



ALZHEIMER'S DISEASE ASSOCIATION
OF KERN COUNTY, INC.

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Rose Lazzerini Campus

10 Warning Signs of Alzheimer's Disease

This checklist of common symptoms can help you recognize signs of Alzheimer's Disease.



Memory loss that disrupts daily life

Forgetting recently learned information, important dates or events, asking the same questions repeatedly, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.



New problems with words in speaking or writing

May have trouble following or joining a conversation. May stop in the middle of a conversation and have no idea how to continue or may repeat themselves. May struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").



Difficulty completing familiar tasks

May find it hard to complete daily tasks. Sometimes may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.



Confusion with time or place

Lose track of dates, seasons and the passage of time. May have trouble understanding something if it is not happening immediately. Sometimes may forget where they are or how they got there.



Trouble understanding visual images and spatial relationships

Can experience vision changes. May lead to difficulty with balance or trouble reading. May also have problems judging distance and determining color or contrast, causing issues with driving.



Challenges in planning or solving problems

Changes in their ability to develop and follow a plan or work with numbers., such as a familiar recipe or keeping track of monthly bills. Difficulty concentrating and take much longer to do things than before.



Misplacing things and losing the ability to retrace steps

May put things in unusual places. May lose things and be unable to go back over their steps to find them again. May accuse others of stealing, especially as the disease progresses.



Decreased or poor judgment

May experience changes in judgment or decision-making. For example, may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.



Withdrawal from work or social activities

May experience changes in the ability to hold or follow a conversation, causing them to withdraw from hobbies, social activities or other engagements. Also may have trouble keeping up with a favorite team or activity.



Changes in mood and personality

May experience mood and personality changes. Can become confused, suspicious, depressed, fearful or anxious. May be easily upset at home, with friends or when out of their comfort zone.