





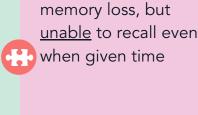
Is it Aging or Dementia?

Normal Signs of Aging Memory and Concentration

Early Signs of Dementia

May complain about Complains about

memory loss, but usually able to remember when given time



Memory for recent events/affairs not impaired; able to remember telephone numbers and/or appointments without much difficulty

Notable decline in recent memory for events, names of friends, telephone numbers and

appointments

Does not get lost in unfamiliar surroundings but sometimes may have to pause momentarily to remember their way

in both familiar or unfamiliar surroundings whether driving or traveling, and may confuse bus numbers or alight at wrong bus stops, hence taking a longer time to return home

May get disoriented

retrieve them independently May briefly forget

conversations but,

given time, will recall

details of

items but is able to

May misplace

commonly used

items and/or documents in odd places and has difficulty remembering the ocations late Frequently forget

conversations and

tends to repeatedly

sentences or finding

Misplaces important

later Occasional difficulty

in finding the right

word

ask what was said Language and Speech Finds difficulty in completing

to initiate

conversations

parts of

the right words and has decreased ability

May experience

No significant

sadness or anxiety

due to appropriate and specific reasons



Mood and Behaviour

Unpredictable mood changes

May present with depression, anger

and confusion in

personality changes Maintains prior level

of interpersonal

social skills



Exhibits loss of interest in social activities

response to change

Able to operate common and new appliances without much difficulty



Co-ordination

Increasing difficulty in learning to operate new

appliances

What is Dementia?

part of normal aging. For a person living with dementia, the brain cells are destroyed, leading to memory loss and a decline in mental functions.

Dementia is a condition that affects the brain. It is not

Content adapted from Alzheimer's Association and Alzheimer's Society.

