

Age Related Memory Problems v.s. Alzheimer's disease



What is normal aging?

Individual with Age-Related Memory Problems	Individual with Alzheimer's Disease
Forgets some or parts of an experience	Forgets whole experience
Often remembers events later	Rarely will remember later
Usually able to follow written or spoken directions	Increasingly unable to follow written or spoken directions
Can use notes as effective reminders	Ability to use notes diminishes
Knows how to care for self	Gradually forgets how to care for self
Occasionally forgets a name	Erosion of vocabulary and language skills

A diagnosis of Alzheimer's disease or a related disorder should only be determined by qualified health care professionals.

What is Normal Aging?

10 Warning Signs:

- 1. Recent Memory Loss That Affects Daily Living Skills**
- 2. Difficulty Performing Familiar Tasks**
- 3. Problems with Language**
- 4. Disorientation of Time, Place**
- 5. Poor or Decreased Judgment**
- 6. Problems with Abstract Thinking**
- 7. Frequently Misplacing Things**
- 8. Sudden Changes in Mood or Behavior**
- 9. Dramatic Changes in Personality**
- 10. Significant Loss of Initiative**

Alzheimer's disease is not normal aging. Alzheimer's disease is an illness which leads to a loss of cognitive abilities (i.e. memory, judgment, reasoning, language, perception, etc.). Symptoms usually occur in adults 65 years and older, although people in their 30s, 40s, and 50s may also be affected. Alzheimer's disease is the most common form of dementia. However, it is not the only cause of dementia.