

8 *Changes in mood and behaviour*

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

9 *Changes in personality*

People's personalities can change somewhat with age. But a person with Alzheimer Disease can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

10 *Loss of initiative*

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

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

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

Help for today. Hope for tomorrow...

Alzheimer Society

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Is It Alzheimer Disease?

10 Warning Signs

Alzheimer Society

10 Warning Signs

Alzheimer Disease is a progressive, degenerative disease. 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. It is important to see a doctor when you notice any of these symptoms as they may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer Disease, your local Alzheimer Society can help.

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



1 *Memory loss that affects day-to-day function*

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer Disease may forget things more often and not remember them later, especially things that have happened more recently.

2 *Difficulty performing familiar tasks*

Busy people can be so distracted from time to time that they may leave the carrots on the stove and only remember to serve them at the end of a meal. A person with Alzheimer Disease may have trouble with tasks that have been familiar to them all their lives, such as preparing a meal.

3 *Problems with language*

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

4 *Disorientation of time and place*

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

5 *Poor or decreased judgment*

People may sometimes put off going to a doctor if they have an infection, but eventually seek medical attention. A person with Alzheimer Disease may have decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

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 Disease may have significant difficulties with such tasks, for example not understanding what the numbers in the cheque book mean.

7 *Misplacing things*

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