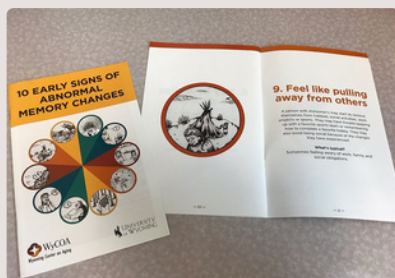
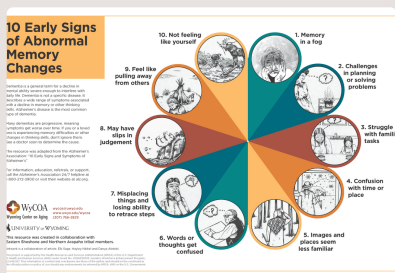


10 Early Signs of Abnormal Memory Changes

The Wyoming Center on Aging in collaboration with tribal stakeholders embarked on a multi-step process to create culturally appropriate education materials to increase the awareness and recognition of cognitive loss among American Indians.



Adaption Guide: 10 EARLY

These educational materials were created by members. They are intended to be used with consideration when used.

10: Not feeling like yourself

Adaption suggestions: animals/situations chosen

9: Feel like pulling away from others

Adaption suggestions: housing chosen, hair styles chosen, landscapes

8: May have slips in judgement

Adaption suggestions: animals & situations chosen

7: Misplacing things and losing ability to retrace steps

Adaption suggestions: hairstyles chosen

6: Words or thoughts get confused

Adaption suggestions: hairstyles chosen

POSTER

BOOKLET

ADAPTATION GUIDE

These resources were created in collaboration with Eastern Shoshone and Northern Arapaho tribal members.

10 Early Signs of Abnormal Memory Changes

POSTER | BOOKLET | ADAPTATION GUIDE

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.

These resources were 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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