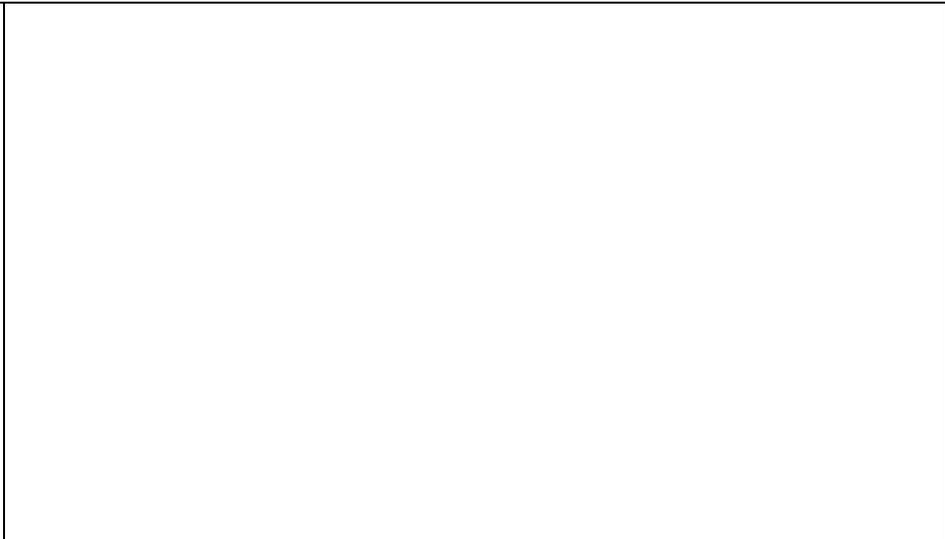
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Learn about the signs and the benefits of early diagnosis.



Assess the situation

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10 Steps to Approach Memory Concerns ✕

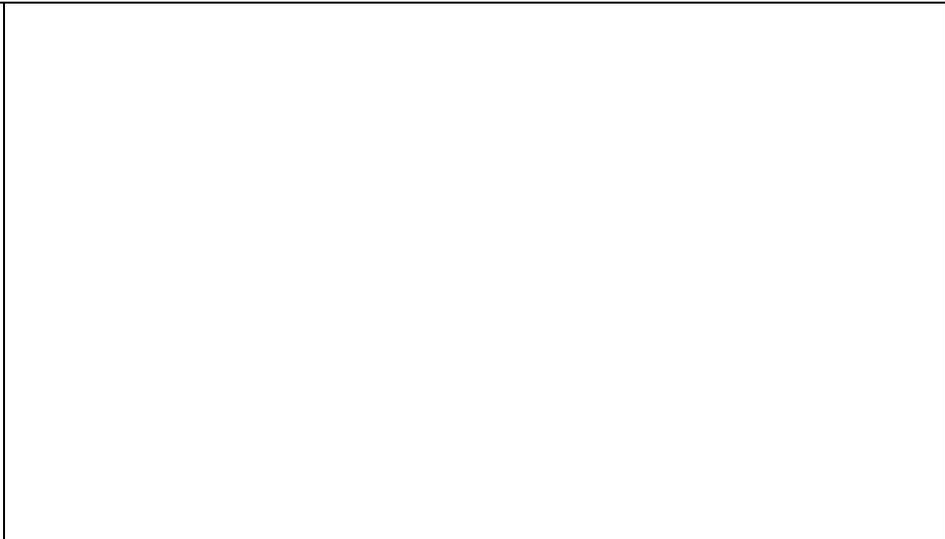
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Has anyone else noticed the change(s)?



Assess the situation

< Prev step Next step >

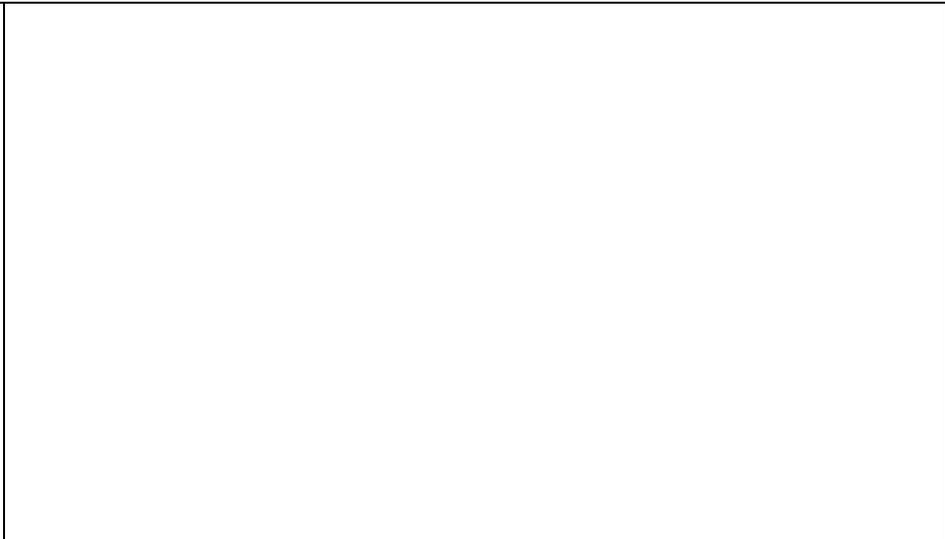


10 Steps to Approach Memory Concerns ✕

Have a conversation



< Prev step Next step >



10 Steps to Approach Memory Concerns

5

Who should have the conversation to discuss concerns?



Have a conversation

< Prev step

Next step >

10 Steps to Approach Memory Concerns

6

What is the best time and place to have the conversation?



Have a conversation

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10 Steps to Approach Memory Concerns ✕

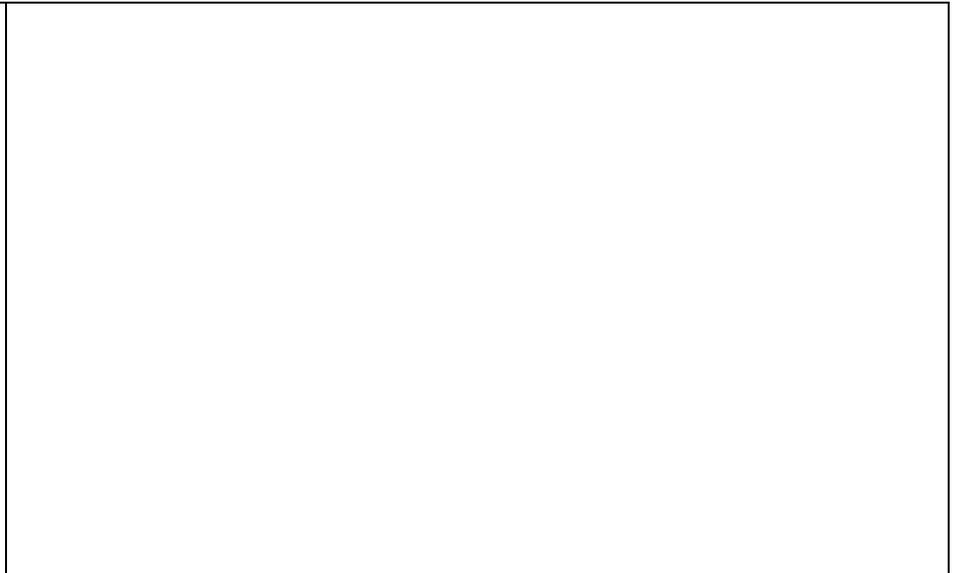
7

What will you or the person having the conversation say?



Have a conversation

< Prev step Next step >



10 Steps to Approach Memory Concerns ✕

8

Offer to go with the person to the doctor.



Have a conversation

< Prev step Next step >



10 Steps to Approach Memory Concerns ✕

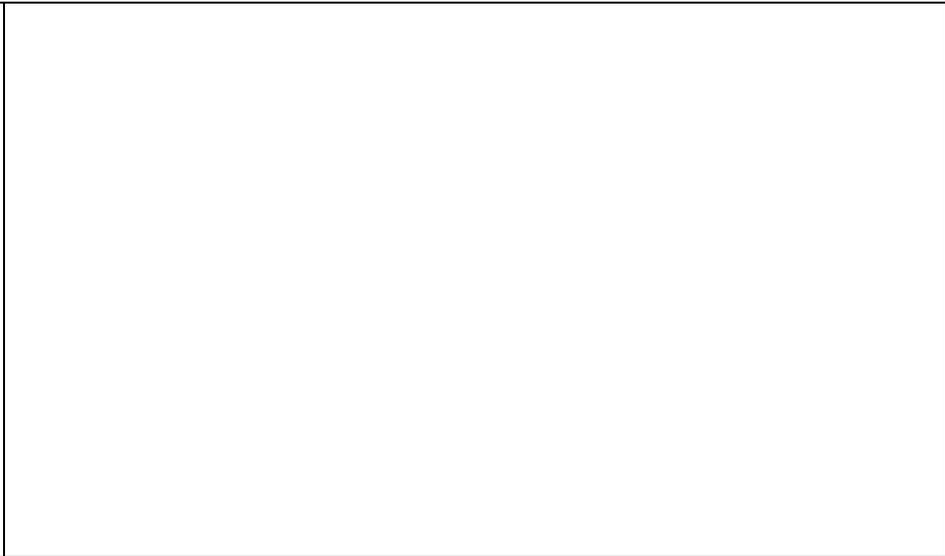
9

If needed, have multiple conversations.



Have a conversation

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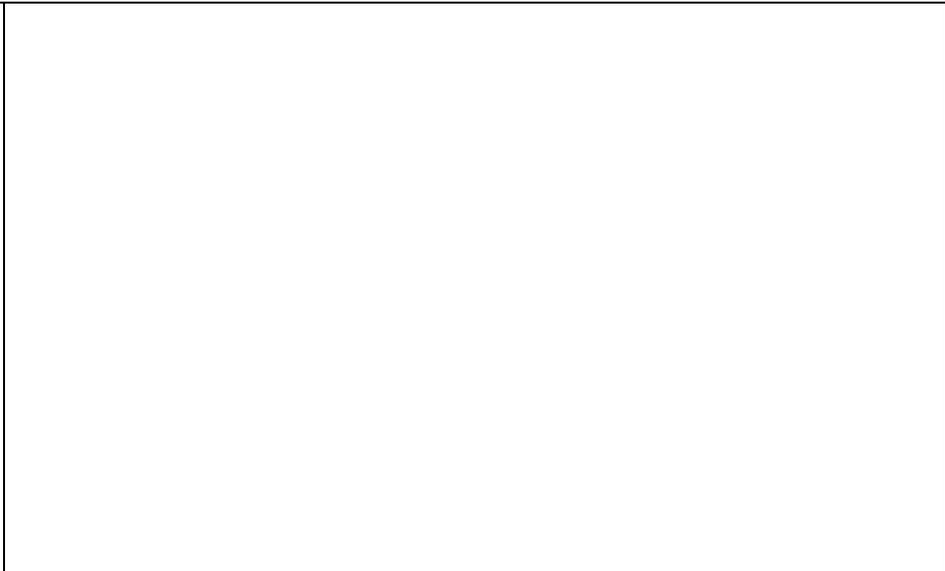


10 Steps to Approach Memory Concerns ✕

Reach out for support



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10 Steps to Approach Memory Concerns ✕

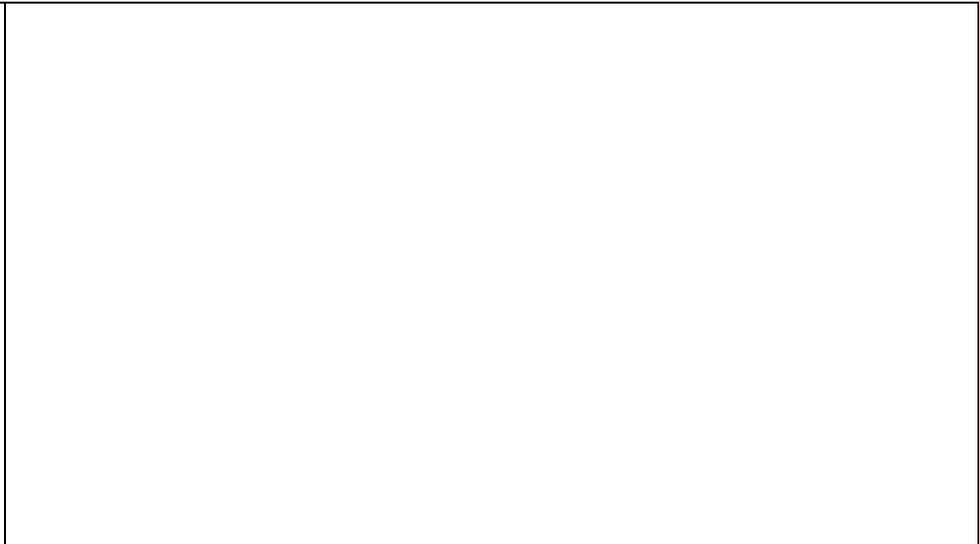
10

Turn to the Alzheimer's Association for information and support.



Reach out for support

< Prev step Next step >



10 Steps to Approach Memory Concerns ✕

See a doctor

< Prev step Next step >



10 Steps to Approach Memory Concerns

Most people address concerns about memory, thinking or behavior with their primary care physician. However, in some cases, the primary care physician will refer the person to see a specialist for further evaluation.

Specialists may include:

- Geriatrician
- Neurologist
- Neuropsychologist
- Psychiatrist
- Psychologist



See a doctor

< Prev step



Ruth Drew, M.S., LPC
Alzheimer's Association

Importance of Early Detection Recap

- Pay attention to any changes in memory, thinking or behavior that you notice in people.
- If you see changes that are unusual for the person, take action by having a conversation.
- Discussing these types of concerns can be difficult; consider using the 10 Steps to Approach Memory Concerns as a guide.
- There are a number of benefits to early detection, including planning for the future, access to treatments for symptoms and participation in clinical studies.

Seeking a Diagnosis

There is currently no way to diagnose Alzheimer's disease.

True

False



Possible assessments and tests



Mary Garcia
Age 73

Assessments may include:

- ✓ Medical history
- ✓ Physical exam
- Screen for depression
- Interview with close companion

Tests may include:

- ✓ Laboratory tests
- ✓ Mental cognitive status tests
- Brain imaging



Seeking a Diagnosis Recap

- The diagnostic experience may vary from person to person.
- Something other than Alzheimer's or another dementia could be causing the symptoms.
- Stigma and misconceptions about the disease — like believing that nothing can be done — can prevent some people from seeking a diagnosis.

Alzheimer's Association

About the Alzheimer's Association

Our mission:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's disease®.

800.272.3900 | alz.org®

alzheimer's  association®

Alzheimer's Association Key Resources

We're available wherever and whenever you need reliable information and support.

- ▶ On the phone – 24/7 Helpline, 800.272.3900
- ▶ Online – alz.org
- ▶ In communities nationwide – alz.org/CRF

Ways to Join the Fight

Volunteer

Advocacy

TrialMatch®

Walk to End
Alzheimer's®

Let's take a look at some ways you can get involved.

Alzheimer's Association Resources

- Call the **24/7 Helpline (800.272.3900)**. Care specialists and master's-level clinicians provide reliable information and support all day, every day.
- Visit **alz.org**[®], a robust repository of up-to-date dementia-related information and resources.
- Join **ALZConnected**[®] (**alzconnected.org**), our free online community, to connect with other caregivers or people living with dementia.
- Explore the **Alzheimer's Association & AARP Community Resource Finder (alz.org/CRF)** to locate dementia and aging-related resources and services in your area, including your local Association office.
- Assess your needs and create customized action plans with **Alzheimer's Navigator**[®] (**alzheimersnavigator.org**).
- Check out **alz.org/research** to learn more about Alzheimer's and other dementias and the Association's involvement in advancing the field of research.
- Go to **alz.org/publications** to access our catalog of brochures and topic sheets covering a variety of dementia-related topics.

For people living with dementia:

- Visit **alz.org/IHaveAlz** to start learning and planning in order to live your best life today.
- Access **LiveWell Online Resources (alz.org/livewell)** for free interactive tools and personalized steps for living well with the disease.
- Take our free ***Living with Alzheimer's: For People with Alzheimer's*** workshop online at **alz.org/education** or through your local Alzheimer's Association office (**alz.org/CRF**).

For caregivers:

- Find support and information for all stages of the disease at **alz.org/care**.
- Visit **alz.org/safety** for a comprehensive offering of safety information, tips and resources.
- Take our free ***Living with Alzheimer's: For Caregivers*** workshop series online at **alz.org/education** or through your local Alzheimer's Association office (**alz.org/CRF**).

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