



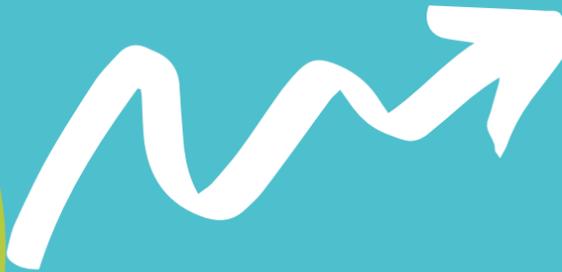
DO YOU KNOW WHAT TO LOOK FOR?

It may be a long time since you've connected with some people you care about or seen them in person. Keep your eyes and ears peeled for changes or things that seem "off" and trust your intuition!

MEMORY LOSS

Forgetting things and not remembering them later, like forgetting they drove to the store and taking the bus home. Asking the same question over and over.

These symptoms can sometimes be attributed to normal aging and be easily dismissed or overlooked. They are not always a normal part of the aging process.



CHALLENGES WITH FAMILIAR TASKS

Having issues with things that used to seem almost automatic, like making a sandwich or a cup of coffee. Getting distracted between tasks and not completing them. Needing a recipe for something they've known by heart.



Communication issues

Frequent trouble with word-finding or calling things by different or incorrect names. Difficulty following conversations.



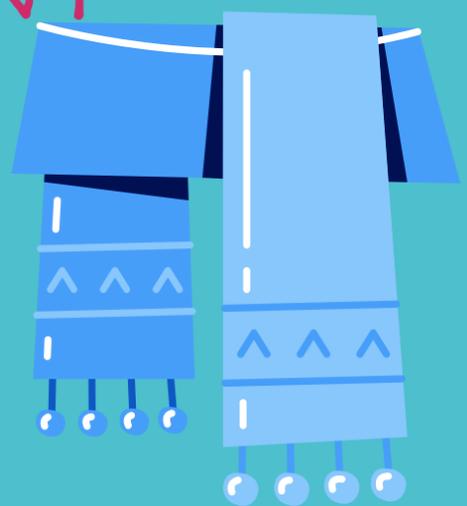
Mixing up times and places

Becoming lost in a familiar neighbourhood or forgetting a typical route. Issues with recalling which day, week, month or year it is.



POOR JUDGMENT

Being unable to make decisions that used to be simple, or making unusual choices, like deciding not to wear a coat on a frigid winter day.



NEXT

If you are concerned about any of these signs in yourself or a family member, please consult a physician or contact us

(403) 290-0110

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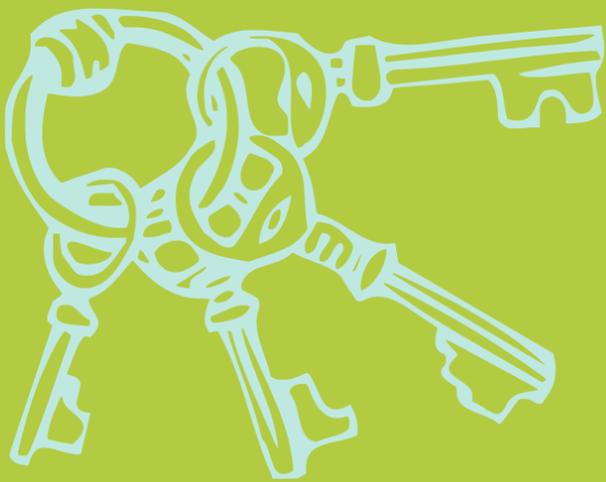
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Changes in mood and behaviour

Acting out of character; having rapid changes in mood for no apparent reason, like becoming easily angry or upset.

Becoming confused, fearful, suspicious, or very dependent on a family member. An outgoing person may become more introverted or vice versa.

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Trouble with spatial relations

More difficulty with balance or judging distance than usual. Spilling or dropping things more frequently.

MISPLACING THINGS

Things may be misplaced more often or left in unusual places, like leaving the milk in the pantry or putting the car keys in the medicine cabinet. Being unable to retrace their steps to find the items again is another potential sign.



Changes in appearance or personal habits

Struggling with hygiene habits, such as wearing the same outfit repeatedly and not laundering it, or not caring for a beloved pet as much as usual



ISSUES WITH ABSTRACT THINKING

Having difficulty with numbers. Examples might include finding the right coins for transit, trouble reading a non-digital clock face, or not understanding the numbers on a cheque.



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