

# Recognizing the Signs of Dementia

Our job is not to diagnose, it is our job to understand. While dementia affects every individual differently, there are some common signs that can be recognized. Should you see someone exhibiting one or more of these symptoms, be patient, communicate clearly, and listen. Here are some of the most common signs of dementia:



## Balance and mobility issues.

Dementia can physically affect someone too, causing poor balance while standing or sitting, difficulties walking on uneven surfaces (like a weathered parking lot or grassy area), a need for assistance sitting or standing or walking, and even frequent falls.

## Memory loss that disrupts day-to-day activities.

More than simply misplacing the keys, individuals with dementia may not remember things like the reason for being where they are. Often someone with dementia will recall things from their past easier than something very recent.



## Challenges in thinking and planning.

You may find someone with dementia struggling with decision making. Handling money falls into this category (making change, paying bills or even understanding the cost of things). They may appear confused or have trouble following directions or instructions.



## Poor judgment.

Dementia inhibits a person's ability to assess risk or safety and causes an inability to correctly understand the intention of others or even their own ability. They may also use unsuitable language or display inappropriate behaviors.



## Vision problems.

Dementia can cause difficulty with identifying colors, faces, or objects. Patterns, reflections and spatial relationship can also become hard to comprehend.

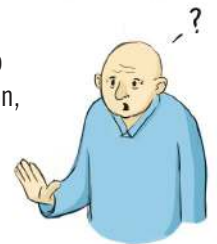


## Confusion about time or place.

It is very common for someone with dementia to be unaware of the date or confused about the time of day. They may find themselves lost in a well-known place.

## Difficulties in communication.

Someone with dementia may experience an inability to find the right word, difficulties following a conversation, or find oneself easily distracted by background noise.



## Restlessness or disorientation.

In unfamiliar or noisy environments people with dementia may become confused or ill at ease, fidgety or even agitated.



## Unusual behavior, mood and personality changes.

This covers a wide range of activities such as withdrawal from social activities, inexplicable sadness, anxiety or frustration, a lack of confidence, obsessive behaviors or insensitivity toward others.