



10 EARLY SIGNS OF ALZHEIMER'S DISEASE

Rush
Alzheimer's
Disease
Center



Alzheimer's and Brain
Awareness Month

1. Memory loss that disrupts your day (forgetting recently learned information and important events).
2. Challenges with planning and problem solving (i.e., trouble paying monthly bills, working with numbers).
3. Difficulty completing familiar tasks (driving, grocery shopping).
4. Losing track of dates, seasons and passage of time.
5. Difficulty with vision and spatial relations (trouble with color contrast, balance, and judging distance).
6. Develop problems with speaking and writing words (maintaining a conversation).
7. Misplacing things in unusual places. Trouble re-tracing steps.
8. Withdrawal from work or social activities.
9. Changes in mood or personality (confusion, depression, suspicious, anxiety).
10. Repeating questions.

If you notice one or more signs in yourself or another person, take action to be evaluated by a doctor.