

IS IT DEMENTIA, OR IS IT JUST OLD AGE?

The occasional muddled moment can happen to anyone. But when does it point to something more than just getting older?

Just old age

Early sign of dementia

Occasionally forgetting a name, an appointment or where you left your keys, then remembering it later.

Frequently forgetting recently learned information, asking the same questions repeatedly or relying on reminders for everyday tasks.

Taking a little longer to learn a new technology or work through a complex task.

Struggling to follow a recipe, manage finances or solve problems that were once routine.

Forgetting what day of the week it is, then remembering after checking the calendar.

Frequently losing track of dates or becoming disoriented in familiar places – and not remembering how you got there.

Needing brighter lighting or stronger reading glasses due to normal changes in vision.

Difficulty judging distances or understanding where objects are in relation to one another, despite otherwise healthy eyesight.

Not being able to find the word on the tip of your tongue.

Frequently forgetting common words or struggling to follow and contribute to conversations.

Misplacing items but being able to work backwards and eventually find them.

Putting everyday items in unusual places and being unable to retrace your steps, sometimes believing they've been stolen.

Making the occasional impulsive purchase from a minor lapse in judgement.

Making unusual financial decisions or showing less awareness of personal safety.

Choosing to spend more time at home, preferring smaller gatherings or naturally slowing down after retirement.

Avoiding hobbies or social events because they feel confusing or difficult to keep up with.

Personality maturing over time or mood changing in response to life events.

Becoming noticeably more anxious, suspicious, withdrawn or easily upset in ways that are very out of character.

Do you need some help caring for someone living with dementia? [Get in touch](#) with Acquaint. We'd be delighted to lend a hand.