

10

Possible Signs of Dementia

Ten common signs of dementia are described below. If you are concerned about any of these changes in yourself or someone else, contact a health-care provider or your local Alzheimer Society.

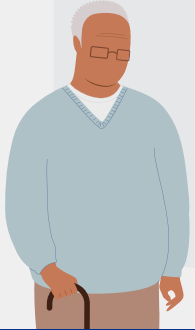
Disorientation in time and place

Not knowing what day of the week it is or getting lost in a familiar place.



Loss of initiative

Losing interest in spending time with friends and family and in taking part in activities. Needing prompts to become involved.



Misplacing things

Putting things in strange places, like a remote in the refrigerator.



Changes in mood, behaviour and personality

Experiencing severe mood changes or behaving out of character, such as being suspicious or withdrawing.



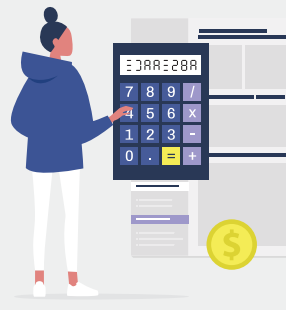
Difficulty doing familiar tasks

Forgetting how to do something you've been doing your whole life, such as preparing a meal or getting dressed.



Problems with abstract thinking

Having difficulty managing finances or not knowing what numbers are and how they are used.



Impaired judgment

Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.



Changes in language and communication

Forgetting words, substituting words or using the wrong words that don't fit the conversation.



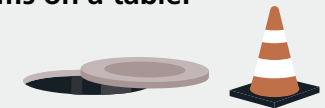
Memory changes that affect day-to-day abilities

Forgetting who a family member is or not remembering new information.



Changes in sight or motion

Not seeing objects when walking or difficulty placing items on a table.



For more information, contact your local Alzheimer Society. Visit [alzheimer.ca/find](https://www.alzheimer.ca/find).

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