

# KNOW THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

**1**

**MEMORY LOSS THAT AFFECTS DAY-TO-DAY ABILITIES**  
Forgetting things often or struggling to retain new information.

**2**

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

**3**

**PROBLEMS WITH LANGUAGE**  
Forgetting words or substituting words that don't fit the context.

**4**

**DISORIENTATION IN TIME AND SPACE**  
Not knowing what day of the week it is or getting lost in a familiar place.

**5**

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

**6**

**PROBLEMS WITH ABSTRACT THINKING**  
Having difficulty balancing a chequebook, for example, or not understanding what numbers are and how they are used.

**7**

**MISPLACING THINGS**  
Putting things in strange places, like a dress in the refrigerator or a wristwatch in the sugar bowl.

**8**

**CHANGES IN MOOD AND BEHAVIOUR**  
Exhibiting severe mood swings from being easy-going to quick-tempered.

**9**

**CHANGES IN PERSONALITY**  
Behaving out of character, such as becoming confused, suspicious, or fearful.

**10**

**LOSS OF INITIATIVE**  
Losing interest in friends, family and favourite activities.

For more information, contact your local Alzheimer Society or visit [www.alzheimer.ca](http://www.alzheimer.ca)

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