

10 Warning Signs of Alzheimer's

ALZHEIMER'S  ASSOCIATION®



10 Warning Signs of Alzheimer's

Learning Objectives

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- Describe typical age-related memory, thinking or behavior changes.
- Recognize common warning signs of Alzheimer's and dementia.
- Discuss the tips for approaching someone about memory concerns.
- Explain the importance of early detection and benefits of diagnosis.
- Identify possible tests and assessments for the diagnostic process.
- Name the resources available through the Alzheimer's Association.



10 Warning Signs of Alzheimer's

Dementia and Alzheimer's



What is dementia?




What is Alzheimer's disease?



Why is it important to know the signs?

10 Warning Signs of Alzheimer's



1 Memory loss that disrupts daily life	2 Challenges in planning or solving problems	3 Difficulty completing familiar tasks	4 Confusion with time or place
5 Trouble understanding visual images and spatial relationships	6 New problems with words in speaking or writing	7 Misplacing things and losing the ability to retrace steps	8 Decreased or poor judgment
9 Withdrawal from work or social activities	10 Changes in mood and personality		

1

Memory loss that
disrupts daily life

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

One of the most common signs of Alzheimer's is forgetting recently learned information.

Others include:

- Forgetting important dates or events.
- Asking the same questions over and over.
- Increasingly relying on memory aids (e.g., reminder notes) or family members for tasks formerly managed with ease.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

Challenges in
planning or solving
problems

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

Some people may experience changes in their ability to develop and follow a plan or work with numbers, which may result in:

- Trouble following a familiar recipe or keeping track of monthly bills.
- Difficulty concentrating and taking much longer to complete tasks.

What's a typical age-related change?

Making occasional errors when managing finances or household bills.

What was a sign
for John?



Difficulty completing familiar tasks

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with dementia commonly have difficulty completing daily tasks, such as:

- Driving to a familiar location.
- Organizing a grocery list.
- Remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show..

Hear from the expert



Confusion with time
or place

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's or other dementias can lose track of dates, seasons and the passage of time. They may:

- Have trouble understanding something if it is not happening immediately.
- Forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week, but figuring it out later.

Trouble
understanding visual
images and spatial
relationships

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

For some people, having vision problems is a sign of dementia, which may lead to:

- Difficulty with balance.
- Trouble reading.
- Problems judging distance and determining color or contrast, which may cause issues with driving.

What's a typical age-related change?

Vision changes related to cataracts.

Hear from the
expert



New problems with words in speaking or writing

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's may have trouble following or joining a conversation. They might:

- Stop in the middle of a conversation and have no idea how to continue.
- Repeat themselves.
- Struggle with vocabulary.
- Have trouble naming a familiar object or use the wrong name.

What's a typical age-related change?

Sometimes having trouble finding the right word.

What was a sign for Phil?



Misplacing things and losing the ability to retrace steps

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

A person living with Alzheimer's may put things in unusual places.

He or she may:

- Lose things and be unable to go back over their steps to find them.
- Accuse others of stealing, which may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

Hear from the expert



Decreased or poor judgment

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with Alzheimer's may experience changes in judgment or decision-making. They may:

- Use poor judgment when dealing with money.
- Pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

What was a sign for Theresa?



Withdrawal from
work or social
activities

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

A person living with dementia may experience changes in the ability to hold or follow a conversation. As a result, he or she may:

- Withdraw from hobbies, social activities or other engagements.
- Have trouble keeping up with a favorite team or activity.

What's a typical age-related change?

Sometimes feeling uninterested in family or social engagements.

Hear from the
expert



Changes in mood and personality

10 Warning Signs of Alzheimer's



What are possible signs of dementia?

People living with dementia may experience mood and personality changes, such as:

- Becoming confused, suspicious, depressed, fearful or anxious.
- Getting easily upset at home, with friends or when out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Hear from the expert



10 Warning Signs of Alzheimer's



1

Memory loss that disrupts daily life

2

Challenges in planning or solving problems

3

Difficulty completing familiar tasks

4

Confusion with time or place

5

Trouble understanding visual images and spatial relationships

6

New problems with words in speaking or writing

7

Misplacing things and losing the ability to retrace steps

8

Decreased or poor judgment

9

Withdrawal from work or social activities

10

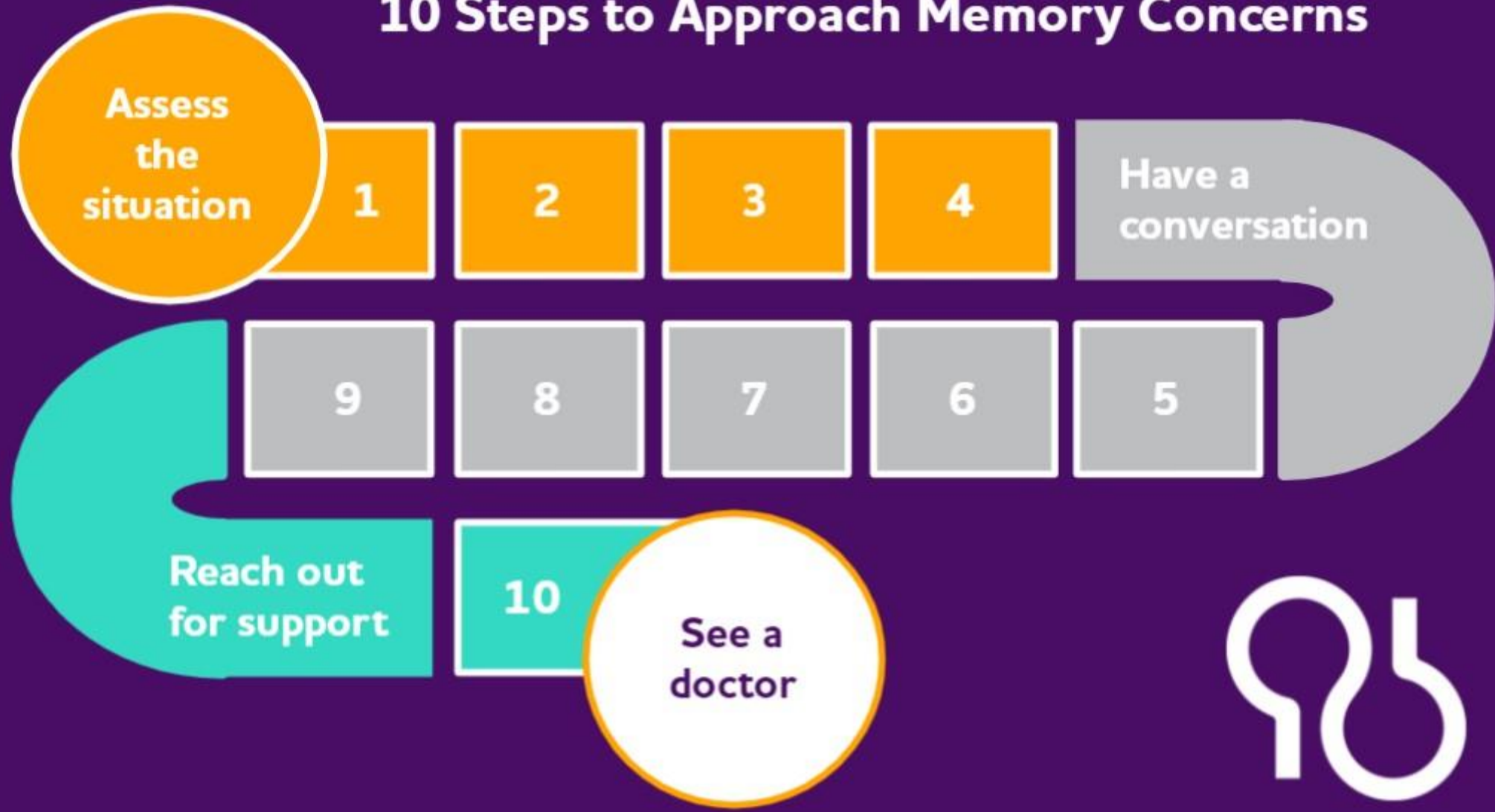
Changes in mood and personality

If you know notice any of these signs — to any degree — in yourself or someone else, it's important to take action.



The Importance of Early Detection

10 Steps to Approach Memory Concerns



Step 1

What changes in memory,
thinking or behavior do
you see?



Assess the situation

Step 2

What else is going on?



Assess the situation

Step 3

Learn about the signs and the benefits of early diagnosis.



Assess the situation

Step 4

Has anyone else noticed
the change(s)?



Assess the situation

Have a conversation



Step 5

Who should have the conversation to discuss concerns?



Have a conversation

Step 6

What is the best time
and place to have the
conversation?



Have a conversation

Step 7

What will you or the person having the conversation say?



Have a conversation

Step 8

Offer to go with the person to the doctor.



Have a conversation

Step 9

If needed, have
multiple conversations.



Have a conversation

Reach out for support



Step 10

Turn to the Alzheimer's Association for information and support.



Reach out for support



See a doctor

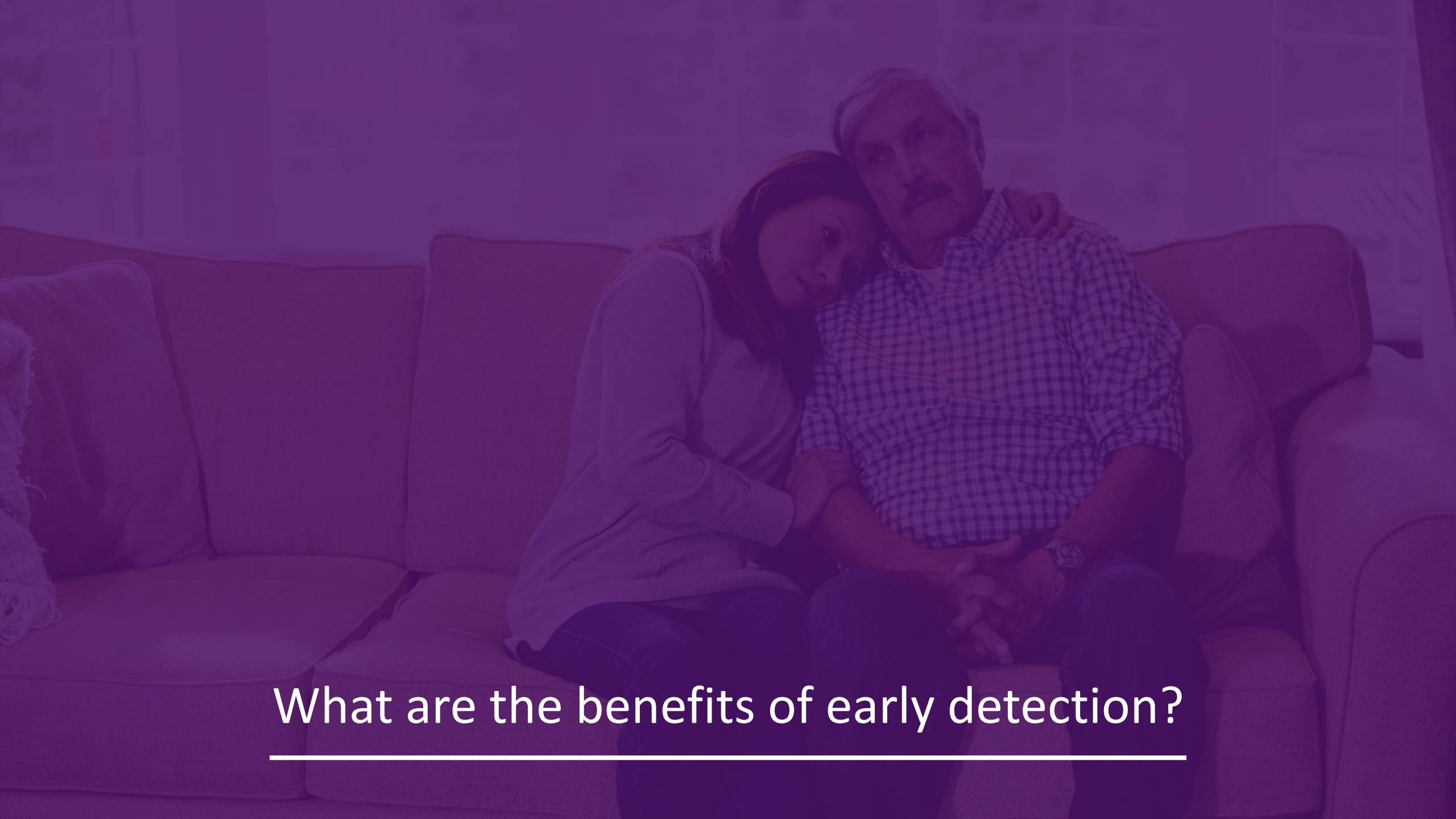
Most people address concerns about memory, thinking or behavior with their primary care physician. However, in some cases, the primary care physician will refer the person to see a specialist for further evaluation.

Specialists may include:

- Geriatrician
- Neurologist
- Neuropsychologist
- Psychiatrist
- Psychologist



See a doctor



What are the benefits of early detection?




Ruth Drew, M.S., LPC
Care and support expert

Importance of Early Detection Recap

- Pay attention to any changes in memory, thinking or behavior that you notice in people.
- If you see changes that are unusual for the person, take action by having a conversation.
- Discussing these types of concerns can be difficult; consider using the 10 Steps to Approach Memory Concerns as a guide.
- There are a number of benefits to early detection, including the opportunity to plan for the future, explore treatment options and participate in clinical studies.



Seeking a Diagnosis



Test your knowledge



There is currently no way to diagnose Alzheimer's disease.

True

False



There is currently no way to diagnose Alzheimer's disease.

True

False

There are a number of assessments and tests that make it possible for health care professionals to diagnose Alzheimer's with a high degree of certainty.

Possible assessments and tests



Mary Garcia
Age 73

Assessments may include:

- ✓ Medical history
- ✓ Physical exam
- Screen for depression
- Interview with close companion

Tests may include:

- ✓ Laboratory tests
- ✓ Mental cognitive status tests
- Brain imaging
- Cerebrospinal Fluid (CSF) Analysis



Do dementia-like symptoms always result in
a diagnosis of Alzheimer's or another dementia?

Seeking a Diagnosis Recap

- The diagnostic experience may vary from person to person.
- Something other than Alzheimer's or another dementia could be causing the symptoms.
- Stigma and misconceptions about the disease — like believing that nothing can be done — can prevent some people from seeking a diagnosis.



What's next when the diagnosis is Alzheimer's?

Understanding Alzheimer's and Dementia

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Understanding Alzheimer's and Dementia

Learning Objectives



- Compare Alzheimer's and dementia.
- Recognize how Alzheimer's disease affects the brain.
- List the risk factors of Alzheimer's disease.
- Identify the stages of the disease.
- Recognize current FDA-approved treatments.
- Describe how scientists are working to advance research.
- Name the resources available through the Alzheimer's Association.



Impact of Alzheimer's

Test your knowledge

10 COMMON SIGNS OF CAREGIVER STRESS

1. **Denial** about the disease and its effect on the person who has been diagnosed.
I know Mom is going to get better.
2. **Anger** at the person with Alzheimer's or frustration that he or she can't do the things they used to be able to do.
He knows how to get dressed — he's just being stubborn.
3. **Social withdrawal** from friends and activities that used to make you feel good.
I don't care about visiting with the neighbors anymore.
4. **Anxiety** about the future and facing another day.
What happens when he needs more care than I can provide?
5. **Depression** that breaks your spirit and affects your ability to cope.
I just don't care anymore.
6. **Exhaustion** that makes it nearly impossible to complete necessary daily tasks.
I can't do this. I can't do this. I can't do this.

ALZ.ORG/CARE

The Alzheimer's and Caregiver Center provides timely information and easy access to resources, including:

- Alzheimer's Navigator™: Assess your needs and create customized action plans of information and support
- Community Resource Finder: Find local resources
- 24/7 Connected™: Connect with other caregivers who can relate to your situation
- Care Team Calendar: Organize family and friends who want to help with caregiving

ALZ.ORG/FINDUS

Find us in communities across the country

800.272.3900

24/7 helpline • Available at all hours
(TTY) 800.455.2070

alzheimer's association

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. We are dedicated to eliminating Alzheimer's disease through support of research, to provide and enhance support for all affected, and to reduce the risk of Alzheimer's disease through the promotion of brain health.

272.3900 | alz.org

alzheimer's association

TAKE CARE OF YOURSELF

HOW TO RECOGNIZE AND MANAGE CAREGIVER STRESS





Approximately how many Americans are currently living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million



**MORE THAN 6 MILLION
AMERICANS ARE LIVING WITH
ALZHEIMER'S**

Approximately how many Americans
are currently living with Alzheimer's?

Over 3 million

More than 6 million

About 8 million

About 11 million



About how many Americans provide unpaid care for people living with Alzheimer's or other dementias?

About 8 million

Over 11 million

Over 14 million

More than 18 million



**OVER 11 MILLION AMERICANS
PROVIDE UNPAID CARE FOR PEOPLE
WITH ALZHEIMER'S OR OTHER DEMENTIAS**

**About how many Americans provide
unpaid care for people living with
Alzheimer's or other dementias?**

About 8 million

Over 11 million

Over 14 million

More than 18 million



Alzheimer's and Dementia



Test your knowledge

A photograph of two elderly men sitting on a porch. The man on the left is holding and reading a newspaper. The man on the right is wearing glasses and looking towards the first man. They are both wearing dark sweaters over light-colored collared shirts. The background shows a house with grey siding and a large window. The image is semi-transparent, allowing the text to be overlaid.

Alzheimer's is a normal part of the aging process.

True

False

A photograph of two elderly men sitting on a red couch on a porch. The man on the left is holding and reading a newspaper. The man on the right is wearing glasses and looking towards the first man. The background shows a house with large windows and a stone wall.

Alzheimer's is a normal part of the aging process.

True

False

Alzheimer's is a brain disease that causes problems with memory, thinking and behavior. It is not a normal part of aging.



People younger than age 65 can get Alzheimer's.

True

False



People younger than age 65 can get Alzheimer's.

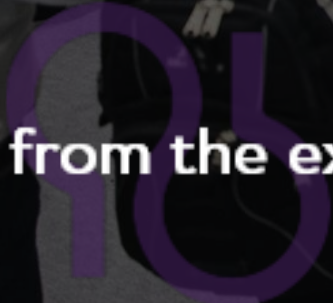
True

False

Although it is much less common, people younger than 65 can also develop Alzheimer's.`



Hear from the expert



Heather Snyder, Ph.D.
Alzheimer's Association

Why is an accurate diagnosis important?



Alzheimer's and Dementia Recap

- Dementia is a general term for a collection of symptoms that are severe enough to interfere with daily life.
- Alzheimer's is the most common cause of dementia.
- Alzheimer's is not a normal part of aging; it is a progressive brain disease.



Alzheimer's in the Brain



Hear from the expert





Dr. Maria Carrillo
Alzheimer's Association

Alzheimer's in the Brain Recap

- More than 100 years ago, Dr. Alois Alzheimer described specific changes in the brain, the formation of plaques and tangles.
- Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain.
- The brain changes result in changes in memory, thinking and behavior.



Risk Factors



Test your knowledge



What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age

Age

Although Alzheimer's is not part of normal aging, age is the greatest risk factor for the disease. After age 65, the risk of Alzheimer's doubles every five years. Thirty-four percent of people 85 and older have Alzheimer's.

What is the greatest known risk factor for Alzheimer's disease?

Genetics

Family history

Age



Hear from the expert



Heather Snyder, Ph.D.
Alzheimer's Association



Populations at higher risk

Black Americans are about twice as likely as White Americans to have Alzheimer's or another dementia.

Hispanic Americans are one and a half times as likely to have the disease as White Americans.

Almost two-thirds of Americans living with Alzheimer's are women.

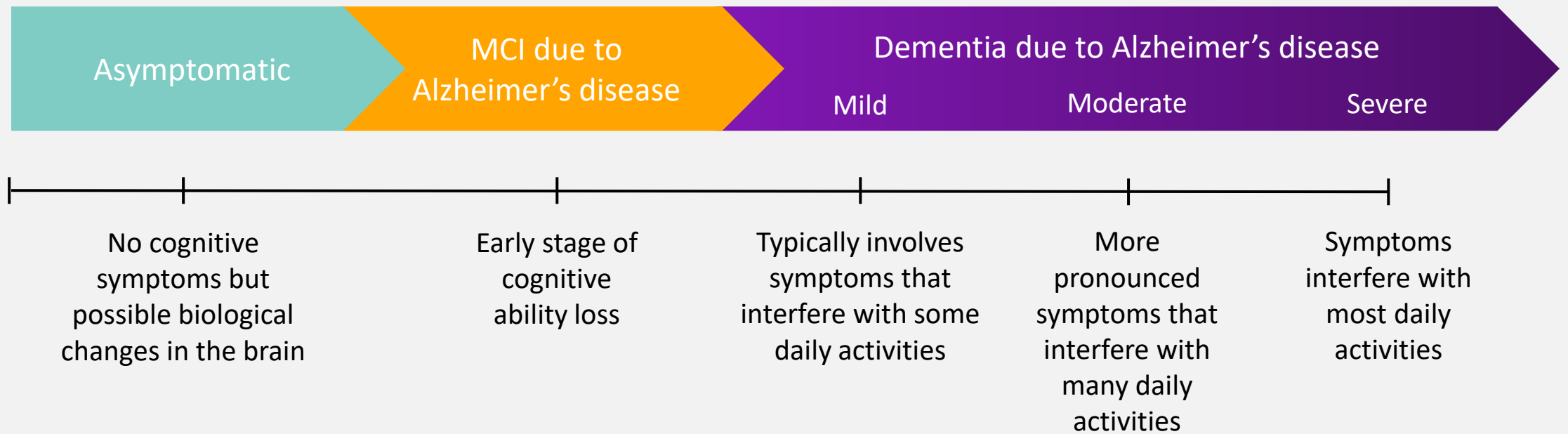
Risk Factors Recap

- Age is the greatest known risk factor for Alzheimer's. An individual's risk for developing the disease increases at age 65
- Family history is also a known risk factor — having a parent or sibling with the disease increases an individual's risk.
- Risk genes and deterministic genes are the two types of genes associated with Alzheimer's.
- Black Americans, Hispanic Americans and women are at an increased risk for Alzheimer's.



Stages of Alzheimer's Disease

Alzheimer's disease is a continuum



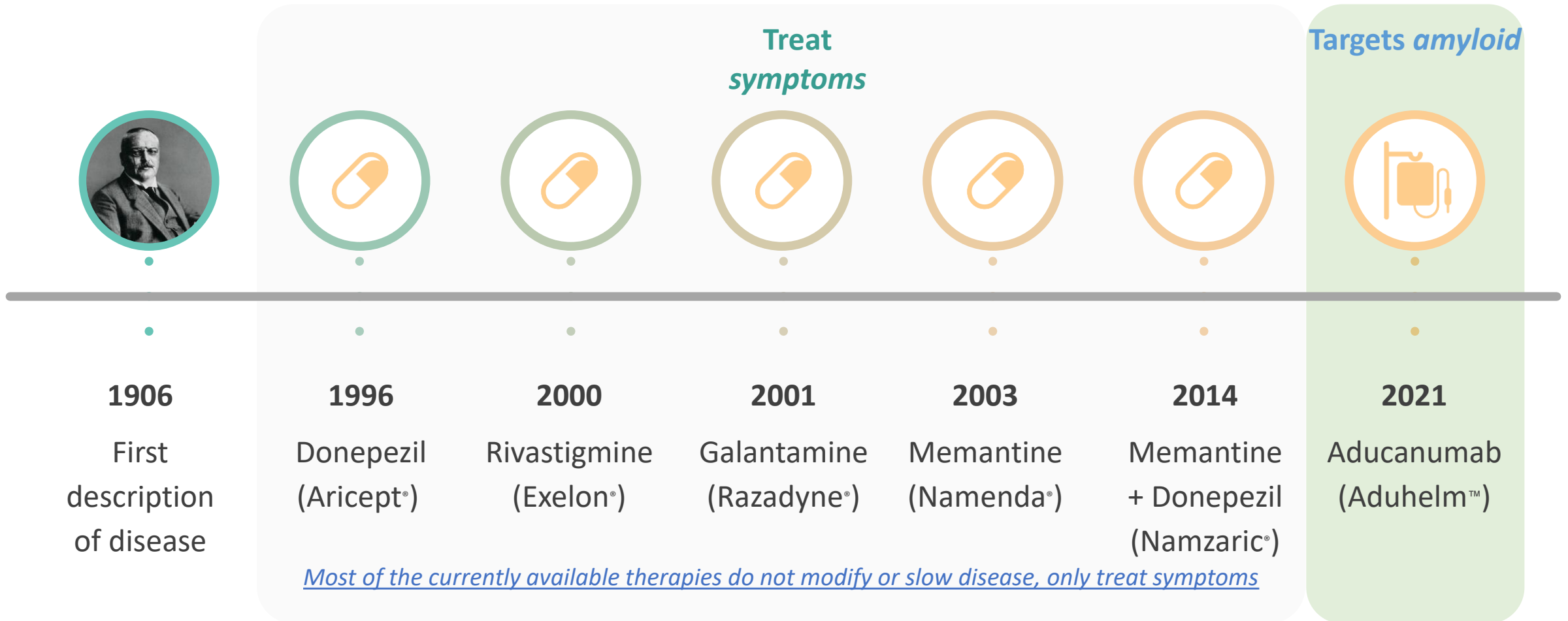
Stages of Alzheimer's Disease Recap

- The three broad phases of the disease are asymptomatic, MCI due to Alzheimer's disease, and dementia due to Alzheimer's disease.
- The dementia phase is further broken down into three stages — mild, moderate and severe.
- No two individuals experience the symptoms and progression of Alzheimer's disease in the same way.
- While symptoms worsen over time, people progress through stages at different rates as their abilities change.



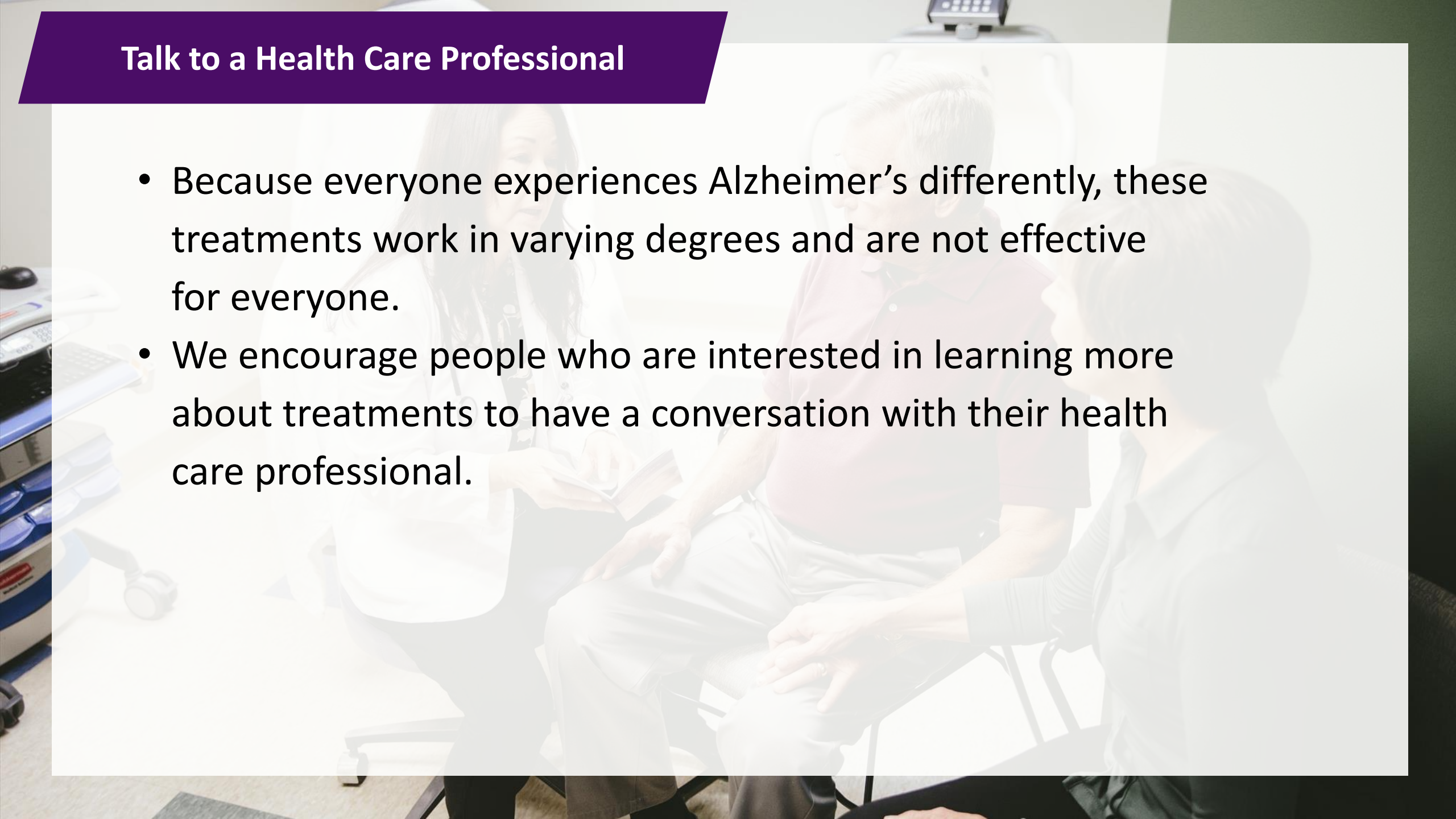
FDA-Approved Treatments

FDA-Approved Therapies for Alzheimer's



Talk to a Health Care Professional

- Because everyone experiences Alzheimer's differently, these treatments work in varying degrees and are not effective for everyone.
- We encourage people who are interested in learning more about treatments to have a conversation with their health care professional.





Advancing Alzheimer's Research

Advancing Alzheimer's Research Recap

- Scientists have increased their understanding of Alzheimer's significantly over the past decade.
- People living with dementia, caregivers and healthy volunteers without dementia are needed for clinical studies in order to find methods of prevention, treatment and, ultimately, a cure.
- Both drug and non-drug studies are taking place across the country and online.
- TrialMatch (alz.org/TrialMatch) is a free clinical studies matching service.



Alzheimer's Association

Alzheimer's Association Key Resources

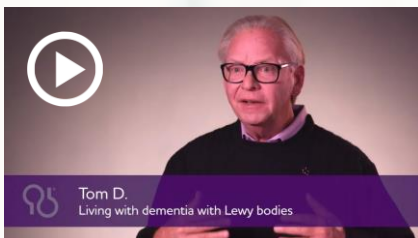
We're available wherever and whenever you need reliable information and support.



On the phone – 24/7 Helpline, 800.272.3900



Online – [alz.org](https://www.alz.org)



In communities nationwide – [alz.org/CRF](https://www.alz.org/CRF)



**REGISTER
TODAY.**

WALK TO
END
ALZHEIMER'S
alzheimer's association

**JOIN THE FIGHT
FOR
ALZHEIMER'S
FIRST
SURVIVOR.**

WALK TO
END
ALZHEIMER'S
alzheimer's association



Ways to Join the Fight

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

**Let's take a look at some ways you can
get involved.**



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Whether you can spare a few hours a week or make a more significant time commitment, consider volunteering with the Alzheimer's Association. Numerous opportunities are available, including becoming a community educator or joining your local Walk Committee. [alz.org/volunteer](https://www.alz.org/volunteer)

Volunteer

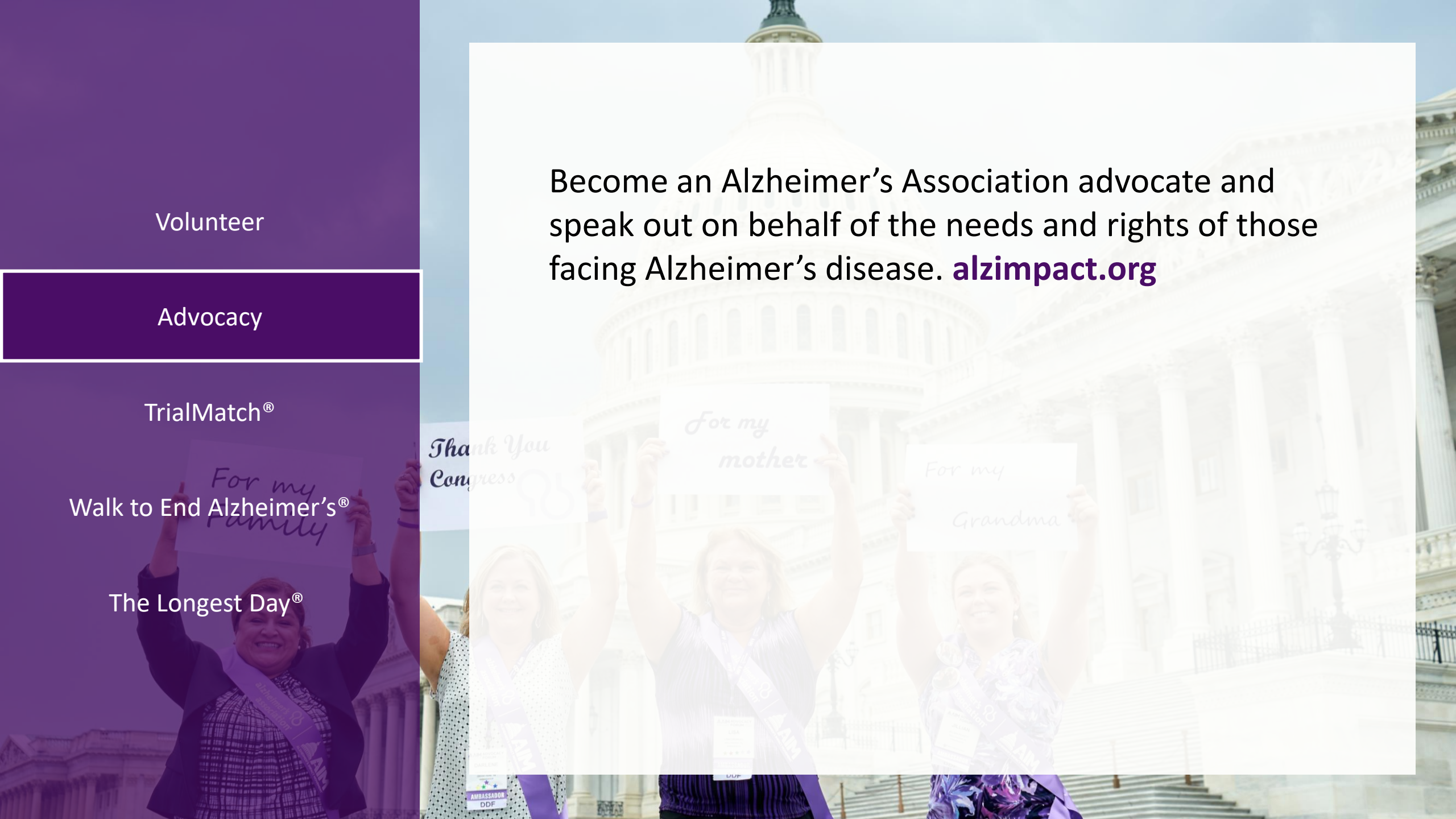
Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Become an Alzheimer's Association advocate and speak out on behalf of the needs and rights of those facing Alzheimer's disease. alzimpact.org



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Everyone can help advance Alzheimer's research by participating in clinical trials. Get started with Alzheimer's Association TrialMatch, a free, easy-to-use clinical studies matching service. alz.org/TrialMatch

trialmatch®

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POWERED BY CenterWatch iConnect™



Dr. Keith Fargo
Dementia expert

Clinical studies



Dr. Maria Carrillo
Chief Science Officer, Alzheimer's Association

TrialMatch®

Clinical studies are key to advancing Alzheimer's research.

Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

Held annually in more than 600 communities, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser to fight the disease. Register today to raise awareness and funds to benefit Alzheimer's care, support and research. alz.org/walk



Volunteer

Advocacy

TrialMatch®

Walk to End Alzheimer's®

The Longest Day®

On The Longest Day — the day with the most light, the summer solstice — raise funds and awareness for the care, support and research efforts of the Alzheimer's Association through an activity of your choice.

alz.org/thelongestday



A photograph of two women, one with dark hair and one with white hair, smiling and embracing each other in front of a window. The woman on the left has dark hair and is wearing a plaid shirt under a light-colored cardigan. The woman on the right has white hair and is wearing a blue denim shirt over a white top. They are both smiling warmly at each other.

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Questions?