

10 Early signs and symptoms of Alzheimer's versus typical age-related memory loss

Early warning signs of Alzheimer's	Typical age-related changes
✓ Memory loss that disrupts daily life	✓ Occasionally forgetting names or appointments, but remembering them later
✓ Changes in mood and personality	✓ Developing very specific ways of doing things and irritability when that routine is disrupted
✓ Challenges in planning or solving problems	✓ Making occasional errors when balancing a checkbook
✓ Difficulty completing familiar, daily tasks	✓ Occasionally needing help to use settings on a microwave
✓ Confusion with time or place	✓ Getting confused about the day of the week, but remembering later
✓ Trouble understanding visual images and spatial relationships	✓ Vision changes related to cataracts
✓ New problems with words in speaking or writing	✓ Sometimes having trouble finding the right word
✓ Misplacing things and losing the ability to retrace steps	✓ Misplacing items from time to time and retracing steps to find them
✓ Decreased or poor judgment	✓ Making a bad decision once in a while
✓ Withdrawal from work or social activities	✓ Sometimes feeling weary of work, family or social obligations

