1. Memory in a fog
2. Challenges in planning or solving problems
3. Struggle with familiar tasks
4. Confusion with time or place
5. Images and places seem less familiar
6. Words or thoughts get confused
7. Misplacing things and losing ability to retrace steps
8. May have slips in judgement
9. Feel like pulling away from others
10. Not feeling like yourself

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Dementia is not a specific disease. It describes a wide range of symptoms associated with a decline in memory or other thinking skills. Alzheimer’s disease is the most common type of dementia.

Many dementias are progressive, meaning symptoms get worse over time. If you or a loved one is experiencing memory difficulties or other changes in thinking skills, don’t ignore them. See a doctor soon to determine the cause.

The resource was adapted from the Alzheimer’s Association: “10 Early Signs and Symptoms of Alzheimer’s”

For information, education, referrals, or support, call the Alzheimer’s Association 24/7 helpline at 1-800-272-3900 or visit their website at alz.org.

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