Sign 9 Changes in personality

People's personalities can change in subtle ways over time. A person with Alzheimer's disease may experience more striking personality changes and can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

Sign 10 Loss of initiative

At times, it's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer's disease may become very passive, apathetic and require cues and prompting to become involved.

The Alzheimer Society advocates for people living with Alzheimer's and related diseases across Canada. The Society believes everyone living with theses diseases should have access to treatments that enhance their quality of life.

The Alzheimer Society is a national not-for-profit health organization dedicated to helping people affected by Alzheimer's and related diseases. The Society has numerous resources and support programs for people with the disease and their caregivers. The Society also funds research into finding a cure for the disease, and into improved methods of caregiving.

For more information, contact your local Alzheimer Society or visit our website at www.alzheimer.ca

Help for today. **Hope for tomorrow...**

Alzheimer Society

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Alzheimer Society

Alzheimer's disease

10 Warning signs

Forget Me Not
Ne m'oubliez pas

Alzheimer's disease is a progressive, degenerative disease of the brain. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. If you notice any of these symptoms or changes in abilities or behaviour, it is important to see a doctor. The changes may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer's disease, it is best to get an early diagnosis in order to receive the proper treatment, information and support. Your local Alzheimer Society is here to help.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

10 Warning Signs

Sign 1 Memory loss that affects day-to-day abilities

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer's disease may forget things more often or have difficulty recalling information that has recently been learned.

Sign 2 Difficulty performing familiar tasks

Busy people can be so distracted from time to time that they may forget to serve part of a meal and only remember later. A person with Alzheimer's disease may have trouble completing tasks that have been familiar to them all their lives, such as meal preparation or playing a game.

Sign 3 Problems with language

Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease may forget simple words or substitute words, making sentences difficult to understand.

Sign 4 Disorientation in time and space

It's normal to forget the day of the week or your destination - for a moment. But a person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.

Sign 5 Poor or decreased judgment

From time to time, people can make questionable decisions such as putting off seeing a doctor when they have an infection. A person with Alzheimer's disease may have poor or decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Sign 6 Problems with abstract thinking

From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a cheque book. Someone with Alzheimer's disease may have significant difficulties with such tasks, for example not understanding what numbers are and how they are used.

Sign 7 Misplacing things

Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Sign 8 Changes in mood and behaviour

Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit varied mood swings - from calm to tears to anger - for no apparent reason.