

Age Related Memory Problems vs Progressive Dementia



What is normal aging?

Individuals with Age-Related Memory Problems	Individuals with a Progressive Dementia
May forget some or parts of an experience	May forget the 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	Significant loss of vocabulary and language skills

A diagnosis of a progressive dementia such as Alzheimer's, Lewy Body, vascular dementia, or Frontal-temporal dementia should only be determined by qualified health care professionals.

Derived from the book Care for Alzheimer's Patients:
A Manual for Nursing Home Staff by Lisa P. Gwyther, A.C.S.W.:

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 or 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

Progressive dementias are not part of normal aging. Progressive dementias are illnesses which can lead 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 a progressive dementia.