



## Identifying Alzheimer's Symptoms

As the human brain ages and matures, it's perfectly natural for memory to undergo a great deal of changes. The brain becomes less pliable and less able to form memories, which can lead to occasional forgetfulness or absent-mindedness.

More severe symptoms might be a sign of something more serious, such as Alzheimer's. According to research collected by organizations like the Alzheimer's Society of Canada, people who suffer from Alzheimer's Disease can experience significant issues when it comes to learning new things, communicating with others, thinking clearly or reasoning effectively.

If you think that you or someone you love might be exhibiting signs of Alzheimer's, here is a list of some common warning signs:

**Communication Issues** - Difficulty coming up with words that once came easily can be a sign of Alzheimer's, especially if the individual has a hard time finding even simple words or substitutes strangely placed or incorrect words in their place. For example, they might describe what something does rather than calling it by name.

**Loss of Memory** - Everyone misplaces a name or forgets what they were doing every once in a while. But an early sign of Alzheimer's or dementia is a consistent issue with forgetting recently acquired information like names or places. If someone you love is having trouble remembering information they've recently learned, it could be a warning sign.

**Challenges in Everyday Tasks** - Making and following through with plans is often challenging or difficult for those with Alzheimer's.

Forgetting how to do simple tasks or failing to follow through effectively on plans could be an early sign that dementia is setting in. Don't wait to take action if you notice these symptoms in yourself or someone that you care about.

**Effect on Decision Making** - Someone struggling with Alzheimer's might make confusing decisions or exhibit poor decision-making in visible situations. This could include choosing non-weather appropriate clothing or spending money on questionable purchases that are out of character or outside the budget.

**Problems Managing Time and Place** - One of the most visible and common signifiers of Alzheimer's is finding yourself lost or confused about where you are or what time of day or day of the week it is. Alzheimer's victims often get lost in familiar places, forget where they live, or forget where they should be at a certain time.

**Difficulty Thinking Abstractly** - Performing complex tasks is extremely difficult for someone with Alzheimer's, which can include math problems, coordinating multiple tasks, or understanding complex concepts and creative thinking. If you notice that you or your loved one is having trouble with this type of thinking, have them see a doctor.

It can be difficult to watch a loved one dealing with the effects of Alzheimer's Disease, so the earlier you act the more effectively you can cope with the disease. Thankfully there are lots of resources available today for families facing the emotional and financial uncertainty caused by this Alzheimer's disease. Act today to learn more if you have questions or concerns.

**Questions about long term care? Contact our office!**

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