

# Memory Loss: What's Normal?

## Normal Aging

You forget daily appointments, but remember them later.

You make a mistake balancing your checkbook.

You need help once in a while with the microwave settings or a TV remote.

You forget what day of the week it is, but remember later.

You have age related vision changes (such as cataracts).

You can't find the right word immediately.

You misplace your glasses or the remote from time to time.

You make a bad decision from time to time.

You feel tired of work, family, and social demands sometimes.

You have your ways of doing things and get grumpy when you're derailed

## Time to be Concerned

You ask friends and family for details over and over again, or need them to do tasks that you used to do yourself. Unable to remember recently learned information.

No longer able to follow a favorite recipe.

You can't work the stove. You forget the rules for a favorite game.

You don't know what season it is. You find yourself in a place and don't know how you got there.

You have problems with distance, color, or perception. You pass a mirror and don't know your own reflection.

You call things by the wrong names. You stop in the middle of a sentence and have no idea what you were saying.

You put things in weird places, and you can't retrace your steps to find them. Or, you accuse others of stealing.

You make bad choices with money often. You don't groom or keep yourself clean.

You forget how to complete a favorite hobby. You try not to spend time with others because of the changes you've been through.

You get upset easily, when your routine changes, or when you're out of your comfort zone. You're often confused, anxious, suspicious, depressed, or afraid.

Source: alz.org & webmd.com

Overwhelmed and concerned for the care and safety of a loved one? Our team of compassionate dementia-trained caregivers could help with: safety, supervision, light housekeeping, personal care, companionship, shopping, meal preparation and more to make things easier.

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