

**If you think that you or someone you know has these warning signs, contact the National Council on Ageing for further advice.**



**NATIONAL COUNCIL  
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**Alzheimer's  
Disease is  
NOT a mental  
illness.  
It is a disease  
that damages  
the brain.**

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## **Warning Signs of Alzheimer's Disease**



**Is This  
Behavior A  
Normal Part  
Of Ageing  
Or Is It  
Alzheimer's  
Disease?**



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People often experience changes as they age. Below is a list of what is considered normal and what may be signs of Alzheimer's disease.

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**Memory Loss.** Forgetting recently learned information.  
**Normal:** Forgetting names or appointments occasionally.

**Difficulty performing familiar tasks.** May find it hard to complete everyday tasks such as preparing meals or making a phone call.  
**Normal:** Occasionally forgetting why you came into a room or what you planned to say.

**Problems with language.** People may forget simple words or use unusual words.  
**Normal:** Sometimes having trouble finding the right word.

**Disorientation to time and place.** May become lost in their own neighborhood or forget where they are.  
**Normal:** Forgetting the day of the week or where you were going.

**Poor or decreased judgment.** May dress inappropriately or make unsafe decisions.  
**Normal:** Making a questionable decision from time to time.

**Problems with difficult thinking.** May have trouble performing complicated mental tasks such as forgetting how to use numbers.  
**Normal:** Finding it hard to balance a checkbook.

**Misplacing things.** May put things in unusual places.  
**Normal:** Misplacing keys or a wallet temporarily.

**Changes in mood or behavior.** May show rapid mood swings for no reason.  
**Normal:** Sometimes feeling sad or moody.

**Changes in personality.** May become confused, suspicious, fearful, or dependent on a family member.  
**Normal:** People's personalities do change somewhat with age.

**Loss of initiative.** May become very inactive, sleep more, or not want to do usual activities.  
**Normal:** Sometimes feeling tired of work or family tasks.

