

# WARNING SIGNS OF DEMENTIA

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. The earlier the diagnosis, the better when it comes to dementia. It gives people time to learn, think and plan.

## SIGNS AND SYMPTOMS

- Memory loss that disrupts daily life
- Challenges in planning or problem solving
- Difficulties in completing familiar tasks at home, at work or at leisure
- Confusion with time or place
- Trouble understanding visual images and spatial relationships
- New problems with words
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment (giving large amounts of money to questionable organizations)
- Changes in mood and personality

*(Source: The Alzheimer's Association)*

## WHO TO CALL FOR HELP

Your local Area Agency on Aging and Disability (AAAD) is ready to help. Call the toll-free Information and Assistance Line **866-836-6678**.

The AAAD has information on CHOICES, OPTIONS, nutrition, elder abuse prevention, senior centers, the State Health Insurance Assistance Program, and other resources.

The Alzheimer's Association 24/7 Helpline provides continuous information and support.

The call is toll-free, day or night. Dial

**800-272-3900** (TDD 866-403-3073) for help with memory loss, caregivers, health care professionals, medications, and much more. Confidential care consultation is even available from master's level clinicians.



502 Deaderick Street | Nashville, Tennessee 37243 | [www.tn.gov/aging](http://www.tn.gov/aging) | Main Office 615-741-2056  
Information and Assistance 866-836-6678 | SHIP Medicare Counseling 877-801-0044