



### NORMAL AGE-RELATED MEMORY CHANGES vs. ALZHEIMER'S DISEASE

Normal Age-Related Memory Loss		Alzheimer's Disease
<b>Memory Loss</b>		
Forgetting names and appts occasionally	vs.	Forgetting more often; unable to recall info later on
<b>Difficulty performing familiar tasks</b>		
Occasionally forgetting why you came into a room or what you planned to say	vs.	Difficulty completing everyday tasks including meal prep, using telephone
<b>Language problems</b>		
Some word finding difficulty	vs.	Forgetting simple words; substituting words; writing hard to understand
<b>Disorientation to time and place</b>		
Forgetting the day of the week or where you were going	vs.	Getting lost in the neighborhood; not knowing how to get back home
<b>Poor or decreased judgment</b>		
Making questionable or debatable decisions	vs.	Poor judgment about money, dressing inappropriately, driving, etc.
<b>Abstract thinking</b>		
Balancing a checkbook is harder	vs.	Unusual difficulty performing complex mental tasks; i.e. remembering numbers
<b>Misplacing things</b>		
Misplacing keys or wallet temporarily	vs.	May put things in unusual places, i.e. iron in the freezer, watch in sugar bowl
<b>Changes in mood or behavior</b>		
Occasionally feeling sad or moody	vs.	May show rapid mood swings
<b>Changes in Personality</b>		
Personality does change somewhat with age	vs.	Dramatic personality changes – confusion, suspiciousness, fearful
<b>Loss of initiative</b>		
Sometimes tired of work or social obligations	vs.	May become more passive, sitting or not wanting usual activity level

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